



**Establish
the Word**

in our Hearts

- Part I -

Meditating

and

Confessing

the Word

Meditating and Confessing
the Word

WHAT
does it mean
to meditate
the Word ?



What does it mean to meditate the Word?

1. To MEDITATE MEANS to:

THINK
DEEPLY

MUSE
OVER

CONSIDER
OVER AND OVER
AGAIN

SIT
ON IT

REFLECT

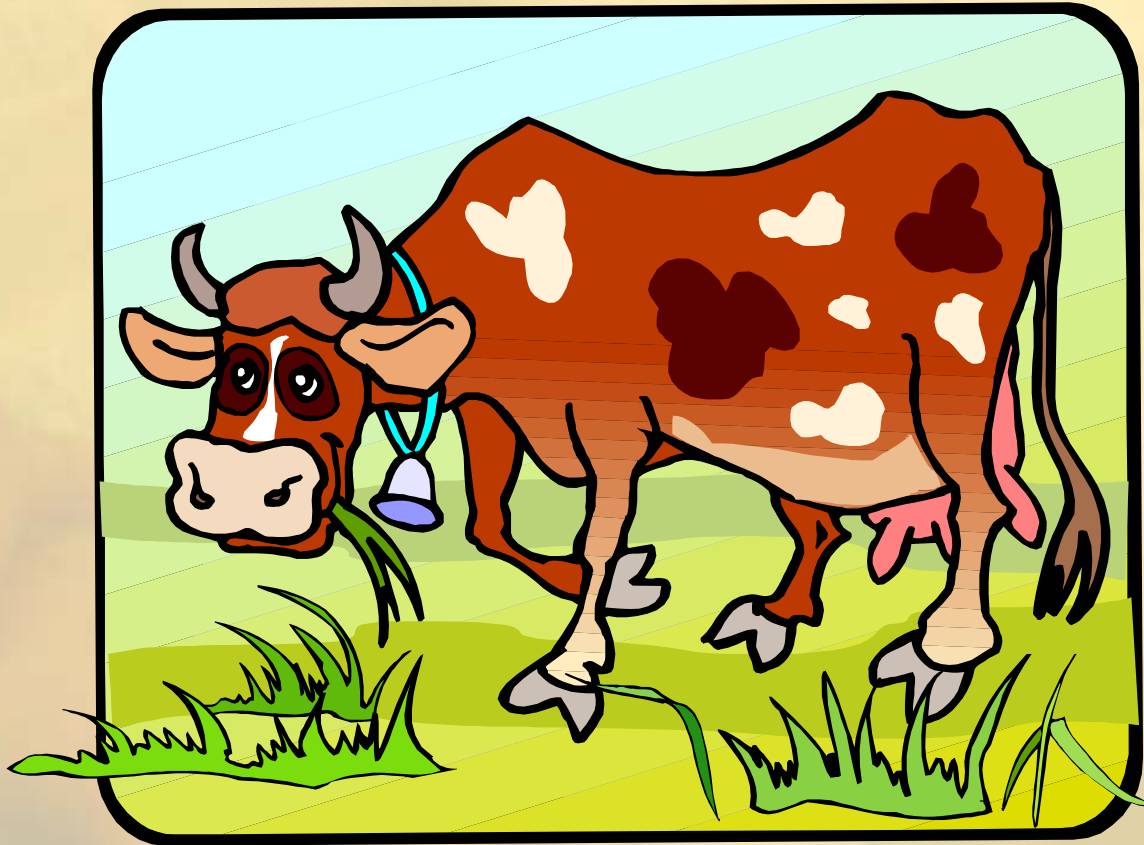
PONDER

CONTEMPLATE

ACTIVE USE OF HEART & MIND

What does it mean to meditate the Word?

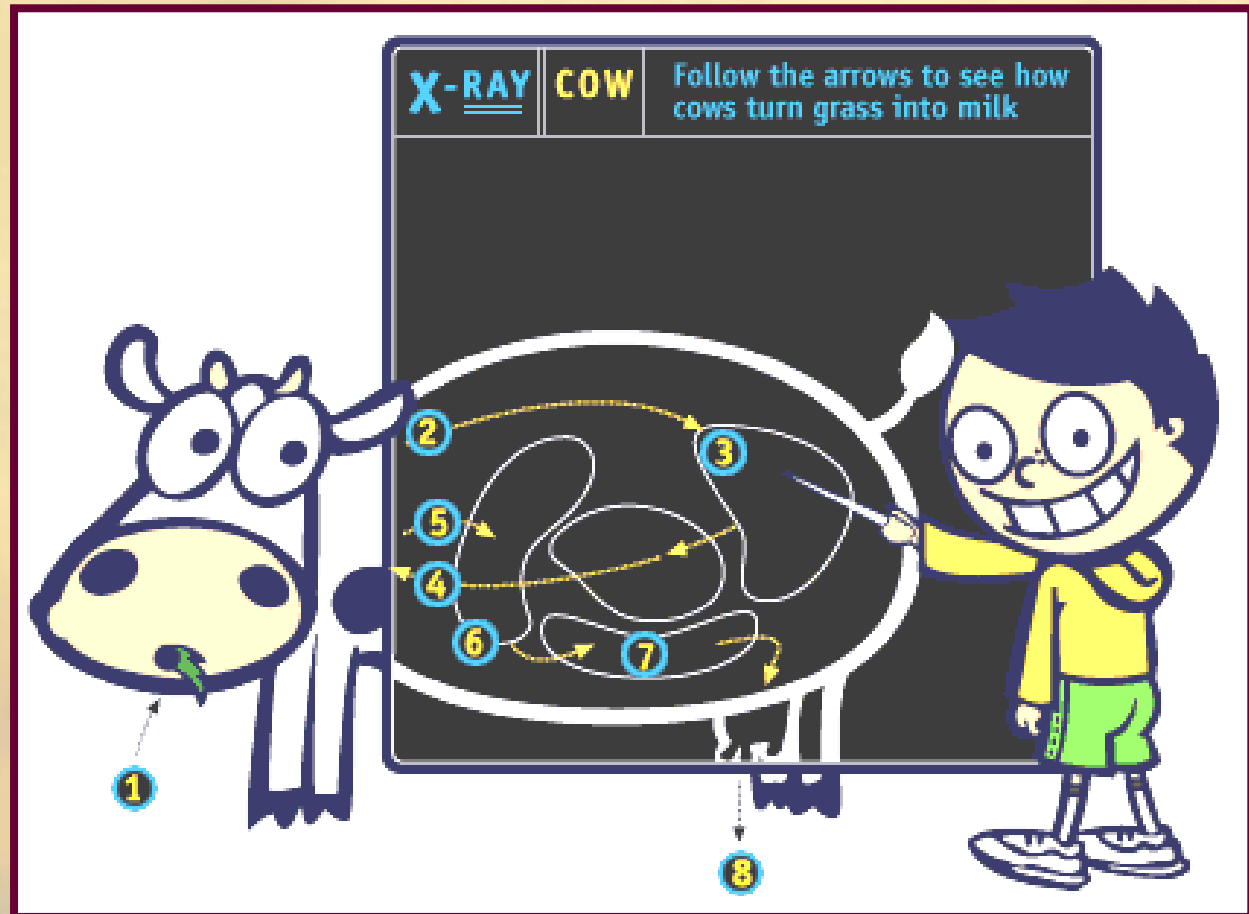
2. The EXAMPLE of the cow chewing



What does it mean to meditate the Word?

Meditate like the cow chewing

The cow
has four
digestive
systems



The Purpose of
Meditation
is to have the Word
“written” / hidden on
the tablets of our hearts

Proverbs 3:3; 7:3;

Psalms 119:11

What does it mean to confess the Word?

To CONFESS MEANS to

SPEAK FORTH THE WORD

Established In Our Hearts.

Agreement of the
heart & mouth

What does it mean to confess the Word?

We confess the Word in 3 ways :-

1. We confess as Prayer Communion with the Lord in thanksgiving, praise & worship.

What does it mean to confess the Word?

We confess the Word in 3 ways :-

2. We confess the Word to Minister to one another.

3. We Confess the Word to wield the sword of the Spirit to Resist the evil one.

Meditating and Confessing the Word

WHY
meditate
and confess
the Word?



WHY meditate and confess the Word?

Psalm 1:1 – 3

Blessed is the man ... [whose] delight is in the law of the LORD, and in His law he meditates day and night.

He shall be like a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper.

WHY meditate and confess the Word?

Joshua 1:8

⁸This 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.

WHY meditate and confess the Word?

Proverbs 18:21

Death and life are in
the power of the tongue, and those
who love it will eat its fruit.

WHY meditate and confess the Word?

John 15:7

⁷If you abide in Me, &

My words abide in you,



you will ask what you desire,

and it shall be done for you.

Meditating and Confessing the Word

HOW?



How to meditate and confess the Word?

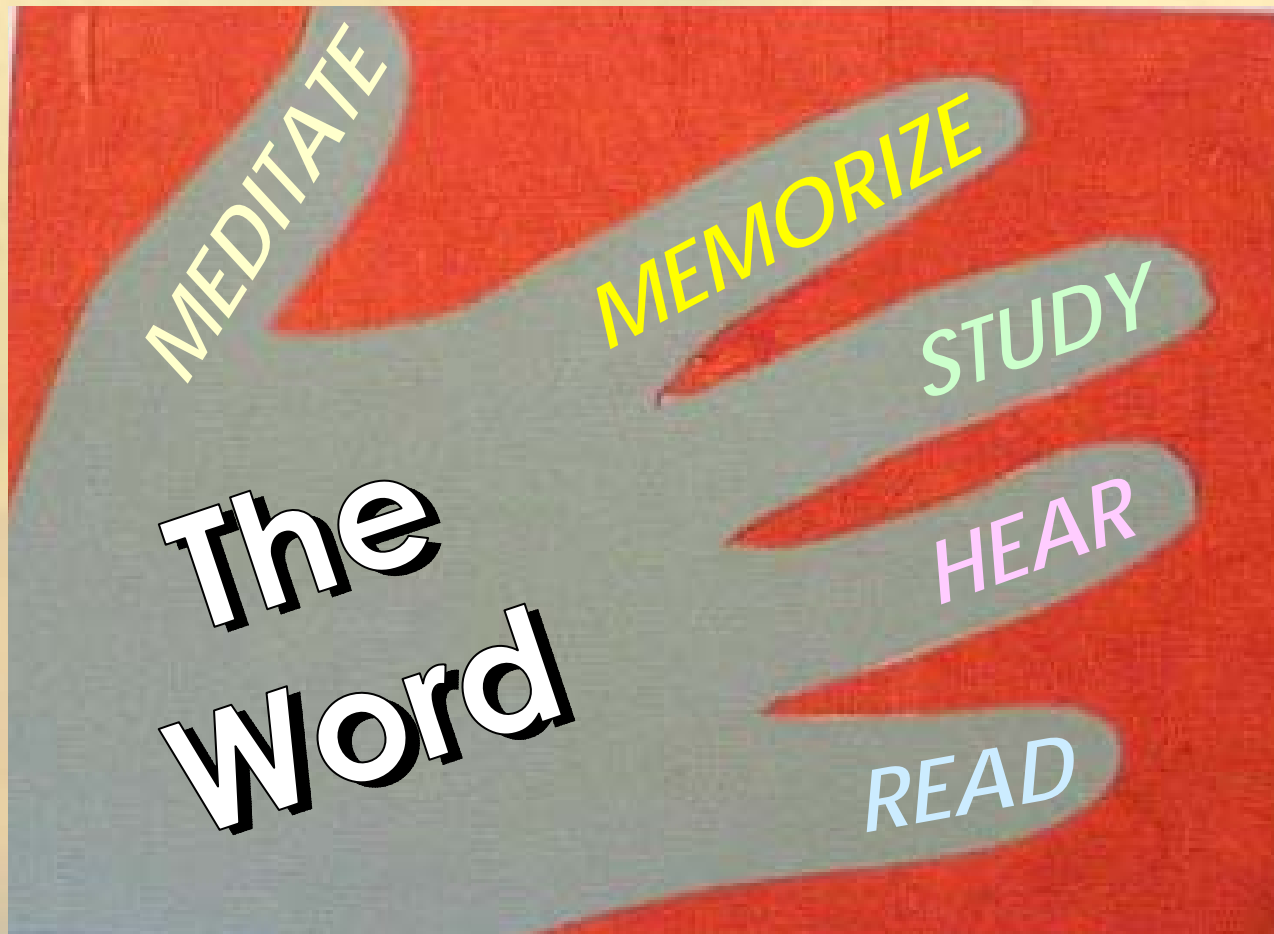
Ezra 7:10

¹⁰For Ezra had prepared his heart
to seek the Law of the LORD,
and to do it, and to teach statutes
and ordinances in Israel.

3 KEYS from Ezra 7:10

1. Study - find out - investigate - search
2. Apply - do it - practice - obey
3. Share it with others - confess - testify

Five forms of intake of the Word :-



6 Application Steps :-

1. READ aloud (*to HEAR yourself*) the selected verses from different versions.
2. Write out the verses.
3. STUDY - find out - investigate - search for the purpose to KNOW and UNDERSTAND.

This is MEDITATION of the Word.

6 Application Steps :-

4. **PARA-PHRASE** in your own words, your understanding of the verses.
5. **PRAY ALOUD - CONFESS -** your para-phrase version of the verses.
6. Do it regularly.
Practice .. Practice .. Practice ..

Exercise 1

(for Prayer Communion with God)

Psalm 100:1 – 5 (NIV)

¹Shout for joy to the LORD, all the earth.

²Worship the LORD with gladness;
come before Him with joyful songs.

³Know that the LORD is God.

It is He who made us,
and we are His; we are His people,
the sheep of His pasture.

Exercise 1

(for Prayer Communion with God)

Psalm 100:1 – 5 (NIV)

⁴Enter His gates with thanksgiving and
His courts with praise;
give thanks to Him and praise His name.

⁵For the LORD is good and
His love endures forever;
His faithfulness continues through
all generations.

Exercise 1

(for Prayer Communion with God)

Psalm 100:1 - 5 (AMP)

¹MAKE A joyful noise to the Lord,
all you lands!

²Serve the Lord with gladness!
Come before His presence with singing!

Exercise 1

(for Prayer Communion with God)

Psalm 100:1 - 5 (AMP)

³Know (perceive, recognize, & understand with approval) that the Lord is God!

It is He Who has made us,
not we ourselves [and we are His]!

We are His people and
the sheep of His pasture.

Exercise 1

(for Prayer Communion with God)

Psalm 100:1 - 5 (AMP)

⁴Enter into His gates with thanksgiving and a thank offering and into His courts with praise! Be thankful and say so to Him, bless and affectionately praise His name!

⁵For the Lord is good; His mercy and loving-kindness are everlasting, His faithfulness and truth endure to all generations.

Exercise 1

(for Prayer Communion with God)

Psalm 100:1 - 5 (NKJV)

¹Make a joyful shout to the LORD,
all you lands!

²Serve the LORD with gladness;
come before His presence with singing.

³Know that the LORD, He is God;
it is He who has made us,
and not we ourselves; we are His people
and the sheep of His pasture.

Exercise 1

(for Prayer Communion with God)

Psalm 100:1 - 5 (NKJV)

⁴Enter into His gates with thanksgiving,
and into His courts with praise.

Be thankful to Him, and bless His name.

⁵For the LORD is good;

His mercy is everlasting, and

His truth endures to all generations.

Exercise 1

(for Prayer Communion with God)

Psalm 100:1 – 5 (NLT)

¹Shout with joy to the LORD, O earth!

²Worship the LORD with gladness.

Come before Him, singing with joy.

³Acknowledge that the LORD is God!

He made us, and we are His.

We are His people,

the sheep of His pasture.

Exercise 1

(for Prayer Communion with God)

Psalm 100:1 – 5 (NLT)

**⁴Enter His gates with thanksgiving;
go into His courts with praise.**

Give thanks to Him and bless His name.

⁵For the LORD is good.

**His unfailing love continues forever,
and His faithfulness continues
to each generation.**

Exercise 1

(for Prayer Communion with God)

Psalm 100:1 – 5 (MSG)

¹On your feet now--applaud GOD!

²Bring a gift of laughter,

sing yourselves into His presence.

³Know this: GOD is God, and God, GOD.

He made us; we didn't make Him.

We're His people, His well-tended sheep.

Exercise 1

(for Prayer Communion with God)

Psalm 100:1 – 5 (MSG)

⁴Enter with the password: “Thank You!”

Make yourselves at home, talking praise.

Thank Him. Worship Him.

**⁵For GOD is sheer beauty, all-generous
in love, loyal always and ever.**

Psalm 100:1 – 5 (NIV)

- 1 Shout for joy to the LORD, all the earth.**
- 2 Worship the LORD with gladness;
come before Him with joyful songs.**
- 3 Know that the LORD is God.
It is He who made us, and we are His;
we are His people, the sheep of His pasture.**
- 4 Enter His gates with thanksgiving and
His courts with praise; give thanks to Him
and praise His name.**
- 5 For the LORD is good and His love
endures forever; His faithfulness continues
through all generations.**

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Exercise 2

(for Prayer Communion with God)

Psalm 18:1 – 3 (NIV)

- ¹ I love you, O LORD, my strength.
- ² The LORD is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge. He is my shield and the horn of my salvation, my stronghold.
- ³ I call to the LORD, who is worthy of praise, and I am saved from my enemies.

6 Application Steps :-

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