

"Let the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer." Psalm 19:14

"This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it." Joshua 1:8

God's word is powerful and can change us from the inside out. This week let's focus on meditating on his word to fill our hearts with it.

### Daily Prayer Suggestions

Monday: Our words spring from our hearts or thoughts. What do your words reveal about the state of your heart?

Tuesday: Use Psalm 19:14 as a prayer today, asking God to guide your thoughts and words to be pleasing to him.

Wednesday: Allowing Scripture to fill our minds will help us develop habits of thinking in ways that please God. Pick a passage of Scripture to meditate on this week, and ask God to use it to transform you.

Thursday: What can you do to remind yourself to meditate on your passage? Tape it to the mirror? Carry it on a card in your pocket? Post it on the fridge?

Friday: Are there particular situations in which it's more difficult for you to have God-pleasing thoughts and words? If so, would it be best to avoid these situations, or can you bring your meditation verses into that situation to help you?

Saturday: Thank God for his word and ask him to give you a growing desire to know it. Also pray that more and more, your words would reflect the truth of God's word.