



## BY HEART

***Find meaningful ways to memorize and meditate on Scripture.***

How do we make sure God's Word travels all the way to our hearts? We want it in our minds and on our lips, but we really want it to live in our hearts, too. Meditation is the moving van that makes the transfer, planting Scripture into our bloodstream as the essence of who we are.

***How do we learn that discipline and help our family to learn it too?***

- Capitalize on sleeping and waking moments. Speak God's Word first and last in your day. Greet family members with it in the morning and tuck them in with it at night.
- Whittle down a bite-sized nugget. Dwell with one verse or one phrase for at least several days. Remind yourself to think about it by writing it in a journal or on your calendar.
- Don't expect to multitask while you meditate. You may think on it in the shower or while you run, but you most likely cannot do so with the radio on or at the ballgame.
- This is not a secret. Tell your family and friends what you have been meditating on and invite their insights. Speak often about what God is teaching you.
- Meditation is linked with memorization. When you think often and deeply about God's Word, it will be easier to memorize. When you memorize Scripture, it is easier to ponder it. They feed one another.
- Use word pictures and inspiration from nature. Work to make your meditation very visual and memorable.

Why not choose an idea from or portion of God's Word and begin meditating today? Psalm 1 is a wonderful place to start, if you need an idea. Ask a family member or friend today to hold you accountable or to join you in the practice.