



Meditating

Matthew 6:22-33

Psalm 1

Psalm 119:24

Your testimonies also are my delight and my counselors

Striving For Stability



“**Suwach**” - to muse on a matter

Genesis 24:63

And Isaac went out to *meditate* in the field in the evening...

Meditation



“Siyach” - to ponder, to talk to oneself, to rehearse a matter in your mind

Psalm 145:5

I will meditate on the glorious splendor of Your majesty, and on Your wondrous works.

Psalm 55:16-17

As for me, I will call upon God, and the Lord shall save me. Evening and morning and at noon I will pray, and cry aloud, and He shall hear my voice.

Meditation



“Siyach” - to ponder, to talk to oneself, to rehearse a matter in your mind

Psalm 77:3, 6, 12

³I remembered God, and was troubled;

I complained, and my spirit was overwhelmed...

⁶I call to remembrance my song in the night; I meditate within my heart, and my spirit makes diligent search...

¹²I will also meditate (hagah) on all Your work, and talk of Your deeds.

Meditation



“Siyach” - to ponder, to talk to oneself, to rehearse a matter in your mind

Psalm 119:97-99

Oh, how I love Your law! It is my meditation all the day. You, through Your commandments, make me wiser than my enemies; for they are ever with me. I have more understanding than all my teachers, for Your testimonies are my meditation.

Meditation



“Higgayown” - to make a whispered sound (meditation through music)

Psalm 9:16

The Lord is known by the judgment He executes;
the wicked is snared in the work of his own hands.

Meditation. Selah

Meditation



“Higgayown” - to make a whispered sound (meditation through music)

Psalm 92:3

On an instrument of ten strings, on the lute, and on the harp, with harmonious sound.

Psalm 19:14

Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O Lord, my strength and my Redeemer.

Meditation



“Chazah” - to contemplate a mental image, to see something in your mind

Psalm 27:4

One thing I have desired of the Lord, that will I seek: that I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord and to inquire in His temple.

Proverbs 24:32

When I saw it, I considered it well; I looked on it and received instruction

Meditation



“Chazah” - to contemplate a mental image, to see something in your mind

Psalm 63:1-2

O God, You are my God; early will I seek You; my soul thirsts for You; my flesh longs for You in a dry and thirsty land where there is no water. So I have looked for You in the sanctuary, to see Your power and Your glory.

Meditation



“Melatao” - to resolve a matter in your mind

1 Timothy 4:15

Meditate on these things; give yourself entirely to them,
that your progress may be evident to all.

Meditation



“**Logizomai**” - to take inventory. To reason a matter to conclusion

Philippians 4:8

Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—*meditate* on these things.

Meditation



“Hagah” - to murmur as you ponder. Talking under your breath.

Joshua 1:8

This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

Meditation



“Hagah” - to murmur as you ponder. Talking under your breath.

Psalm 1:2

But his delight is in the law of the Lord,
and in His law he meditates day and night.

Psalm 63:6

When I remember You on my bed,
I meditate on You in the night watches.

Meditation



“Hagah” - to murmur as you ponder. Talking under your breath.

Isaiah 31:4

For thus the Lord has spoken to me: “As a lion roars, and a young lion over his prey (When a multitude of shepherds is summoned against him, he will not be afraid of their voice nor be disturbed by their noise), so the Lord of hosts will come down to fight for Mount Zion and for its hill.

Meditation





What Are You Growling Over?