

The Value of Quiet Meditation

- Psalm 1:1-2
- Psalm 119:15, 23, 27, 48, 78, 148
- Philippians 4:8-9
- Isaiah 55:6-9
- Ecclesiastes 5:1-3
- Joshua 1:8-9
- Genesis 24:63
- Luke 5:16
- Matthew 14:12-14

3 Benefits of Meditation

1. We'll become deeper people.

(Proverbs 4:7-8)

2. We'll have better conversations with others.

(Proverbs 10:19; 18:13; James 1:19)

3. We'll be better prepared when challenges come.

(Jeremiah 31:31-34)

Be still
and
know
that I am God.

Psalm 46:10