

Chapter #11 Lesson Plain – “Soaking”



Read Page 104

Introduction Verse - Psalm 49:3 (NLT)

³For **my words** are wise, and **my thoughts** are filled with insight.

Question #1 – What does David invite the Lord to do in both of these verses?

Psalm 5:1 O LORD, **hear me** as I pray; pay attention to my groaning.

Psalm 64:1 ¹O God, **listen** to my complaint. **Protect my life** from my enemies' threats.

Question # 2 - Meditation is easiest when things are quiet. When did the psalmist say he did some of his meditation, according to these verses?

Psalm 77:6 (NLT)-When my nights were **filled with joyful songs**. **I search my soul** and ponder the difference now. AND Psalm 119:148 - **I stay awake** through the night, **thinking about your promise**.

Question # 3 – What does this verse say about the timing of our meditation?

Psalm 1:2 (NLT)- But (I will) **delight in the law of the LORD**, **meditating** on it day and night.

Question # 4 – Why is Joshua told to meditate on Gods Word?

Joshua 1:8 (NLT)-⁸**Study** this Book of Instruction continually. **Meditate** on it day and night so you will be sure to **obey everything** written in it. Only then will **you prosper and succeed in all you do**.

Question # 5 – Lets all look up the following verses together and just see what they all say in our own bible versions instead of using the book:

- Psalms 77:12
- Psalms 119:15
- Psalms 119:27
- Psalms 119:97
- Psalms 119:99
- Psalms 143:5
- Psalms 145:5
- Malachi 3:16

Question # 6 - What does David want to see in his meditations according to this verse?
Psalm 104:34 (NLT)-May all my thoughts be pleasing to him, for I rejoice in the LORD.

Question # 7 – How can we know what things will be pleasing to the Lord? What does this verse urge us to meditate upon?

Philippians 4:8 (NLT) -⁸ And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

Question # 8 - What does Paul tell us can be the result of a life liberally marinated in Gods Word according to this verse?

1 Timothy 4:15 (NLT)-¹⁵ Give your complete attention to these matters. Throw yourself into your tasks so that everyone will see your progress.

[Read Page 108](#)