

# Scriptural Solutions...



There is, as every believer knows, great benefit to internalizing **God's Word**. In the Bible there is a word that relates to every condition and circumstance of life. The benefit of knowing **God's Word** is increased when the practice of memorizing scripture is done daily.

There is more to internalizing scripture than just reading it once or twice a day. The scriptures say we should "*meditate on God's Word day and night*"...a practice known as **scripture meditation**. There are some simple and practical steps one can take to make scripture meditation a vital activity of the modern day Christian lifestyle.

Begin each morning by selecting a verse for the day: **1)** select a verse that serves to build relationship with Jesus or that deals with a life issue being faced. **2)** Take an extra minute to repeat the verse several times. This should follow morning prayers. **3)** Take one more minute and write the verse on a piece of paper that can be conveniently folded up and carried in a pocket or purse. Whenever there is an extra moment—*standing in line, holding on the phone, waiting for a food order*—pull out the verse and read it over several more times. **4)** Lastly, at the end of the day, just before sleep, read the verse a couple more times or select a related passage of **God's Word** to fall to sleep with.

This simple process will bring you closer to Jesus and help you control your thought life. By putting **God's Word** into your heart and life by internalizing it, you will strengthen your walk as a Christian and find a solution to every issue you come against in life.

Scripture has the answer.

Issue Addressed	Description of Issue	Scripture Meditation
Awareness	God's awareness of me	Psalm 139
	Near to those in pain	Psalm 34:18
	Blessed are those who wait for Him	Isaiah 30:18
Confidence	Courage for task	Joshua 1:1-9
	World seems bigger than God	Psalm 90
Danger	In need of protection, safe place	Psalm 91
Deliverance	In need of deliverance	Psalm 18:17-18
	God is available to help	Psalm 124:1
Depressed	Feeling down and out	Romans 8:39
	Heavy hearted, depressed	Psalm 34
Discouraged	Waning strength, losing heart	Isaiah 40:28-31
Faith	When faith needs stirring	Hebrews 11
	Prayers grow narrow or selfish	Psalm 67
	Thinking of investments and returns	Mark 10
Family/Fellowship	In want of family	Psalm 27:10

	Need Christian assurance	Romans 8:1-30
	Church family/friends fellowship	Romans 12
Fearful	Afraid, uncertain, feeling alone	Psalm 23
	God seems far away	Psalm 139
Forgiveness	The Lord's forgiveness	Psalm 130:1-6
	Request for forgiveness	Psalm 86:5
Guilty	Feeling condemned, having sinned	Psalm 51
Happiness	Paul's secret to happiness	Colossians 3:12-17
Negative	Feeling bitter, critical	I Corinthians 13
	Confession of sin	Psalm 51:9-11
	Men have failed you	Psalm 31:11-16
Peace	Affirmation for peace	Psalm 122:7-8
	In need of rest and peace	Matt 11:28-30
	Know God's peace	Matt 14:27
Praise	In praise of God	Psalm 145:1-7, 11-12
	Who He is to me	Psalm 18:2
Prosperity	Victory through prosperity	Psalm 30:6
	Financial need	Psalm 37
Protection	God's personal handling	Psalm 31:7-8,
	Confidence in God's protection	Psalm 25:1-10
	God is our keeper	Psalm 121:5-8
Sorrow	Don't be troubled	John 14:1
	Have sinned	Psalm 51
Speech	Words spoken, control of the tongue	Psalms 141:3,
Trust	Talk to God openly.	Psalms 143:1-2
	Trust God with all your heart.	Proverbs 3:5-6
	Take God's word as truth	John 8:32
	God will not fail us.	Joshua 1:5,7
Worried	Seize worrying about basic needs	Matt 6:25-34
	To stop the habit of worrying	Psalm 19:14

Rabbi Jonathan Bernis advises, "Instead of counseling with your mind, give them scripture." There are prescriptions in the Word of God. Get it into your heart, release it in confession. Speaking and confessing is the action of faith. It is the major action of faith. Confess the Word of God until it becomes a reality. When the body (through the senses) gets the message of the confession, having passed through the soul (the mind), manifestation takes place.

Faith connects with Grace...only faith can connect with God's Grace. God is not moved by our needs, He is moved by our faith.

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### About the Author

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