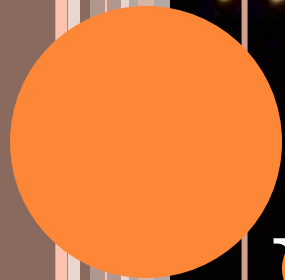




NEW YEAR:

NEW OPPORTUNITIES



THE CHALLENGE

To meditate on the word of God for ten minutes each day this year by

- 1. Reflecting of the sermon each week**
- 2. Memorizing 1 verse per week**
- 3. To spend time in God's word on a consistent basis**



WEEK 1 VERSE

Psalm 119:11

**I have hidden your word in my heart
that I might not sin against you.**

Psalm 119:11



WHY MEDITATE

1. Because we live in a world where we are consistently bombarded with data that we are hard pressed to evaluate



WHY MEDITATE

2. Because of the examples that we find in scripture

⁸ Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

Joshua 1:8



WHY MEDITATE

3. Because you are accountable for what you do in the light of God's truth



WHY MEDITATE

1. Immediate consequences

⁷ Do not be deceived: God cannot be mocked. A man reaps what he sows. ⁸ The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life.

Galatians 6:7–9



WHY MEDITATE

Ultimate Consequences

⁹ So we make it our goal to please him, whether we are at home in the body or away from it. ¹⁰ For we must all appear before the judgment seat of Christ, that each one may receive what is due him for the things done while in the body, whether good or bad.

2 Corinthians 5:9–10



WHY MEDITATE

Because it is the natural response of love:

²¹ Whoever has my commands and obeys them, he is the one who loves me. He who loves me will be loved by my Father, and I too will love him and show myself to him.”

John 14:21



WHAT DOES MEDITATE MEAN

1. *Buddhism & Hinduism* To train, calm, or empty the mind, often by achieving an altered state, as by focusing on a single object.
2. To engage in devotional contemplation



WHAT DOES MEDITATE MEAN

3. To think or reflect, especially in a calm and deliberate manner
 - A. Stop
 - B. Look
 - C. Listen
 - D. Respond



SOW WHAT

What one thing would you like to characterize your walk with God in 2012?

What area do you think God would like for you to focus on in 2012?

What will you do to make these two things a possibility?



VERSE OF THE WEEK - 2

John 14:21

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John 14:21

