

# Are You Afraid of Yourself?

Scripture Reading: *Psalms 119:1-16*

- A. Have you ever noticed how much we avoid silence? Why?
- B. The Bible, in so many different places, shows us the value of quiet meditation.

## I. An Example From Both Testaments

A. Jesus (*Mark 1:21-39*)

1. How do you begin your day?
2. Most of us \_\_\_\_\_, then \_\_\_\_\_, then \_\_\_\_\_.
3. How much better to \_\_\_\_\_, then \_\_\_\_\_, then \_\_\_\_\_!

B. David (*Psalms 8*)

C. You need this to nurture and sustain your walk with Christ! (*Psalms 46:10; Habakkuk 2:20*)

## II. The Benefits of Quiet Meditation

- A. It is an effective tool in properly \_\_\_\_\_ your \_\_\_\_\_.
- B. It reinforces \_\_\_\_\_ of \_\_\_\_\_ like nothing else can.
- C. It strengthens your \_\_\_\_\_ against \_\_\_\_\_.
- D. It looks to \_\_\_\_\_ for strength in \_\_\_\_\_.
- E. It shapes your thinking with \_\_\_\_\_ for \_\_\_\_\_.
- F. It is an indispensable element for \_\_\_\_\_.