

LEARNING TO STOP

Psalm 119:97–99





1

Source of
Meditation



2

Object of Meditation

Psalms

77:1-12
I will remember the works
of the LORD: surely I
will remember thy wonders
of old. I will meditate
also of all thy work, and



2

Object of Meditation

Psalms 92:4-

For thou, LORD, hast made
me glad through thy work:

I will triumph in the
works of thy hands. O

LORD, how great are thy

Psalm 8:3-4

When I consider thy
heavens, the work of thy
fingers, the moon and the
stars, which thou hast
ordained; What is man,

3 Practice of Meditation

Ephesians

That the God of our Lord
Jesus Christ... may give
unto the spirit of wisdom
and revelation in the
knowledge of him: the

Psalms 119:18

Open thou mine eyes,
that I may behold
wondrous things out of
thy law.



3 Practice of Meditation



4

Fruit of
Meditation

LEARNING TO STOP

Psalm 119:97–99

