

Meditating on the Torah (Instructions)

Baruk (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 Torah (law) of יהוה (Yahuah), and on his Torah (law) he meditates (Hagah) day and night.

Psalm 1:1-2

Moshah (Moses) my servant is dead. Now therefore arise, go over this Jordan, you and all this people, into the land that I am giving to them, to the people of Yasharal (Israel). ³ Every place that the sole of your foot will tread upon I have given to you, just as I promised to Moshah (Moses). ⁴ From the wilderness and this Lebanon as far as the great river, the river Euphrates, all the land of the Hittites to the Great Sea toward the going down of the sun shall be your territory. ⁵ No man shall be able to stand before you all the days of your life. Just as I was with Moshah (Moses), so I will be with you. I will not leave you or forsake you. ⁶ Be strong and courageous, for you shall cause this people to inherit the land that I swore to their fathers to give them. ⁷ Only be strong and very courageous, being careful to do according to all the law that Moshah (Moses) my servant commanded you. Do not turn from it to the right hand or to the left, that you may have good success wherever you go. Do not let this Book of the Torah (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. Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for יהוה (Yahuah) your Alhym (God) is with you wherever you go.” **Joshua 1:2-9**

יהוה (Yahuah) gave יהושע (Yahusha/Joshua) responsibility and with that, יהוה (Yahuah) showed him the path to success-"Meditate on my words day and night." True prosperity comes when we are completely in the will of יהוה (Yahuah). And to avoid a distorted view of יהוה (Yahuah)'s will, we must go to His words, meditating on them day and night.

What does it mean to meditate on Scripture? It's more than simply reading the Scriptures. It means to take what you read and think about it, rolling it around in your mind; to ponder what יהוה (Yahuah)'s message is to you; to have a deep love and affection for יהוה (Yahuah)'s words. This devotion is manifested by a constant attention to His words. We need times of quiet when we can muse and reflect on what יהוה (Yahuah) is saying, and we should also learn to meditate during the daily activities of life.

The word “meditate” used here is “Hagah” Strong's #:1897 (to ponder, imagine, meditate, mourn, mutter, roar, speak, study, talk, utter).” Typically, we think of meditate as a quiet reflection. So here we get the idea that we should quietly reflect on יהוה (Yahuah)'s Torah (law) day and night, which is of course a wonderful thing. But the original idea was even more powerful!

“Hagah” is associated with what a hungry lion does when he’s seeking food. Imagine that lion in your mind and hear his roar as he passionately seeks after something to

eat. Does that sound like meditation to you? **Joshua 1:9** is about focusing on אֱלֹהִים (Yahuah)'s Word, but maybe not as quietly and passively as we might think. It's about being Hungry for אֱלֹהִים (Yahuah)'s Word day and night! And not just a little bit hungry for a snack. We're to desire אֱלֹהִים (Yahuah)'s Word like a starving lion and pursue it passionately with great focus.

אֱלֹהִים (Yahuah) goes on to say in **Joshua 1:8** that our hunger and obedience to His Word is directly related to our "success" in life. Obviously, it's not being implied here that if you read אֱלֹהִים (Yahuah)'s Word that everything will always go well. But no matter what you face in life, if you have been "meditating" on אֱלֹהִים (Yahuah)'s Word then you're going to be able to follow the guidance of the Word through that moment. Why? Because His Word is not only our guide, it's the way to live life fully. Somehow, we've reduced it to a set of rules and obligations. But אֱלֹהִים (Yahuah)'s Word is Life as it's meant to be Lived! The laws and "rules" are there but not to merely restrict us – they are there to give us Life! Of course, there are things about what Not to do. But that's because those things that we're being told to avoid will Destroy us! We have to really believe אֱלֹהִים (Yahuah)'s Word is life if we're going to hunger for it.

If we're going to follow אֱלֹהִים (Yahusha) as our Rabbi and truly be "taught by him" then we must know Him. And the way we know Him is by immersing ourselves in His Word. I want to wake up every morning hungry. I want to "Meditate" all day on His Words, so that I can be more like Him, so I can do what He does, and so I can go where He goes.

It's time to work up an appetite and then to devour אֱלֹהִים (Yahuah)'s Word. אֱלֹהִים (Yahuah)'s Word is Life and to live it we have to know it.

What exactly is Meditation?

According to scripture, meditation is the increased focus of the mind with much deep thought occurring. The goal of righteous meditation is to fill the mind with אֱלֹהִים (Yahuah)'s truth. Righteous meditation is the practice of filling the mind with אֱלֹהִים (Yahuah)'s word for the purpose of applying it. 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; Ruminare implies going over the same matter in one's thoughts again and again.

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

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 אֱלֹהִים (Yahuah) for our success, but that will also create deeper intimacy with אֱלֹהִים (Yahuah), improve our mental and physical health, help us maintain our priorities, balance, and live with more shalom (peace) and joy.

The way to spiritual prosperity and success which will ultimately lead to physical success is to meditate on אֱלֹהִים (Yahuah) word continually. We can't spend time focusing on אֱלֹהִים (Yahuah)'s word and not be affected, because אֱלֹהִים (Yahuah)'s character just spills over and saturates us.

Initially, meditating on אֱלֹהִים (Yahuah) word 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 "אֱלֹהִים (Yahuah) is my Shepherd," "I walk by Amunah (faith)", "the joy of אֱלֹהִים (Yahuah) is my strength", "I cast my cares upon אֱלֹהִים (Yahuah)", "Shalum (Peace) be Still."

You can select a whole scripture or just one (1) word, like "וַיְהִי אֱלֹהִים (Yahusha)" or "אֱלֹהִים (Yahuah)" to meditate on. Meditate in silence or play worship music 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 אֱלֹהִים (Yahuah)'s presence and a greater sensitivity to hearing his voice.

You'll begin to sense the yearnings of the Ruch Ah Qudesh as he drops words or impressions on your heart. Set aside time to dedicate to אֱלֹהִים (Yahuah) each day, but especially on Shabbat (Sabbath), as you practice this form of meditation, you'll find old weights and worries seem to disappear. No evil thing can stand in אֱלֹהִים (Yahuah)'s presence.

Another popular and more historical way of meditating is called contemplative prayer. This form of meditating involved selecting a short scripture 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 need to be made, 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 אֱלֹהִים (Yahuah) to make this passage real to you. Interestingly, the passage will seem to take on a life of its own. Scripture says that אֱלֹהִים (Yahuah)'s word is like a two (2) 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 ruch (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 אֱלֹהִים (Yahuah). It can help us to take on his character by spending time in אֱלֹהִים (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 אֱלֹהִים (Yahuah)'s voice. And meditating on אֱלֹהִים (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.

We have all heard the expression, "you are what you eat", but it 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.

יְהוָה (Yahuah) 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 worthwhile. In fact, what we habitually think about is frequently unhealthy for our growth as believers. Often it is simply sinful. This is why you should spend some time making notes about what you think about. This is the first (1st) step in the process of training ourselves to think correctly.

What Scripture says about Meditation:

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

Within your temple, יְהוָה (Yahuah), we meditate on your unfailing love. **Psalm 48:9**

I will meditate on all your works and consider all your mighty deeds. **Psalm 77:12**

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

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

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

I lift up my hands to your Commands, which I love, and I meditate on your decrees. **Psalm 119:48**

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

Oh, how I love your Torah (law)! I meditate on it all day long. **Psalm 119:97**

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

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

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

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

May my meditation be pleasing to him, as I rejoice in יְהוָה (Yahuah). **Psalm 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 praise worthy, think about such things. **Philippians 4:8**

Therefore, I urge you, brothers, in view of אַחֲרָא (Yahuah)'s mercy, to offer your bodies as living sacrifices, Qadosh (Holy) and pleasing to אַחֲרָא (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 אַחֲרָא (Yahuah)'s will is, his good, pleasing and perfect will. For by the unmerited favor (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 Amunah (Faith) אַחֲרָא (Yahuah) has given you.

Romans 12:1-3

This verses describes 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 אַחֲרָא (Yahuah)'s unmerited favor (grace) and the power of his Ruch (Spirit), through the prayers and ministry of our brothers in אַחֲרָא (Yahusha), 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 אַחֲרָא (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 Shaul (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 forever. 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 declared the truth of scripture to others, I myself will not be disqualified

for the prize. **1 Corinthians 9:24-27**

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 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 what to 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 Qadosh (Holy) in an unQadosh (unholy) world, but it's hard to avoid being affected by the unrighteous influence that society has on you. It's all around us every day. Society does not teach righteous 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 we're there is a choice.

Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving. **Ephesians 5:4**

Much of the above should be repulsive to a believer anyway because they are in agreement with יְהוָה (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.

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 יְהוָה (Yahuah).

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

What then is believer's meditation?

Scriptural Meditation is the deliberate practice of turning our hearts and our minds to the full-time task of bringing the word of **ᐃᐃᐃᐅ** (Yahuah) to life in the daily activities of our lives. As I said earlier, **ᐃᐃᐃᐅ** (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 **ᐃᐃᐃᐅ** (Yahuah)'s unmerited favor (grace) and power that this could ever happen.

We **cannot** change ourselves. **ᐃᐃᐃᐅ** (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 **ᐃᐃᐃᐅ** (Yahuah) allows its transforming power to renew our minds and change our hearts.

Meditation on the things of **ᐃᐃᐃᐅ** (Yahuah) yields wisdom and purity. It yields spiritual maturity and communion with **ᐃᐃᐃᐅ** (Yahuah) and **OWYᐃᐅ** (Yahusha). Here are a few of the things we can meditate on.

- The things **ᐃᐃᐃᐅ** (Yahuah) has done for me and others I know.
- The Qadoshness (Holiness) and perfection of **ᐃᐃᐃᐅ** (Yahuah).
- Our meeting with **OWYᐃᐅ** (Yahusha) 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 **ᐃᐃᐃᐅ** (Yahuah) has just taught us or made us aware of.
- Questions regarding the Will of **ᐃᐃᐃᐅ** (Yahuah).
- The salvation he has given us.
- The life he has freed us from.

You see, much of this is a reflection of the relationship we have with **ᐃᐃᐃᐅ** (Yahuah), it is thinking about His love and influence in our 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 our energy to understand and obey his word. Just as our digestive system processes the food we eat so it can be of use to your body, so also meditation digests all things concerning **ᐃᐃᐃᐅ** (Yahuah) and makes them a power which can renew our heart.

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

We must therefore be determined to know the word of אֲדֹנָי (Yahuah) so that we have the material we need for meditation. 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 need 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.

One of the greatest promises in scripture is found in **Psalms 1:2-3**. This passage teaches that if we meditate on אֲדֹנָי (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 believer's 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 אֲדֹנָי (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 (3) minutes to scan through the passage and ask אֲדֹנָי (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 אֲדֹנָי (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 אֲדֹנָי (Yahuah) skillfully to grow your Amunah (faith) and masterfully to whip the fearful suggestions of Ha Satan (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 יְהוָה (Yahuah) to destroy the works of the enemy.

I remember a time as a child when I dreamed of saving the princess by slaying the dragon with my mighty sword? Meditating on the promises of יְהוָה (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 יְהוָה (Yahuah), you'll already know what to do when you are tested in your Amunah (faith), or in this case when your village is under attack.

Above all, taking the shield of Amunah (faith), where with you shall be able to quench all the fiery darts of the wicked. **Ephesians 6:16**

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 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 Amunah (Faith) in יְהוָה (Yahuah) and in His Word.

So then Amunah (Faith) comes by hearing, and hearing by the word of יְהוָה (Yahuah). **Romans 10:17**

But without Amunah (Faith) it is impossible to please Him: for he that comes to יְהוָה (Yahuah) must believe that He is, and that He is a re-warder 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; יְהוָה (Yahuah) also promised that you would have good success if you meditate on His word.

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

Solomon found this to be true threw out his years of seeking יְהוָה (Yahuah) when he said, "In all your ways acknowledge Him, and He shall direct your paths".

Proverbs 3:6

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.

Baruch (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 יְהוָה (Yahuah) out on His promise. You say, " יְהוָה (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 **אֱלֹהִים** (Yahuah)'s words and promises and believing that this is what **אֱלֹהִים** (Yahuah) wants you to do, so that He can Barak (Bless) you like He wants to.

וְאֵלֹהִים (Yahusha) said that the first (1st) and greatest Commandment is, "You shall love **אֱלֹהִים** (Yahuah) your Alhym (God) with all your heart, and with all your soul, and with all your mind, and with all your strength: this is the first (1st) Commandment". **Mark 12:30**

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

All four (4) of these things are referring to the same thing, for if we could pick just one (1) that would best describe the point **וְאֵלֹהִים** (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 **אֱלֹהִים** (Yahuah); to love **אֱלֹהִים** (Yahuah) with all your heart or mind if you don't want to meditate on the word of **אֱלֹהִים** (Yahuah).

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

In a letter to Timothy, Shaul (Paul) wrote, "Meditate upon these things; Be diligent in these matters and absorbed in them, so that your progress will be evident to all." (**1 Timothy 4:15**). Here is a promise for you! As you meditate on the words of Scripture and apply them to your life, you will grow in your walk with **וְאֵלֹהִים** (Yahusha), and everyone around you will be able to see your progress. And you will be like a tree firmly rooted by the rivers of water, and you will bear fruit for **אֱלֹהִים** (Yahuah). The things you do will prosper because you will be building the Kingdom of **וְאֵלֹהִים** (Yahusha) HaMashiach!