

## Seeking The Face of God

### Prayer Guide

#### Week 28

### Cost of Seeking: Time – Meditation

*I honor and love your commands. I meditate on your decrees.*

#### Psalm 119:48 (NLT)



**Prayer Focus:** In order for us to be a people of God who are truly seeking His Face, we need to learn the spiritual discipline of meditation. We meditate on the Word of God because it is in the Word of God that we learn about our Great and Loving God. We learn His ways, His character, His heart. These truths do not come to us falling from the sky. We must make the time to spend in meditation. The Biblical term to meditate has the idea of pondering, rehearsing, speaking to oneself about God's Word and God's Truth. The illustration is often used of a cow chewing it's cud. It goes into a stomach, but is brought up again and chewed some more. The only way we will receive the deep truths of God's Word is when we develop the discipline of meditation. Meditation is not instant... it takes time. It takes dedication to spend the time and effort to meditate and allow the Truths of God's Word to penetrate into our minds and our spirits. But this is God's appointed way. Make the effort to set aside a regular time when you take a portion of God's Word and meditate on it over and over, asking God to give you understanding and insight into His Word for our life. As we meditate on His Word, We will know Him better, and our lives will be transformed into a people prepared to see the Face of God.

- Day 1:** Examine your lifestyle ... do you spend dedicated time in meditation on God's Word? Spend time today talking to the Lord about this. Let Him speak.
- Day 2:** The Lord wants you to learn the discipline of meditation, ask Him today to teach you to meditate on His Word.
- Day 3:** Ask the Lord for deeper insights into His heart and His will as you meditate on His Word.
- Day 4:** Pray for family and friend to also learn the discipline of meditating on the Word of God.
- Day 5:** Pray today that the others in your church, including pastors and leaders would be practicing regularly the discipline of meditation on the Word of God.
- Day 6:** Pray today that there would be many in the other churches in your city that would be drawn into the regular meditation on the Word of God.
- Day 7:** Pray for the missionaries from your church to make the time in their busy schedules to meditate on the Word of God.