



Pastor Bob Guetterman
February 28th, 2010

Current Series: **“Lent for Protestants”**
Disciplines of Devotion for Spiritual Growth

“The Discipline of Meditation”

The Key to Courage
Joshua 1:6-9

- *Fear and Courage*

I. Courage Starts with _____ What God Has Said

8 Do not let this Book of the Law depart from your mouth;

**“Christian meditation, very simply, is the ability
to _____ God’s voice and _____ his command**

Ps. 95:7; Heb. 4:7 *Today, if you hear his voice, do not harden your hearts.*

John 10:30 *My sheep hear my voice.*

John 16:13 *But when the Spirit of truth, comes, he will guide you into all truth.*

II. Courage Grows by _____ on What God Has Said *“meditate on it day and night,”*

- ‘Selah’ → *“Pause and calmly think about that.”*

Meditate On...

- A. The _____ of God *Psalm 119:97*
- B. The _____ of God *Psalm 119:148; Jer. 29:11*
- C. The _____ of God *Psalm 143:5; Psalm 77:12*
- D. The _____ of God *Psalm 119:15; Isaiah 55:8, 9; Proverbs 3:17*
- E. The _____ of God *Psalm 48:9; 1 John 4:18*

III. Courage Results From Being _____ that God is Present *vs. 9*

Application

- Find time for “holy leisure.”
- Find a place that is free from distraction.
- Psalm 1:1-3