



*PURSUE: Women Pursuing Christ Through His Word*  
*Summer 2025*  
*Lecture Notes*  
*Psalms 119 Lesson 4*  
*July 29, 2025*

*“I will meditate on Your precepts And regard Your ways.” Psalm 119:15*

*Part 1-What is Biblical meditation?*

*Read Psalm 1:1-2*

*Verse 2 says, “But his delight is in the law [\_\_\_\_\_] of the LORD, And in His law [\_\_\_\_\_] he meditates [\_\_\_\_\_] day and night.”*

- 1. Torah is often translated as law, \_\_\_\_\_, or teaching.*
- 2. In the Hebrew Bible, the torah refers to the first 5 books, also known as the \_\_\_\_\_ - Genesis, Exodus, Leviticus, Numbers and Deuteronomy.*
- 3. Torah was to be meditated on continually.*

*Read Joshua 1:8 “This book of the law [\_\_\_\_\_] shall not depart from your mouth, but you shall meditate [\_\_\_\_\_] on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success.”*

- 4. The word meditate in Psalm 1:2 and Joshua 1:8 is the Hebrew word hagah.*
- 5. Hagah can mean “\_\_\_\_\_, \_\_\_\_\_, utter, meditate, \_\_\_\_\_”*

*Lois Tverberg said, “Hebrew words are like an overstuffed suitcase carrying more than it should.”*

- 6. The Vine’s said “Hagah also expresses the “growl” of lions. Isaiah 31:4 “As the lion or the young lion growls [hagah] over his prey,”*
  - A lion feasting on his prey will make growls or low purring sounds of \_\_\_\_\_ satisfaction!*
  - Brad Gray from Walking the Text introduced me to the concept of “Hagah the \_\_\_\_\_”. This is an intentional, active, study and understanding of scripture.*
- 7. Spurgeon described it as a cause and effect. “The psalmist meditated on God’s Word because he \_\_\_\_\_ it, and he loved it \_\_\_\_\_ because he \_\_\_\_\_ on it.”*

## *Part 2-Why meditate on scripture?*

- 1. One commentary said, “Whatever really shapes a man’s \_\_\_\_\_ shapes his life.” In other words: \_\_\_\_\_ the mind, capture the \_\_\_\_\_.*
- 2. Read Psalm 119:15. The psalmist fixed the eyes of his mind on God’s word. Used also in verses 23,27,48,78,97,99,148.*
- 3. Meditation and Bible reading are not the same thing. Meditation involves \_\_\_\_\_, searching, examining and understanding.*
- 4. Meditating on scripture prioritizes God’s word over the \_\_\_\_\_ and \_\_\_\_\_ of others.*
- 5. God’s word revives us. Because I spend time in the word I have life!*
- 6. God’s word gives us victory over sin Psalm 119:9*
- 7. Read Psalm 119:23. The term “\_\_\_\_\_” indicates a relationship of humility and \_\_\_\_\_ to God, emphasizing loyalty and submission to His will.*
- 8. Because I meditate on scripture I am \_\_\_\_\_. Psalm 119:28*
- 9. Meditating on scripture gives me wisdom and good judgment.  
Read Psalm 119:97-100*