

*May the words of my mouth and the meditation of my heart be pleasing in your sight, O LORD, my Rock and my Redeemer.  
Psalm 19:14 (NIV)*

## **Meditation**

That is what I will do. That will change my heart. That will transform my mind. That will help me to know and do your will. That will make me able to think and speak and act in ways that are pleasing to you. **What will do all these things in, for, and through you?** Meditating on your word will do all these things in, for and through me. **Tell me more about what you have in your heart and on your mind.** If I take your word deeply into my heart and mind, I will not be left unchanged. Your word is living and active. Your word is powerful. If I meet with you in your word, you will use it to mold and shape my life. Your Holy Spirit will take it and use it like a sword to fight in me, with me, for me, and through me. Your word will help me to resist temptation and fight against evil. **Yes, my word will do all these things in, for, and through you.**

I do have more to say. **I'm listening.** I know that this world would like me to think, and speak, and act according to its patterns and practices. If I do nothing, my mind will conform to the world. I will think and speak and act like everyone else in the world. **Why is this true?** My mind is a battle ground. What will I think? Will I think worldly and sinful thoughts that are displeasing to you or will I think heavenly and godly thoughts that are pleasing to you? I really have only two choices. **That is correct.** I have made my choice; I will think heavenly and godly thoughts that are pleasing to you. Making that choice alone will not be enough, however. **Why is that?** It is your word, working powerfully in my heart and mind that will change my heart and transform my mind. So, I have also made the choice to meet with you daily in your word. That is when and where and how, you will help me to think and speak and act in ways that are pleasing to you. **Yes, it is. Keep on coming to me. Keep on drawing near to me. Keep on meeting with me in my word. I will make you able to think and speak and act in ways that are pleasing to me.** Thank you, Lord.

*Lord, I know the world would like me to think, speak, and act according to its patterns, and practices. Which would not be pleasing to you. Use your word to change my heart and transform my mind so I can think, speak, and act in ways that are pleasing to you. Amen*

**The Prayer Filled Life**      *Meditation Of My Heart*

May the words of my mouth and the meditation of my heart be pleasing in your sight, O LORD, my Rock and my Redeemer.

NIV      Psalm 19:14

**The Prayer Filled Life**      *Meditation Of My Heart*

Let the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer.

ESV      Psalm 19:14

**The Prayer Filled Life**      *Meditation Of My Heart*

May the words of my mouth and the meditation of my heart be pleasing to you, O LORD, my rock and my redeemer.

NLT      Psalm 19:14

**The Prayer Filled Life**      *Meditation Of My Heart*

Let the words of my mouth and the meditation of my heart Be acceptable in Your sight, O LORD, my strength and my Redeemer.

NKJV      Psalm 19:14

**The Prayer Filled Life**      *Meditation Of My Heart*

Let the words of my mouth and the meditation of my heart be acceptable to you, O LORD, my rock and my redeemer.

NRSV      Psalm 19:14

**The Prayer Filled Life**      *What I Chew On*

These are the words in my mouth; these are what I chew on and pray. Accept them when I place them on the morning altar, O God, my Altar-Rock, God, Priest-of-My-Altar.

MSG      Psalm 19:14

**The Prayer Filled Life**      *Meditation Of My Heart*

Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O Lord, my [firm, impenetrable] Rock and my Redeemer.

AMP      Psalm 19:14

**The Prayer Filled Life**      *Unspoken Thoughts*

May my spoken words and unspoken thoughts be pleasing even to you, O Lord my Rock and my Redeemer.

TLB      Psalm 19:14

**The Prayer Filled Life**      *Meditation Of My Heart*

Let the words of my mouth and the meditation of my heart Be acceptable in Your sight, O LORD, my rock and my Redeemer.

NASB      Psalm 19:14

**The Prayer Filled Life**      *Thoughts*

I hope my words and thoughts please you. LORD, you are my Rock, the one who saves me.

NCV      Psalm 19:14

# Meditation Of My Heart

Year \_\_\_\_\_ Week \_\_\_\_\_ Day \_\_\_\_\_ Date \_\_\_\_\_

**The Prayer Filled Life** – Psalm 19:14

**In Context:** *Read Psalm 19*

**Begin With Prayer:**

***Here I am Lord. I Am Listening.***

**Meditating On God's Word:** ***(What is God speaking to your heart?)***

May the words of my mouth and the meditation of my heart be pleasing in your sight, O LORD, my Rock and my Redeemer. Psalm 19:14 (NIV)

**Considering The Words:** ***(What words speak to your heart?)***

May the words | of my mouth | and the meditation | of my heart | be pleasing | in your sight, | O LORD, | my Rock | and my Redeemer. Psalm 19:14 (NIV)

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**Praying The Scripture:** ***(What prayer from your heart will you write?)***

Lord, I know the world would like me to think, speak, and act according to its patterns, and practices. Which would not be pleasing to you. Use your word to change my heart and transform my mind so I can think, speak, and act in ways that are pleasing to you. Amen

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**What It Means:** ***(What questions speak to your heart?)*** *(Suggested questions for small group discussion are in bold)*

What from the world might cause you to think or speak or act in ways that are displeasing to the Lord?

**How is your heart and mind like a battle ground that will determine how you live your life?**

What has helped or hindered you from thinking, speaking, and acting in ways that please the Lord?

**Why will the thoughts you hold in your heart always come out in your words and actions?**

When has God's word helped you to realign your thoughts or words in ways the please Him?

**What specifically from God's word has helped you to think, speak and act in ways that please Him?**

How has God's word been guarding and guiding the entire course of your life?

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**Living It Out:** ***(What action step is God guiding your heart to take?)***

Allow your heart to be changed and your mind transformed by God's word.

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**Seeing It Happen:** ***(What are you trusting God for in your heart?)***

Have faith that God will use His word to help you to think, speak, and act in ways that please Him.

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**Get Ready To Share:** ***(What can you share with others from your heart?)***

Share with another person or your small group how God has helped you to think and speak in ways that please Him.

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**Close With Prayer:**

***Quiet Yourself Before The Lord***

*Pause And Offer Prayers Of...*

*With An Attitude Of Faith Listen To What The Lord Wants To Say To You*

Adoration... \_\_\_\_\_

Thanksgiving... \_\_\_\_\_

Confession... \_\_\_\_\_

Intercession... \_\_\_\_\_

Petition... \_\_\_\_\_

**Journal**

*As You Quiet Yourself Before The Lord*

**What Do You Want To Say To Me Lord?**

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**What Prayers Are You Praying Today?**

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**Prayer Of Blessing**

*(What Prayer Of Blessing Can You Pray For Another?)*

*May the meditation of your heart and the words of your mouth be pleasing to the Lord.*

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**Prayer To Carry**

*(What Prayer Would You Like To Carry Throughout Your Day?)*

*Lord, help me to think and speak in ways that are pleasing to you.*

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**What Do You Want To Remember About Today?**

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**A Question To Ask God**

*(What Would You Like To Ask God?)*

*Lord, how can I think and speak and ways that are pleasing to you today?*

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