



Disciple*Synthesis*

The Daily Disciplines of the Believer



The Word

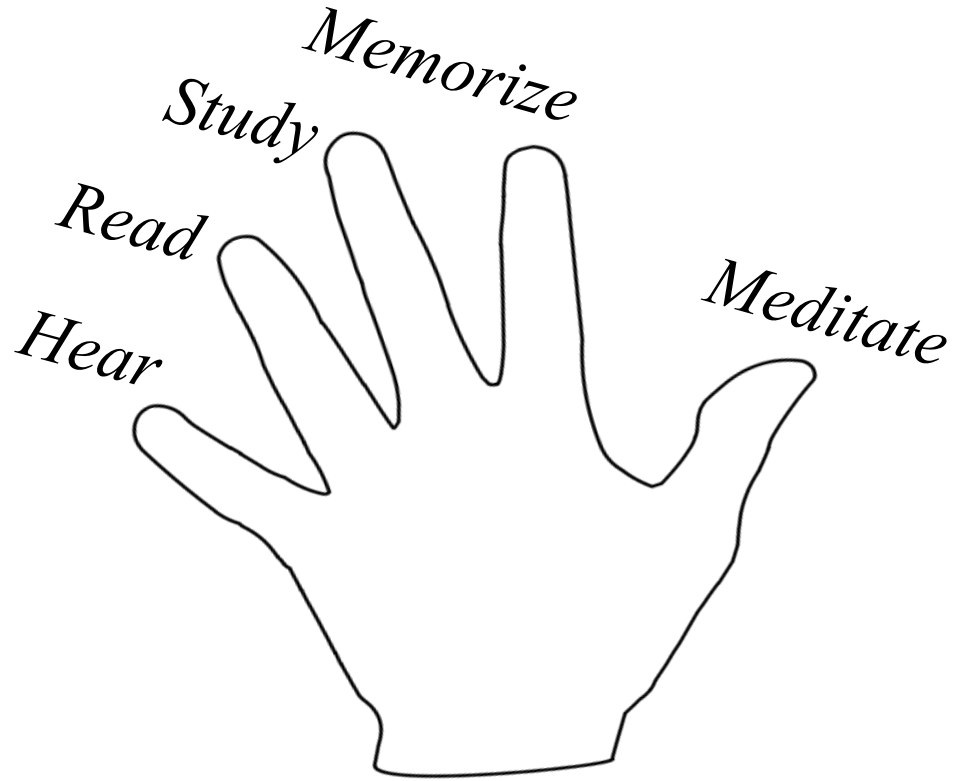
Joshua 1:8

*Do not let this Book of the Law depart from your mouth;
meditate on it day and night,
so that you may be careful to do everything written in it.
Then you will be prosperous and successful.*



Biblical Meditation is not seeking to empty yourself of all thought.

Biblical Meditation is seeking to fill yourself with God's thoughts.





Biblical Meditation

- Keep it Simple
- Trust the Lord (and not yourself)
- Find what works