

Lynn Valley Full Gospel Church
January 12, 2014
Speaker: Owen Scott

Title: "10,000 Thoughts"

Text: Joshua 1:8; Psalm 1:1-2

1. The importance of Biblical meditation

- Psalm 19:14; 63:6; 119:15,78; 119:97;
119:148

2. Five ways to receive the Word of God

- 1) Hear it preached
- 2) Reading the Word
- 3) Studying the Word
- 4) Memorize the Word
- 5) Meditate on the Scriptures

3. Living Words

- John 6:63

4. Meditating day and night

- Joshua 1:8; Psalm 1:3

5. Making use of the subconscious mind

- H.W.L.W. - *His word the last word* - Dawson Trotman

6. Giving God the "night key" to your heart

- Proverbs 6:22

7. Conscious and Subconscious meditation...

- Subconscious meditation - *When you lie down they will watch over you*
- Conscious meditation - *When you awake they will talk with you*
- Daily walks - *When you walk*

8. Five Psalms a day

9. My meditation

- Psalm 119:164; Psalm 119:62