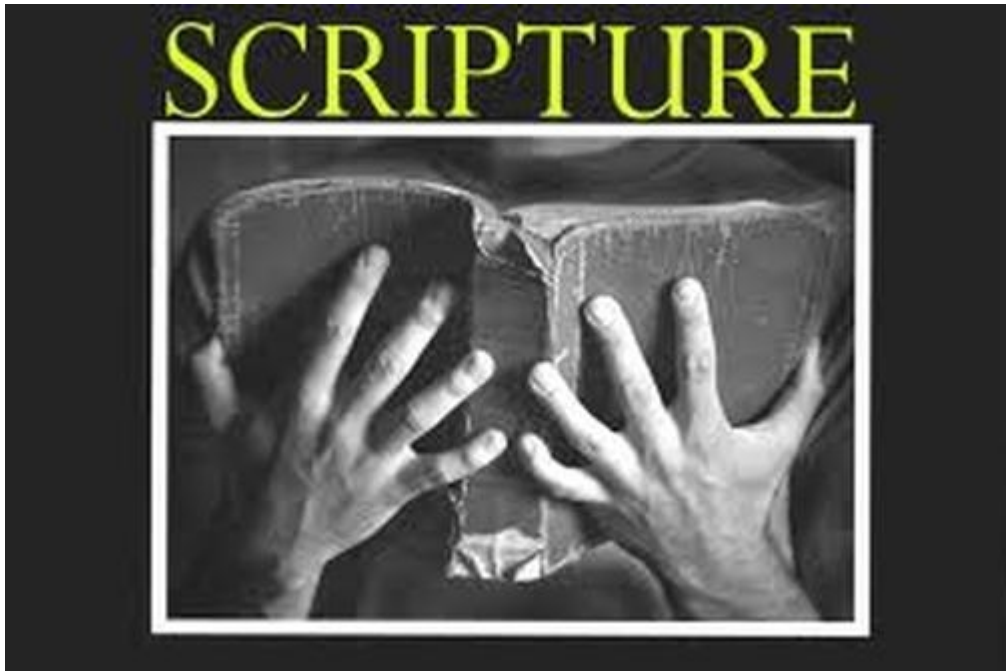


# Meditate on YAHUAH's Word



Perhaps one of the most neglected disciplines in the believers life these days is that of Meditation. I believe that very few believers have been taught how important it is to pay close attention to what they think about.

## **Consider the following:**

Watch your thoughts; they become words.

Watch your words; they become actions.

Watch your actions; they become habits.

Watch your habits; they become character.

Watch your character; it becomes your destiny.

What exactly is meditation? According to our culture, meditation is the relaxation of the mind to the point where little or no thought occurs. But according to scripture, meditation is the increased focus of the mind with much deep thought occurring. The goal of secular meditation is to empty the mind, the goal of godly meditation is to fill the mind with Yahuah's truth. To put it in layman's terms, godly meditation is the practice of filling the mind with Yahuah's word for the purpose of applying Yahuah's word.

The words Ponder, Meditate, Muse, and Ruminare are synonyms and mean to

consider or examine attentively or deliberately. PONDER implies a careful weighing of a problem or, often, prolonged inconclusive thinking about a matter; MEDITATE implies a definite focusing of one's thoughts on something as to understand it deeply; MUSE suggests a more or less focused daydreaming as in remembrance; RUMINATE implies going over the same matter in one's thoughts again and again but suggests little of either purposive thinking or absorption.

When we're meditating on something, we're singly focused physically. We allow no other thought or activity to steal us away from that moment. We're 100% present and fully conscious of whatever we're doing.

Many believers are becoming interested in Meditation as a way to create greater intimacy with Yahuah, maintain their peace of mind, and control negative thoughts and emotions. But the question often arises, how do we mediate on Yahuah?

This question may produce images of sitting lotus style in a meadow or Buddhist monks chanting in some far away land. Unfortunately for believers, the practice of meditation has been misunderstood and as a result we have forfeited and shun a practice that is not only encouraged by Yahuah for our success, but that will also create deeper intimacy with Yahuah, improve our mental and physical health, help us maintain our priorities and balance, and live with more peace and joy.

If we, through ignorance and deception, relinquished this prized possession, we need it back, and now! Stress, worry, misplaced priorities, depression, restlessness, negative thinking, addictions, and many other harmful behaviors plague the Believing community more than ever before. We've lost the art of meditating on Yahuah.

Yahuah said in **Joshua 1:8** that the way to spiritual prosperity and success which will ultimately lead to physical success is to mediate on His word continually.

We can't spend time with Yahuah and not be affected because Yahuah character just spills over and saturates us. One form of meditating on Yahuah is to abide with him; to sit at his feet and to wait in his presence.

This can be accomplished by carving out time each day to just sit quietly before Yahuah where you are free from distractions. The ocean or secluded areas of

nature are great places to meditate, but a quiet area in your home works just as well. Initially, meditating on Yahuah may be difficult because our mind tends to be restless and wanders profusely; but with consistency you'll gain more and more control over your thoughts.

Select a scriptural passage or word to focus on and anchor your attention, some examples can be "Yahuah is my Shepherd," "I walk by faith," "the joy of Yahuah is my strength", "I cast my cares upon Yahuah," or "Peace be Still."

You can select a whole scripture or just one word, like "Yahusha" or "Yahuah" to meditate on. Meditate in silence or record music to play in the background. As you meditate, become fully present by paying attention to your breathing and your word/scripture. You can silently repeat your word/scripture in alignment with your breathing or anytime your mind begins to wander off. You can also create a mental picture in your mind to focus on. As you practice being still and calming your thoughts, you'll sense a greater feeling of Yahuah's presence and a greater sensitivity to hearing his voice.

You'll begin to sense the yearnings of the Ruach ha Kodesh as he drops words or impressions on your heart. Set aside time to dedicate to Yahuah each day, as you practice this form of meditation, you'll find old weights and worries seem to disappear. No evil thing can stand in Yahuah's presence.

Another popular and more historical way of meditating is called contemplative prayer. This form of meditating involved selecting a short scripture or biblical passage and then reflecting on it for the entire day. Think about how these particular scriptures are relevant to your life.

Take ownership of the scriptures by making them your own. Measure your behavior by them and contemplated what changes they needed to make so that your life personally reflects the passages. You can add this form of meditating to your daily devotion, by selecting and writing down a particular passage and then ask Yahuah to make this passage real to you. Interestingly, the passage will seem to take on a life of its own. Scripture says that Yahuah's word is like a two edge sword, it is alive and it quickens us. **Hebrews 4:12**

We are changed by the word; but the word has to get into our heart and our spirit and not just our minds. Meditating on the word by taking small bites and then chew on them slowly is trans formative and much more effective than just reading whole chapters of scriptures.

Meditating is a spiritual practice that can enhance our relationship with Yahuah. It can help us to take on his character by spending time in Yahuah's presence. Meditating on a scriptural passage or a word teaches us to calm our restless thoughts and creates a greater sensitivity to hearing Yahuah's voice. And meditating on Yahuah's word in the form of contemplative prayer is a way to reflect upon the scripture and ponder its relevancy in our personal life. All forms of meditation mentioned can change us and make our life more fulfilling, YAH centered, and balanced.

We have all heard the expression, "you are what you eat", but is also true to say "you are (and are becoming) what you think." Here is a challenge for you. Over the next few weeks take special note about what things you spend your time thinking about. Consider the following questions.

- Are you critical of others?
- Do you mope because you do not receive the praise you feel you deserve?
- How much time do you spend worrying about this or that?
- How much time do you spend grumbling or complaining or feeling sorry for your self?
- How much time do you spend thinking about the TV shows you watched last night?
- How much time do you re-live the bad things people do to you?
- Do you list out all your misfortunes?
- Do you allow yourself to be angry for long periods of time?
- Do you think about bad things happening to the people you are angry with?
- Do you think about bad things happening to yourself?
- Do you rejoice in the misfortunes of others?
- Do you dwell on lustful and impure thoughts?
- Do you glory in the important position you hold in church?
- Do you review reasons why you are better than others or better suited than others?
- Do you list reasons why others you know are deficient in some way as compared to yourself?

Did you know that you are what you are right now - not what you would like to be, nor what you ought to be, nor are you what you used to be. You are what you are today. Today, the 'real you' is shown by what you do and by what you think about in your heart - what you meditate on. Further, the things that you allow your heart to dwell on today is building what you will be tomorrow and the

tomorrow after that.

Let's look at some verses which illustrate that you act out of and can be judged by the state of your heart.

The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks. [Luke 6:45](#)

But the things that come out of the mouth come from the heart, and these make a man `unclean'. [Matthew 15:18](#)

What comes out of a man is what makes him `unclean'. For from within, out of men's hearts, come evil thoughts, sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. All these evils come from inside and make a man `unclean'." [Matthew 7:20-23](#)

As water reflects a face, so a man's heart reflects the man. [Proverbs 27:19](#)  
Above all else, guard your heart, for it is the wellspring of life. [Proverbs 4:23](#)

Your 'inner life' is an accurate representation of the real you. No matter what service you perform for Yahuah, or what you appear to be to others, the important thing is the purity of your inner self. Consider the words of Yahusha as he speaks to the Pharisees and the teachers of the law.

"Woe to you, teachers of the law and Pharisees, you hypocrites! You clean the outside of the cup and dish, but inside they are full of greed and self-indulgence. Blind Pharisee! First clean the inside of the cup and dish, and then the outside also will be clean. "Woe to you, teachers of the law and Pharisees, you hypocrites! You are like whitewashed tombs, which look beautiful on the outside but on the inside are full of dead men's bones and everything unclean. In the same way, on the outside you appear to people as righteous but on the inside you are full of hypocrisy and wickedness. [Matthew 23:25-28](#)

The Pharisees were an obvious case of hypocrisy. But not so obvious that they noticed. They spent all of their time making sure that they obeyed the letter of the law perfectly. From the outside, it appeared that they were keeping Yahuah's law perfectly and were therefore righteous men. In spite of all their work, they are all dismissed as being filled with greed, self-indulgence, hypocrisy and wickedness. What a shock this accusation must have been to them.

You see, our Yahuah is not impressed with what we appear to be. We are all very good at 'playing Religion'. Yahuah is most interested in what we are like on the inside. He wishes to change us from the inside out. His goal is to make us clean on the inside so that we would naturally be clean on the outside. If you are clean in your heart, then you will automatically be clean on the outside.

Meditation is a function of the mind and the heart. It is what we think about in our hearts and it is something we should be doing each and every day. Whether we realize it or not, we all spend a large portion of our time in some form of meditation. The thing is what we meditate on may or may not be worth while. In fact, what we habitually think about is frequently unhealthy for our growth as believers. Often it is simply sinful. This is why I asked you earlier to spend some time making notes about what you think about. This is the first step in the process of training ourselves to think correctly.

### **What Scripture says about meditation:**

Reflect on what I am saying, for the Lord will give you insight into all this.

**2 Timothy 2:7**

May the words of my mouth and the meditation of my heart be pleasing in your sight, Yahuah, my Rock and my Redeemer! **Psalms 19:14**

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. **Joshua 1:8**

Within your temple, Yahuah, we meditate on your unfailing love. **Psalms 48:9**

I will meditate on all your works and consider all your mighty deeds.

**Psalms 77:12**

I meditate on your precepts and consider your ways. **Psalms 119:15**

Though rulers sit together and slander me, your servant will meditate on your decrees. **Psalms 119:23**

Let me understand the teaching of your precepts; then I will meditate on your wonders. **Psalms 119:27**

I lift up my hands to your commands, which I love, and I meditate on your

decrees. **Psalms 119:48**

May the arrogant be put to shame for wronging me without cause; but I will meditate on your precepts. **Psalms 119:78**

Oh, how I love your law! I meditate on it all day long. **Psalms 119:97**

I have more insight than all my teachers, for I meditate on your statutes. **Psalms 119:99**

My eyes stay open through the watches of the night, that I may meditate on your promises. **Psalms 119:148**

I remember the days of long ago; I meditate on all your works and consider what your hands have done. **Psalms 143:5**

They will speak of the glorious splendour of your majesty, and I will meditate on your wonderful works. **Psalms 145:5**

May my meditation be pleasing to him, as I rejoice in Yahuah. **Psalms 104:34**

Finally, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-if anything is excellent or praiseworthy-think about such things. **Philippians 4:8**

Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But his delight is in the law of Yahuah, and on his law he meditates day and night. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers. Not so the wicked! They are like chaff that the wind blows away. Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous. For Yahuah watches over the way of the righteous, but the way of the wicked will perish. **Psalm 1**

Therefore, I urge you, brothers, in view of Yahuah's mercy, to offer your bodies as living sacrifices, holy and pleasing to Yahuah-this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what Yahuah's will is-his good, pleasing and perfect will. For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance

with the measure of faith Yahuah has given you. **Romans 12:1-3**

The verses quoted above describe to us what we should be doing. But this type of meditation does not come naturally. By nature, we stir up and act out that which is in our hearts. If your heart is filled with good things, you will have a tendency to meditate on good things. If your heart is filled with bad things, you will naturally think about and meditate on these things.

I firmly believe that through Yahuah's grace and the power of his spirit, and through the prayers and ministry of our brothers in Yahuah, we can and must train ourselves to have a pure thought life. If we do this, we will start to see changes in our attitude and behavior. Our hearts will start to become pure and we will enjoy the pleasure of Yahuah.

### **How do we accomplish this?**

We must become consciously aware of what we spend our time meditating on now. We must take a detailed account of what we think about and based on scriptural principles decide whether it is good or bad. When you catch yourself meditating on something undesirable, renounce it and cast it away. Imagine yourself throwing it to the ground and stepping on it to kill it. Then immediately choose to replace the thought with a good one, such as a prayer, a memorized scripture or song. Do not be discouraged if you find yourself thinking about that same thing only a minute or two later. Simply recognize sin as sin, renounce it again and choose to replace the thought with something worthwhile. You will find that many of your personal idols are firmly attached to your hearts as if with elastic bands so when you through them away they just snap back at you. But eventually the elastic will break and you will be free.

Similarly, do not think it strange if you find it difficult to cast off the undesirable thought pattern. Remember that your heart has a basic tendency to enjoy such things; you will be fighting with yourself. But you do not have to give in. Consider Paul's attitude about discipline in the believers life:

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last for ever. Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize. **1 Corinthians 9:24-27**



Please note that the Greek word translated 'beat my body' has a literal meaning of 'to bruise under the eye'. So, if you desire to overcome a certain sin, and are fighting it, why not choose to bash your head against the wall (figuratively speaking) and say "I will not do this". For we are told if we resist the Devil, he will flee from us.

Your mind and your heart are both like clay - being shaped and formed with each passing day. There are some questions to be asked:

- Whose hands are forming my heart and mind?
- What are they being formed into?
- What is my responsibility in the process?

Whether you realize it or not, your character is being formed and solidified with each passing day. This is true whether you plan through what you want to be or if you just let life happen. Some of the most powerful influences on the development of your character come from the following sources:

1. What you read
2. What you look at
3. What you listen to
4. The people you associate with
5. What you think about

All these things feed your brain and together are a significant influence in the way your mind is programmed. Piece by piece, like bricks in a wall, this programming trains you how to respond, how to think, what to think, what to value and pursue, how to treat others and what you should/should not do. Do not be deceived, an even small amount of negative input has a noticeable effect over the long run. You have heard the expression that applies to computers - "garbage in, garbage out". This applies to your mind as well. You can be holy in an unholy world, but it's hard to avoid being effected by the ungodly influence that society has on you. It's all around us every day. Society does not teach godly behavior. Each day we are exposed to a great deal of negative re-enforcement. But, we can limit this negative input by carefully selecting the things we do when where there is a choice. For example:

- Avoid watching television shows which suggest ungodly behavior is acceptable. Do not rent or go to see movies which expose your minds to crude and unacceptable behavior. The images on a TV screen are very strong and have a powerful teaching influence on the mind, especially young minds. Many things we see on television are entertaining, but not helpful for building ourselves up in Yahuah.
- Do not read books which glorify ungodliness. Avoid pornography of all forms. Artwork and anything else we have in our houses should be in good taste and not conflict with the teaching of Yahusha.
- Refuse to listen in on dirty jokes or gossip. Do not participate in the activities of crude people. I hesitate to say do not be friends with crude people, because our primary goal is to be witnesses for Yahusha. Rather, don't participate in or enjoy their activities. Be salt and light.  
Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving. **Ephesians 5:4**
- Do not listen to music which promotes sin and ungodliness. Much of the above should be repulsive to a believer anyway because they are in agreement with Yahuah. Instead of filling your mind with even more rubbish than you get from the world everyday anyway, see to it that you fill your mind with good things instead. And do not nurture the bad which is already there; rather get rid of it as garbage. There is plenty for us to do. Do not feel obligated to watch much television.

Participate in fellowship with believers and associate yourself with his chosen people. The point is, you need to deliberately avoid certain types of input and replace it with others. In doing so you will begin to find that you are free to live a life pleasing to Yahuah.

Since, then, you have been raised with Yahusha, set your hearts on things above, where Yahusha is seated at the right hand of Yahuah. Set your minds on things above, not on earthly things. For you died and your life is now hidden with Yahusha in Yahuah **Colossians 3:1-3**.

The following are only some of the additional things we can do to support a healthy heart.

1. Productive work/service.
2. Scriptural Study

3. Prayer
4. Psalms, hymns and spiritual songs
5. Fellowship with other believers
6. Meditation on the things of Yahuah
7. Fasting

What then is believers meditation? It is the deliberate practice of turning our hearts and our minds to the full time task of bringing the word of Yahuah to life in the daily activities of our lives. As I said earlier, Yahuah wants to change us from the inside out. He wants to renew our minds and hearts so they will become more like his own. However, it is *\*only\** by Yahuah's grace and power that this could ever happen.

We *\*cannot\** change ourselves. Yahuah uses a number of things to accomplish this. But the primary tool he uses is his own word recorded in scripture. If we ignore it, he cannot work in us. If we use it and put it to use, he will be able to enter into our lives and form us into what he wants us to be. Meditation on the word of Yahuah allows its transforming power to renew our minds and change our hearts.

Meditation on the things of Yahuah yields wisdom and purity. It yields spiritual maturity and communion with Yahuah. Here are a few of the things we can meditate on.

- The things Yahuah has done for me and others I know.
- The holiness and perfection of Yahuah.
- The Beauty of Yahusha
- Our meeting with Yahuah after our life here is complete
- Our eternal fellowship which we will have with Him
- The meaning/application of any specific passage of scripture.
- Anything Yahuah has just taught us or made us aware of
- Questions regarding the will of Yahuah.
- The salvation he has given us
- The life he has freed us from

You see, much of this is reflection on the relationship we have with Yahuah, it is thinking about His love and influence in your life, it is wondering about His awesome power and mighty deeds. It is joyfully giving thanks to Him for all he has done. It is sitting in awe and appreciation of his works. It is using all your energy to understand and obey his word. Just as your digestive system processes the food you eat so it can be of use to your body, so also meditation digests all things concerning Yahuah and makes them a power which can renew your heart.

Meditation centers on the relationship we have with Yahuah that comes through Yahusha. It seeks to improve this relationship by allowing Yahuah to use his word to renew our minds and our hearts through knowledge of his will. The word of Yahuah plays a central role in meditation because it is the place where our knowledge of Yahuah originates.

We must therefore determine to know the word of Yahuah so that we have the material we need for meditation available to us. This involves diligent study and memorization of the scriptures. This will make sure that everything in the scriptures will be at your fingertips when you want it. Memorized scripture plays an important role in the art of meditation

Meditation can be done at all times of the day. It requires a bit of planning and extra effort to keep focused because it is work. It is also foreign to the natural state of your heart. It is something you choose to do. Meditation can be done both on planned, pre-arranged times and informally, whenever your mind is free.

- During your morning quiet time
- While you do household chores or waiting for something
- While you drive to work
- While you are waiting to sleep
- When you wake in the middle of the night

One of the greatest promises in scripture is found in **Psalms 1:2-3**. This passage teaches that if we meditate on Yahuah's Word day and night we will be "like a tree firmly planted by streams of water". Here is the secret to the

consistent believers life.

But how does a person meditate day and night? One obvious way is to stay awake 24 hours a day. However, there is a less strenuous way to accomplish this.

Have you ever awakened in the night feeling rigid and tense? Have you ever gone to bed with a problem in your mind, and awakened the next morning exhausted-as though you had worked through the night? Have you ever noticed that your last thought of the day is usually your first thought of the next morning? Many people believe that these phenomena indicate that our subconscious minds keep on working while we are asleep.

When a person sleeps, his conscious mind rests while his subconscious mind continues to function in order to keep the body's organ's working. But the conscious and the subconscious are in a closed-circuit relationship, so whatever the conscious was working on prior to his falling asleep will be transmitted to the subconscious.

Too often we are wrestling with a problem just before we go to sleep. So rather than allowing the subconscious to work on our problems and worries, we can meditate on the Word of Yahuah while we sleep.

A simple application of this theory is to read the passage intended for the next morning's quiet time just before you go to sleep. Take about three minutes to scan through the passage and ask Yahuah to give you a thought that will help you live for Him the next day. Take this thought with you to bed.

Your subconscious mind will work on the thought while you sleep, and you will probably have the same thought in your mind the next morning. The writer of the Proverbs may be alluding to this when he writes, "When you walk about, they will guide you; When you sleep, they will watch over you; And when you awake, they will talk to you" **Proverbs 6:22**

Make Yahuah's Word your last word every day, and with the help of the subconscious mind you will be able to meditate on the Word "day and night."

If you want to know a Scriptural guided meditation technique that uses the word of Yahuah skillfully to grow your faith and masterfully to whip the fearful suggestions of the devil then listen to this.

Imagine Scripture is a sharp and deadly double-edged sword, and with it you are

able to use the word of Yahuah to fight wickedness by performing miracles like Yahusha did and delegated to us so we could do also.

And as ye go, preach, saying, the kingdom of heaven is at hand. Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give. **Matthew 10:7-8**

But remember it is highly unlikely that you'll be able to inflict a heavy blow on the enemy with your sword like Jesus did by performing miracles without first meditating on the word of Yahuah in scripture.

Can you remember a time as a child when you dreamed of saving the princess by slaying the dragon with your mighty sword? And ladies, have you ever dreamed of being rescued by a valiant and brave knight in shiny armor from a fire breathing dragon?

Meditating on the promises of Yahuah in Scripture is like being a fully armored knight who is always training to stay prepared so he can protect the village which is always under attack by terrible fire breathing dragons.

If you meditate on the word of Yahuah, you'll already know what to do when you are tested on your faith, or in this case when your village is under attack.

Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. **Ephesians 6:16**

But you won't be able to build a shield to protect the village against temptation without first meditating on the Word of Yahuah in the Bible.

Another reason Scripture is like a double-edged sword is because, "it subdues and mortifies evil desires and blasphemous thoughts as they rise within; and answers unbelief and error as they assault from without.

A single text, well understood, and rightly applied, at once destroys a temptation or an objection, and subdues the most formidable adversary." **Ephesians 6:10-18.**

Not only is meditating simply thinking, in which we do all the time, but by using this technique in conjunction with the promises of scripture you can make your way prosperous by increasing your faith in Yahuah and in His Word.

So then faith cometh by hearing, and hearing by the word of Yahuah. **Romans**

## 10:17

The fact is, if you don't have enough faith in Yahuah's word you won't be able to please Him enough to get all of His promises, rewards and blessings.

But without faith it is impossible to please Him: for he that cometh to Yahuah must believe that He is, and that He is a rewarder of them that diligently seek Him. **Hebrews 11:6**

What better way is there to diligently seek Him than to meditate on His word?

All you have to do is start believing that you can meditate on the promises from scripture and that it will be most beneficial to improving your life. If that's not enough to convince you; Yahuah also promised that you would have good success if you meditate on His word.

This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success. **Joshua 1:8**

Solomon found to be true threw out his years of seeking the lord when he said, "In all thy ways acknowledge Him, and He shall direct thy paths". **Proverbs 3:6**

You meditate earnestly on that verse by concentrating and reciting it over and over in your mind and getting that promise deep in your heart by keeping it with you always and referring to it from time to time.

Blessed are they that keep his testimonies and that seek him with the whole heart. **Psalms 119:2**

Simply get on your knees and call Yahuah out on His promise. You say, "Yahuah you said in your word in **proverbs 3:6** that if I acknowledge you in all my ways you will direct my paths. I believe your word and I'm acknowledging you right now and asking you to give me the strength to resist this sin that has been tempting me lately...".

The hard part is preparing your mind to do the actual meditating on Yahuah's words and promises and believing that this is what Yahuah wants you to do so that He can bless you like He wants to.

Yahusha said that the first and greatest commandment is, "thou shalt love Yahuah thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment". **Mark 12:30**

Did you notice how Yahusha said; with all your heart, all your soul, all your mind, and all your strength?

All four of these things are referring to the same thing, for if we could pick just one that would best describe the point Yahusha was trying to make to us in today's society, we would probably pick all our heart.

Although, if you are the technical type then you might prefer to say all our mind.

But you won't be able to keep the greatest commandment of Yahuah; to love Yahuah with all your heart or mind if you don't want to meditate on the word of Yahuah.

Which brings me back to the commandment; you will meditate by reflecting deeply and thinking intently on the promises from the Bible every where you go and keep His word with you at all times for Yahusha said, "It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of Yahuah". **Matthew 4:4**

I would like for you to do good for yourselves because you are my brothers and sisters in Yahuah. Now go meditate on the promises from scripture and win good favor with Yahuah like I have done and will continue to do for the rest of my life.