

**Don't Just Sit at  
the Table**

<sup>1</sup>After the death of Moses the servant of the Lord, the Lord said to Joshua son of Nun, Moses' aide: <sup>2</sup>"Moses my servant is dead. Now then, you and all these people, get ready to cross the Jordan River into the land I am about to give to them—to the Israelites. <sup>3</sup>I will give you every place where you set your foot, as I promised Moses.

<sup>4</sup>Your territory will extend from the desert to Lebanon, and from the great river, the Euphrates—all the Hittite country—to the Mediterranean Sea in the west. <sup>5</sup>No one will be able to stand against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you.

<sup>6</sup>Be strong and courageous, because you will lead these people to inherit the land I swore to their ancestors to give them.

<sup>7</sup>“Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go.

<sup>8</sup>Keep this Book of the Law always on your lips; 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. <sup>9</sup>Have I not commanded you?



Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

Joshua 1:1-9 (NIV)

<sup>22</sup>Do not merely listen to the word, and so deceive yourselves. Do what it says.

<sup>23</sup>Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror <sup>24</sup>and, after looking at himself, goes away and immediately forgets what he looks like.

<sup>25</sup>But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do.

James 1:22-25 (NIV)



**Meditating on God's Word  
Heals A Believer's Heart and  
Settles Our Minds**

“Meditation on God’s word ties people’s fluttering minds to their true spiritual anchor of stability.”

*David Saxton*

**Meditating on God's Word  
Provides Deep Spiritual Value**

“The devil is an enemy of meditation...he knows that meditation is a means to compose the heart, and to bring it into a gracious frame... Satan is content that you should be a hearing and praying Christian, so that ye be not meditating Christians; he can stand your small shot, provided that you not put in this bullet.”

*Thomas Watson*

**Meditating on God's Word  
Unites Biblical Truth to  
Actual Living**



“Without meditation the truth of God will not stay with us; the heart is hard, and the memory is slippery, and without meditation all is lost; meditation imprints and fastens a truth in the mind... as a hammer drives a nail to the head, so meditation drives a truth to the heart. Without meditation the word preached may increase notion, not affection.”

*Thomas Watson*