

MEDITATION SCRIPTURES

Volume 1

By Peter Tan

This Booklet was formerly published as God's Meditation Food

© Copyright 2007 by Peter Tan Evangelism. All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording or by any information storage and retrieval system, without permission in writing from the publisher

The pdf copy of this book is A\$5. It has been provided free for those who can't afford it in order that they may be blessed and grow spiritually. Please feel free to donate whatever amounts you can afford towards the upkeep of our ministry.

Donations can be made via paypal to elshaddai1@bigpond.com. Please contact us for any other form of donations:

Peter Tan Evangelism
PO Box 27
Belconnen
ACT 2616, Australia.

Tel: +614 17755613
Email: elshaddai1@bigpond.com

We are still in the process of paper publishing of this book. If you are interested in the translation and publishing of this book, please write to Ps Peter Tan at the above PO address.

DEDICATION

This book is dedicated to all Christians who have hungered and thirsted for spiritual growth but like me, have faced dry wilderness, until we discovered meditation on God's Word.

CONTENTS

Introduction

Prayers for Spiritual Growth

Meditations on Love

Meditations on the Thought Life

Meditations for Health and Healing

Meditations on Youthfulness

Our Position in Christ

Meditations on Prosperity

Meditations for Children

INTRODUCTION

This booklet was formerly titled 'God's Meditation Food.' After the Spiritual World experiences, I have understood better the levels of meditation and contemplation. In line with that new understanding, I have re-titled this booklet as 'Meditation Scriptures Volume 1.'

This booklet is especially designed to help young Christians grow spiritually. The Bible tells us that we are spirit beings who have souls and live in physical bodies (1 Th. 5:23). People train their bodies by physical exercise and their souls by mental education but the great need of Christians today is to train their spirit man.

I only came to this realization one day in a vision when the Lord graciously revealed to me the condition of my spirit man. It looked as skinny as a 'bamboo stick.' It was so weak that the demons surrounding me in that vision formed a solid wall against my path, and I could not make any progress.

When I came out from that vision, God spoke to me and told me that that was the condition of my spirit man. I prayed for God to teach me to feed and train and strengthen my spirit man. It was then that God began to show me about meditation and contemplation.

I started spending about 6 to 7 hours daily in the confession of God's Word for a period of about one year. As a result, my entire life and ministry was completely transformed. Within a period of about six months, while I was preaching the Word of God, the gifts of the Spirit started operating. When I prayed for the sick or cast out demons, I found new strength of power and life flowing out from me. I have never been the same since.

Everything we do in the Christian life that is of any spiritual value would have to be done through our spirit man. Paul said that he served God by his spirit man. (Rom. 1:9). Our spiritual strength is proportional to the strength of our spirit man.

In normal usage, the word 'meditation' speaks of the silent thinking upon an object or a thought. However, in studying the Bible, there is an aspect of meditation that is not silent.

In the Old Testament, there are several Hebrew words translated as 'meditate' but the main one is the word 'hagah.' This word has been translated as 'mutter' twice (Is. 59:3; 8:19), 'meditate' six times (Jos. 1:8; Ps. 1:2; 63:6; 77:12; 143:5; Is. 33:18), 'speak' four times (Ps. 35:28; 37:30;

115:7; Prov. 8:7), `study' twice (Prov. 15:28; 24:2), `talk' once (Ps. 71:24), `utter' once (Job 27:4).

It can be noted from these scriptures that meditation does indicate the use of mouth as an instrument to mutter or speak God's Word. Moreover, when we read God's Word silently, we are only using our eyes to take in God's Word. But when we read God's word aloud, we are using our eyes to see, our mouths to speak and our ears to hear. Three, instead of one of our senses, are actively taking in God's Word.

There is a place for silent meditation in the Christian life but I would rather define that as contemplation. This would be explained more in 'The Spiritual World' book but this booklet is not designed to expound on this area. In the Spiritual World book, we teach Christians silent meditation and contemplation. (Phil. 4:8)

Confess aloud the promises of God's Word in this booklet to yourself everyday. They have been personalized for you. Paul exhorted Timothy to meditate on `these things' (1 Tim. 4:15). If we study what `these things' mean, we can see that Paul is referring to `the words of faith and of good doctrine' (1 Tim. 4:16, 6).

The second thing that should be done is to pray in tongues regularly in your life. We suggest that you pray at least one hour in tongues everyday. Here are some reasons why we should pray in tongues:

When we pray in tongues it is our spirit that prays (1 Cor. 14:14)

Our spirit is activated and dominates our whole being as we pray in tongues.

Our spirit is built up and energized when we pray in tongues. (1 Cor. 14:4)

When we pray in tongues, we are speaking unto God and magnifying Him (1 Cor. 14: 2; Acts 10:46)

Praying in tongues, which is praying in the spirit, is part of our spiritual weapon against Satan. (Eph. 6:10-18).

When we pray in tongues, we are built up on our most holy faith. (Jude 20).

Praying in tongues helps us in our prayer life (Rom. 8:26).

Praying in tongues is prayer in the perfect will of God. (Rom. 8:27).

Praying in tongues helps us against infirmities (Rom. 8:26). The word `infirmity' is the same word that is used when Jesus is said to have borne our infirmities and sickness (Matt.8:17). Praying in tongues creates a spiritual force in and around us that makes us immune to sicknesses.

When we pray in tongues, we enter our spiritual rest.

(Heb. 4:8-10; 1 Cor. 14: 21; Is. 28:11, 12)

Praying and singing in tongues helps us to worship God at a higher level than our understanding permits. (1 Cor. 14:15; Jn. 4:23, 24).

There are many, many other dimensions of life in the spirit, e.g. singing in the spirit, ministering to God, speaking to ourselves in psalms, hymns and spiritual songs and so forth, but we can make a start even right now by being affective in the spiritual realm by praying in the spirit (1 Cor. 14:15; Acts 13: 2; Eph. 5:19).

Once in a vision, God showed me the world surrounded by thick forces of darkness. As Christians prayed in the spirit, beams of light flowed from the Christians and scattered the demonic forces in the atmosphere. The beams of light punched holes in the thick darkness and reached through to the throne of God.

Meditation and prayer are keys never to be neglected all through our spiritual walk. The Spirit of wisdom and revelation rests upon you as you meditate upon the Scriptures and pray unceasingly in the spirit.
In Jesus Name. Amen.

Peter Tan
17th March 2007

PRAYERS FOR SPIRITUAL GROWTH

God of my Lord Jesus Christ, the Father of glory, I pray that you may continue to give me the Spirit of wisdom and revelation in the knowledge of You, the eyes of my understanding being enlightened; that I may continue to know what is the hope of Your calling, what are the riches of Your inheritance in the saints, and what is the exceeding greatness of Your power toward me who believe, according to the working of Your mighty power which You worked in Christ when You raised Him from the dead and seated Him at Your own right hand in the heavenly places, far above all principality and power and might and dominion, and every name that is named, not only in this age but also in that which is to come. And You put all things under Your feet, and gave Jesus to be head over all things to the church, which is His body, the fullness of Him who fills all in all. (Eph. 1:17-21)

Father of my Lord Jesus Christ, from whom the whole family in heaven and earth is named, I pray that you would continue to grant me, according to the riches of Your glory, to be strengthened with might by Your Holy Spirit in the inner man, that Christ may continue to dwell in my heart through faith; that I being rooted and grounded in love, may be able to comprehend with all the saints what is the width and length and depth and height and to know the love of Christ which passes knowledge; that I may continue to be filled with the fullness of God. Now to Him who is able to do exceedingly above all we ask or think, according to the power that works in us, to Him be glory in the church by Christ Jesus throughout all ages, world without end. Amen. (Eph. 3:16-21)

Father I pray that my love may continue to abound still more and more in knowledge and all discernment, that I may approve things that are excellent, that I may be sincere and without offence till the day of Christ, being filled with the fruits of righteousness which are by Jesus Christ, to the glory and praise of God. (Phil. 1:9-11)

Father, I pray that I may continue to be filled with the knowledge of Your will in all wisdom and spiritual understanding; that I may continue to have a walk worthy of You, Lord, fully pleasing You, being fruitful in every good work and increasing in the knowledge of God; strengthened with all might, according to Your glorious power, for all patience and long-suffering with joy; giving thanks to You, Father, who has qualified me to be a partaker of the inheritance of the saints in light. (Col. 1:9-12)

Father, I pray that You may continue to make me to increase and abound in love one for another and for all so that You may establish my heart blameless in holiness before You, God and Father, at the coming of my Lord Jesus Christ with all His saints. (1 Th. 3:12, 13)

Father, I pray that You would continue to count me worthy of Your calling and fulfil all the good pleasure of Your goodness and the work of faith with power, that the name of my Lord Jesus Christ may be glorified in me and I in Him, according to the grace of You, God, and the Lord Jesus Christ. (2 Th. 1:11, 12)

I thank You, Father, for Your grace which was given to me by Christ Jesus, that I may continue to be enriched in everything by You, in all utterance and all knowledge, even as the testimony of Christ was confirmed in me, so that I come short in no gift; eagerly waiting for the revelation of my Lord Jesus Christ, who will also confirm me to the end, that I may be blameless in the day of my Lord Jesus Christ, (1 Cor. 1: 4-8)

Father, I pray that You would continue to grant to me, Your servant, that with all boldness I may speak Your Word, by stretching forth Your hand to heal, and that signs and wonders may be done through the name of Your holy Servant, Jesus. (Acts 4:29-30)

MEDITATIONS ON LOVE

God shows mercy to those who love Him and keep His commandments,
God show mercy to me for I love Him and keep His commandments.
(Ex. 20:6)

God loves me and chooses me; and He brings me out of the world with His
presence and with His mighty power. (Deut. 4:37)

I love the Lord my God with all my heart, with all my soul and with all my
might. I keep his word and His commandments in my heart. (Deut. 6:5, 6)

The Lord my God circumcises my heart and the heart of my children to love
Him with all our hearts and all our souls that we may live. (Deut. 30:6)

I love the Lord my God and walk in His ways and keep His commandments,
His statutes and His judgments and I live and multiply; and the Lord my
God blesses me in the land, which I go to possess. (Deut. 30:16)

I love the Lord my God and I obey his voice, and I cling to Him for He is
my life and the length of my days. (Deut. 30:20)

I love the Lord; I am in His hand; I sit at His feet and receive His words.
(Deut. 33:3)

I take diligent heed to myself that I love the Lord my God. (Jos. 23:11)

I love the Lord and am like the sun when it comes out in full strength.
(Judg. 5: 31)

I love the Lord and observe His commandments and He keeps His covenant
and mercy with me. (Neh. 1:5)

I love God's name and am joyful in Him. (Ps. 5:11)

The Lord is righteous and He loves righteousness. I am righteous in Christ
and the Lord loves me. (Ps. 11:7; 2 Cor. 5:21)

I love the habitation of God's house and the place where His glory dwells.
(Ps. 26:8)

I will love the Lord who is my strength. (Ps. 18:1)

I love the Lord for He preserves the faithful. (Ps. 31:23)

The Lord loves righteousness and justice. The earth is full of the goodness of the Lord. I love righteousness and justice. (Ps. 33:5)

I love the Lord's salvation and say continually, 'The Lord be magnified'. (Ps. 40:16; 70:4)

I love the Lord and hate evil. (Ps. 97:10)

I delight myself in God's commandments, which I love. My hands do I lift up to God's commandments, which I love. I will meditate on His statutes. (Ps. 119:47, 48)

I love God's law and it is my meditation all the day. (Ps. 119:97)

I love God's law and hate the double-minded. (Ps. 119:113)

I love God's commandments more than gold, yes, than fine gold. (Ps. 119:127)

I love God's name and God looks upon me and is merciful to me. (Ps. 119:132)

God's word is very pure therefore I love His word. (Ps.119:140)

God considers how I love His precepts and He revives me according to His loving kindness. (Ps. 119:159)

I love God's law and I hate and abhor lying. (Ps. 119:163)

I love God's law and have great peace and nothing can cause me to stumble. (Ps. 119:165)

My soul keeps God's testimonies and I love them exceedingly. (Ps. 119:167)

I am precious in God's sight and He loves me and honours me. (Isa. 43:4)

I love my enemies, bless those who curse me, do well to those who hate me and pray for those who spitefully use me and persecute me. (Matt. 5:44)

I love the Lord my God with all my heart, with all my soul and with my entire mind. I love my neighbour as myself. (Matt. 22:37, 39)

God is my Father and I love the Lord Jesus Christ. (Jn. 8:42)

A new commandment Jesus gives me that I love one another as He has loved me. (Jn. 13:34)

I love Jesus and keep His commandments. (Jn. 14:15)

I have the commandments of Jesus and I keep them for I love Him. I love Jesus and am loved by the Father. Jesus loves me and manifests Himself to me. (Jn. 14:21)

I love Jesus and keep His word and my Father loves me; and Jesus and my Father come to me and make their home with me. (Jn. 14:23)

As the Father loved Jesus, so has Jesus loved me and I abide in His love, this is Jesus' commandment that I love one another as He has loved me. (Jn. 15: 9. 12)

God loves me as He has loved Jesus. God loves Jesus before the foundation of the world. God loves me before the foundation of the world. The love by which the Father has loved Jesus with is in me and Jesus is in me. (Jn. 17:23-26)

I love God and all things work together for good for I am called according to His purpose. (Rom. 8:28)

Nothing in heaven, earth or hell can separate me from the love of God. (Rom. 8:35, 38, 39)

I am more than a conqueror through God who loves me. (Rom. 8:37)

I owe no man anything except to love one another for when I love one another I fulfil the law. (Rom. 13:8)

Eyes have not seen, nor ear heard, nor have entered into the heart of man the things which God has prepared for me who love Him. (1 Cor. 2:9)

I have the love of God and I suffer long and I am kind. I have the love of God and I do not envy. I have the love of God and do not parade myself nor am I puffed up. I do not behave rudely nor do I seek my own. I am not provoked at all and I think no evil. I do not rejoice in iniquity but rejoice in the truth. I bear all things, believe all things, hope all things and endure all things. I have the love of God and I never fail. (1 Cor. 13:4-8)

I gladly spend myself and am spent for souls for I abundantly love with the love of Jesus Christ. (2 Cor. 12:15)

The life, which I now live, I live by the faith of the Son of God who loves me and gave Himself for me. (Gal. 2:20)

God has chosen me in Christ before the foundation of the world, that I should be holy and without blame before Him in love. (Eph. 1:4)

Because of His great love with which He loved me, God, who is rich in mercy, has raised me up together, and made me sit together in the heavenly places in Christ Jesus that in the ages to come He might show the exceeding riches of His grace in His kindness toward me in Christ Jesus. (Eph. 2:4-7)

I walk in love as Christ also has loved me and given Himself for me an offering and a sacrifice to God for a sweet-smelling aroma. (Eph. 5:2)

Grace is with me for I love my Lord Jesus Christ in sincerity. (Eph. 6:24)

I am taught by God to love one another (1 Th. 4:9)

My Lord Jesus Christ and God my Father, who has loved me and given me everlasting consolation and good hope by grace, comforts my heart and establishes me in every good word and work. (2 Th. 2:16, 17)

I love the appearing of the Lord Jesus Christ and there is laid up for me the crown of righteousness. (2 Tim. 4:8)

I have loved righteousness and hated lawlessness; therefore God, my God, has anointed me with the oil of gladness. (Heb. 1:9)

I love the Lord and endure temptations and overcome them and receive the crown of life. (James 1:12)

I love God and He has chosen me to be rich in faith and an heir of the kingdom. (James 2:5)

I fulfil the royal law according to Scripture for I love my neighbour as myself. (James 2:8)

I love Jesus and rejoice with joy inexpressible and full of glory. (1 Pet. 1:8)

I have purified my soul in obeying the truth through the spirit in sincere love of the brethren. I love one another fervently with a pure heart.
(1 Pet. 1:22)

I love my Christian brethren and I abide in the light and there is no cause of stumbling in me. (1 Jn. 2:10)

I do not love the world or the things that are in the world because the love of the Father is in me. (1 Jn. 2:15)

I know that I have passed from death to life because I love the brethren.
(1 Jn. 3:14)

I do not love in word or tongue only but I also love in deed and in truth.
(1 Jn. 3:18)

God's commandment to me is that I believe in the name of His Son Jesus Christ and love one another. (1 Jn. 3:23)

I love one another for love is of God. I love because I am born of God and I know God for God is love. (1 Jn. 4:7, 8)

God abides in me and I love one another and His love is perfected in me. I have known and believed the love that God has for me. God is love and I abide in Him because I abide in love and God abides in me. (1 Jn. 4:12, 16)

My love has been perfected and I have boldness in the Day of Judgment; because as He is so am I in the world. (1 Jn. 4:17)

I have no fear in love because perfect love casts out fear. I love Him because He first loved me. (1 Jn. 4:18, 19)

I love Jesus and those who are begotten of Him. By this I know that I love the children of God, when I love God and keep His commandments.
(1 Jn. 5:1, 2)

God makes Satan and all his cohorts to bow down before my feet and to know that God has loved me. (Rev. 3:9)

MEDITATIONS ON THE THOUGHT LIFE

1. God knows my sitting down and my rising up. God understands my thoughts afar off. God's thoughts are precious to me. (Ps. 139:2, 17)
2. The thoughts of the righteous are right. I am righteous in Christ and my thoughts are right. (Prov. 12:5; 2 Cor. 5:21)
3. I commit my works to the Lord and my thoughts are established. (Prov. 16:3)
4. God's thoughts toward me are thoughts of peace that give me a future and a hope. (Jer. 29:11)
5. I cast down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ. (2 Cor. 10:5)
6. The word of God is living and powerful and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thought and intents of the heart. (Heb. 4:12)
7. I think only of those things, which are true, noble, just, pure, lovely and of good report. I think of those things, which have virtue and are praiseworthy. (Phil. 4:8)
8. God keeps me in perfect peace because my mind is stayed on Him and I trust Him. (Is. 26:3)
9. God puts His laws in my mind and writes them on my heart. He is my God and I am His child. (Heb. 8:10)
10. God puts His law in my heart and writes them on my mind. (Heb. 10:16)
11. I gird up the loins of my mind. (1 Pet. 1:13)
12. I arm myself with the mind of Christ. (1 Pet. 4:1)
13. The peace of God, which passes all understanding, guards my heart and my mind through Christ Jesus. (Phil. 4:7)
14. My mind serves the law of God. (Rom. 7:25)

15. I am not conformed to this world but I am transformed by the renewing of my mind, that I may prove what is that good and acceptable and perfect will of God. (Rom. 12:2)

16. I live according to the Spirit and mind the things of the Spirit. I am spiritually minded and have life and peace. (Rom. 8:5, 6)

17. I know the mind of the Lord for I have the mind of Christ. (Rom. 11:34; 1 Cor. 2:16)

18. I am renewed in the spirit of my mind. (Eph. 4:23)

19. I let the humble mind of Christ be in me. (Phil. 2:5)

20. I am mindful of the words spoken by the servants of God. (2 Pet. 3:2)

21. God has not given me the spirit of fear but He has given me the Spirit of power and of love and of a sound mind. (2 Tim. 1:7)

22. I set my mind on the things above and not on the things on this earth. I set my mind on the things of God. (Col. 3:2)

MEDITATIONS FOR HEALTH AND FOR HEALING

I diligently heed the voice of the Lord my God and do what is right in His sight, and give ear to His commandments and keep all His statutes; and God will not allow any disease to come on me which is present in the world for He is the Lord who heals me. (Ex. 15:26)

I serve the Lord my God, and He blesses my bread and my water; and He takes sickness away from the midst of me. (Ex. 23:25)

I walk in all the ways, which the Lord my God has commanded me, and I live and it is well with me, and I prolong my days in the inheritance, which I possess in Christ. (Deut. 5:33)

The Lord loves me and blesses me and multiplies me. He blesses my children and all my possessions. The Lord takes away from me all sicknesses and will not allow any disease to come on me, which is present in the world. (Deut. 7:13-15)

I diligently obey the voice of the Lord my God, to observe carefully all His commandments, which He commands me and He sets me high above all the nations of the earth. And all these blessings shall come upon me and overtake me, because I obey the voice of the Lord my God. I am blessed in the city and I am blessed in the country. The fruit of my body is blessed. The produce of my ground and the increase of my herds, the increase of my cattle and the offspring of my flocks are blessed. My basket and my store are blessed. I am blessed when I come in and I am blessed when I go out. The Lord causes my enemies who rise against me to be defeated before my face; they shall come against me one way and flee before me seven ways. The Lord commands the blessing on me in my storehouses and in all to which I set my hand and He blesses me in the inheritance, which the Lord has given me in Christ. The Lord establishes me a holy person to Himself just as He has sworn to me as I keep the commandments of the Lord my God and walk in His ways, all people of the earth see that I am called by the name of the Lord and the fear of the Lord is on them. The Lord grants me plenty of goods, in the fruit of my body, in the increase of my livestock and in the produce of my ground in the inheritance, which the Lord has given me in Christ. The Lord opens to me His good treasure, the heavens, to give rain to my land in its season, and to bless all the work of my hand. I lend to others but I shall never need to borrow at all. The Lord makes me the head and not the tail. I am above only and not beneath for I heed the commandments of the Lord my God which He command me and I am careful to observe them. I will not turn aside from any of the words, which God commands me, to the right hand or to the left, nor go after other gods to

serve them. I only obey the Lord's commandments. The Lord takes away from me the curse of sickness, poverty and death. I have perfect health for Christ has redeemed me from the curse of the law.

(Deut. 28:1-14; Gal. 3:13)

God guards all my bones and not one of them is broken. (Ps. 34:20)

I praise the Lord my God for He is the help of my countenance and my God. (Ps. 42:11)

God redeems my soul from the power of the grave and I live eternally for I have eternal life in Christ. (Ps. 49:15, 9)

God's loving kindness is better than life. My soul shall be satisfied as with marrow and fatness and my mouth shall praise God with joyful lips.

(Ps. 63:3, 5)

My soul blesses the Lord and does not forget all His benefits for God forgives all my iniquities and heals all my diseases. God daily loads me with benefits. (Ps. 103:2, 3; 68:19)

There is not a feeble person in my family. (Ps. 105:37)

Pleasant words are always in my mouth and they are as honeycomb, they are sweetness to my soul and health to my bones. (Pro. 16:24)

I dwell in the secret place of the Most High God and abide under the shadow of the Almighty. I will say of the Lord, He is my refuge and my fortress; my God and in Him do I trust. He delivers me from the snare of the fowler and from the perilous pestilence. He covers me with His feathers and under his wings I do take refuge. His truth is my shield and buckler. I am not afraid of the terror by night, or of the arrow that flies by day, nor of the pestilence that walks in darkness, nor of the destruction that lays waste at noonday. A thousand may fall at my side and ten thousand at my right hand but it shall not come near me. With my eyes I shall look and see the reward of the wicked. Because I have made the Lord, who is my refuge, even the Most High God, my habitation no evil shall befall me nor any plague come near my dwelling; for He gives His angels charge over me to keep me in all my ways. They bear me up in their hands lest I dash my foot against a stone. I tread upon the lion and the cobra, the young lion and the serpent. I trample under-foot. I trample Satan and all his demonic forces under my feet. I have set my love upon God and He delivers me. He sets me on high because I have known His name. I call upon God and He answers me. He is with me

in trouble; He delivers me and honours me. With long life He satisfies me and shows me His salvation. (Ps. 91)

God sends His word and heals me and He delivers me from destruction. (Ps. 107:20)

God saves me and heals me and sends me prosperity. (Ps. 118:25)

God revives me according to His Word. God strengthens me according to His Word. (Ps. 119:25, 28)

God revives me according to His loving kindness and I keep the testimonies of His mouth. (Ps. 119:88)

God upholds me according to His Word and I live. (Ps. 119:116)

My heart keeps God's command and length of days and long life and peace are added to me. I fear the Lord and depart from evil. God's Word is health to my flesh and strength to my bones. When I lie down, I am not afraid. I keep God's Word and when I lie down, my sleep is sweet. (Prov. 3:1, 2, 7, 8, 24)

I hear God's Word and receive them and the years of my life are many. I take a firm hold of God's Word and will not let it go. I keep them for they are my life. (Prov. 4:10, 13)

I give attention to God's Word and incline my ear to His sayings. I do not let them depart from my eyes but keep them in the midst of my heart for they are life to me and health to all my flesh. (Prov. 4:20-22)

I fear the Lord and I prolong my days. I keep my heart with all diligence for out of it springs the issues of life. (Prov. 10:27; 4:23)

My fruit is a tree of life and my tongue promotes health. I walk the way of righteousness and I have life. In my pathway there is no death. (Prov. 11:30; 12:18, 28)

My desire is only for the Lord and it is a tree of life. I fear the Lord and I am a fountain of life. I have a sound heart and it is the life of my body. (Prov. 13:12; 14:27, 30)

I have a merry heart and it does well like medicine. I am satisfied from the fruit of my mouth and from the produce of my lips I am filled. (Prov. 17:22; 18:20, 21)

I follow after righteousness and mercy and find life, righteousness and honour. (Prov. 21:21)

Jesus Christ has borne my grief and carried my sorrows. He was stricken, smitten and afflicted for me. He was wounded for my transgressions. He was bruised for my iniquities. The chastisement for my peace was upon Him and by His stripes I am healed. (Isa. 53:4, 5)

Jesus Himself took my infirmities and bore my sicknesses and I am now healthy and have no sicknesses or bodily infirmities. Jesus destroyed the works of the devil, which were diseases, sicknesses and bodily infirmities; therefore all the works of the devil upon my body are destroyed and I have perfect health in Jesus Christ. (Matt. 8:17; 1 Jn. 3:8; Acts 10:38)

The will of God is done on earth as it is done in heaven. There is no sickness in heaven; therefore I am not sick at all upon this earth. Jesus was never sick at all upon this earth. Jesus is in me and His life flows in me. As He is in the world so am I in this world. I am healthy as Jesus even as Jesus was healthy upon the earth. (Matt. 6:10; Gal. 2:20; 1 Jn. 4:17)

I am justified by my words. I have the faith of Jesus Christ in me for Jesus is in me and He is the Author and Finisher of my faith. I speak to the mountains of sicknesses and diseases and they obey my words and leave. I have authority and power over all diseases and sicknesses; I command them to leave and they obey my words. I lay hand on the sick and they recover. (Matt. 12:37; Heb. 12:2; 2 Pet. 1:1, 4; Matt. 17:20; 10:1; Mk. 16:18)

I believe in God and all things are possible to me. All the promises of God are 'Yes' to me for Christ has paid the price for all of them. (Mk. 9:23; 2 Cor. 1:19-20)

I believe that all those things, which I say, come to pass and I have everything, which I say. All things which I desire, when I pray, I believe that I have received them and I have them. (Mk. 11:23, 24)

I believe in Jesus Christ and the works that Jesus Christ did I will do also and I do greater works because Jesus Christ has gone to the Father and has sent His Holy Spirit who now lives in me., whatever I ask in the name of Jesus, Jesus Himself does it that the Father may be glorified in the Son. When I ask for anything in the name of Jesus, Jesus says He will do it. (Jn. 14:12-14)

I abide in Jesus Christ and I let His words abide in me by meditating upon them everyday. I ask what I will and Jesus says that it is done for me. (Jn. 15:7)

Whatever I ask of the Father in the name of Jesus Christ, He gives it to me. The Father loves Jesus Christ and gives Him all that He asks. The Father loves me as much as He loves Jesus and gives me everything that I ask. (Jn. 16:23, 26, 27; 17:23)

All authority in heaven and earth is given to Jesus Christ. I have faith in the power and authority of the name of Jesus Christ and through His name I am made perfectly well. (Matt. 28:18; Acts 3:16)

The Spirit of God who raised Jesus from the dead dwells in me; and He who raised Jesus Christ from the dead gives life to my body through the Spirit who dwells in me. (Rom. 8:11)

I confess with my mouth the Lord Jesus Christ and believe in my heart that God has raised Him from the dead and I am healed. For with my heart I believe into righteousness and with my mouth confession is made to my healing and health. (Rom. 10:9, 10 - 'save' comes from 'sozo' which means 'to heal' eg. Mk. 5:23; Acts 14:19)

My light breaks forth like the morning. My healing springs forth speedily and my righteousness goes before me. The glory of the Lord is my rearguard. (Is. 58:8)

The Lord brings me health and healing. He heals me and reveals to me the abundance of peace and truth. (Jer. 33:6)

I sow to the Spirit and reap of the Spirit eternal life. I sow words of health and healing everyday and daily reap health in my physical body. (Gal. 6:8, 9)

Jesus has destroyed him that has the power of death that is the devil. I am released from the bondage of the fear of death. Jesus has disarmed the demonic principalities and powers and made a public spectacle of them triumphing over them in the cross. In the name of the Lord Jesus Christ I have power over all demons and sicknesses and I cast them out. (Heb. 2:14; Col. 2:14, 15; Mk. 16:17, 18)

My prayer and words of faith heal the sick and if they have committed sins, they are forgiven them. The word is near me, even in my heart and in my mouth that is the word of faith, which I speak. (James 5:15; Rom. 10:8)

Jesus bore my sins upon the cross and by His stripes I was healed.
(1 Pet. 2:24)

It is the will of God that I should prosper and be in perfect health even as
my soul prospers. (3 Jn. 2)

My body is the temple of the Holy Spirit and all the fullness of God dwells
in me. I glorify God in my body and in my spirit.
(1 Cor. 6:19, 20; Eph. 1:23; 3:19)

I can do all things through Christ who strengthens me. (Phil. 4:13)

It is no longer I who live but Christ who now lives in me. (Gal. 2:20)

Greater is He who is in me than he that is in the world. (1 Jn. 4:4)

MEDITATIONS ON YOUTHFULNESS

Just as Moses' eyes were not dim nor his natural vigour abated, my eyes are not dim nor my natural vigour abated. (Deut. 34:7)

God satisfies me with long life and shows me His salvation. (Ps. 91:16)

My eyes will not be dim at all. The commandment of the lord is pure, enlightening my eyes. (Is. 32:3; Ps. 19:8)

My teeth are like a flock of shorn sheep, which have come out from the washing, everyone of which bears twins, and none is barren among them. (Song of Sol. 4:2)

God gives power to me and He increases my strength. Even the youths shall faint and be weary, and the young men shall utterly fall, but I wait on the Lord and renew my strength; I mount up with wings like eagles, I run and I am not weary, I walk and do not faint. (Is. 40:29-31)

My youth is renewed like the eagles. (Ps. 103:5)

The Spirit of God who raised Jesus from the dead dwells in me, and God who raised Jesus Christ from the dead gives life to my body through His Spirit who dwells in me. (Rom. 8:11)

My body is the temple of the Holy Spirit. I glorify God in my body and in my spirit, which are God's. (1 Cor. 6:19, 20)

Christ is magnified in my body. (Phil. 1:20)

I behold the glory of God and am transformed into the same image from glory to glory, just as by the Spirit of the Lord. (2 Cor. 3:18)

I am without spot or wrinkle or any such thing but I am holy and without blemish. My body is a member of Christ's body, of His flesh and of His bones. (Eph. 5:27, 30; 1 Cor. 6:15)

My whole spirit, soul and body are preserved, blameless at the coming of my Lord Jesus Christ. (1 Th. 5:23)

OUR POSITION IN CHRIST

In Christ I am freely justified by His grace through His redemption.
(Rom. 3:24)

In Christ I have no condemnation because I walk according to the Spirit and not according to the flesh. (Rom. 8:1)

In Christ the law of the Spirit of life has made me free from the law of sin and death. (Rom. 8:2)

In Christ I am one body with all born-again believers and individually a member of one another. (Rom. 12:5)

In Christ I am sanctified and called to be a saint with all who in every place call on the name of Jesus Christ my Lord. (1 Cor. 1:2)

In Christ I have wisdom from God and righteousness and sanctification and redemption. (1 Cor. 1:30)

In Christ I shall be made alive. [Context means resurrection] (1 Cor. 15:22)

In Christ I am established and anointed. (2 Cor. 1:21)

In Christ God always leads me in triumph and through me diffuses the fragrance of His knowledge in every place. (2 Cor. 2:14)

In Christ the veil over my heart and mind that prevents me from understanding the Word of God has been taken away. (2 Cor. 3:14-16)

In Christ I am a new creation; old things have passed away and all things have become new. (2 Cor. 5:17)

In Christ I am reconciled to God the Father who does not impute my trespasses to me anymore but has committed to me the word of reconciliation. (2 Cor. 5:19)

In Christ I have liberty. (Gal. 2:4)

In Christ I have been given the promise of life and righteousness by faith because I believe. (Gal. 3:21, 22)

In Christ I am a son of God through faith. (Gal. 3:28)

In Christ there is neither Jew nor Greek neither slave nor free, neither male nor female but I am one with all believers. (Gal. 3:28)

In Christ neither circumcision nor uncircumcision avails anything but faith working by love. (Gal. 5:6)

In Christ neither circumcision nor uncircumcision avails anything but a new creation. (Gal. 6:15)

In Christ my God and Father of my Lord Jesus Christ have blessed me with every spiritual blessing in heavenly places. (Eph. 1:3)

In Christ I am God's workmanship created for good works, which God prepared before hand that I should walk in them. (Eph. 2:10)

In Christ I am gathered together in one with all things in Christ both which are in heaven and which are on earth in the dispensation of the fullness of the times. (Eph. 1:10)

In Christ I am raised up together and made to sit together in the heavenly places. (Eph. 2:6)

In Christ I who was once far away from God have been made near by the blood of Christ. (Eph. 2:12, 13)

In Christ I am a fellow heir and I am a partaker of God's promise through the gospel. (Eph. 3:6)

In Christ I press toward the goal for the prize of the upward call of God. (Phil. 3:14)

In Christ I preach, warning every man and teaching every man in all wisdom, that I may present every man perfect. (Col. 1:28)

In Christ I will be resurrected when the Lord Himself will descend from heaven with a shout, with the voice of an archangel, and with the trumpet of God. (1 Th. 4:16)

In Christ I give thanks in everything for this is the will of God for me. (1 Th. 5:18)

In Christ the grace of my Lord is exceedingly abundant with faith and love. (1 Tim. 1:14)

In Christ I am saved and am called with a holy calling, not according to my works but according to His purpose and grace, which has been given to me. (2 Tim.1:9)

In Christ I hold fast the pattern of sound words, which I hear in faith and love. (2 Tim.1:13)

In Christ I am strong in the grace of God. (2 Tim.2:1)

In Christ I know the Holy Scriptures, which are able to make me wise for salvation through faith. (2 Tim. 3:15)

In Christ the sharing of my faith becomes effective by the acknowledgement of every good thing, which is in me. (Phile. 6)

In Christ I am neither barren nor unfruitful in the knowledge of my Lord Jesus Christ but I have and do abound in faith, virtue, knowledge, self-control, perseverance, godliness, brotherly kindness and love. (2 Pet. 1:5-8)

In Christ I abide in the doctrine of Christ and have both the Father and the Son. (2 Jn. 9)

In Christ I live and move and have my being. (Acts 17:28)

In Christ I have the life of God, which is the light of men. (Jn. 1:4)

In Christ I do not perish but have eternal life. (Jn. 3:15)

In Christ all the promises of God are Yes and Amen to the glory of God through me. (2 Cor. 1:20)

In Christ I have become the righteousness of God because God has made Jesus who knew no sin to be sin for me. (2 Cor. 5:21)

In Christ I am chosen before the foundation of the world that I should be holy and without blame before Him in Love. (Eph. 1:4)

In Christ I have the righteousness, which is from God by faith. (Phil. 3:9)

In Christ I walk in Him as I have received Him. (Col. 2:6)

In Christ I am rooted and built up and established in the faith as I have been taught, abounding in it with thanksgiving. (Col. 2:10)

In Christ I am complete in Him who is the head of every principality and power. (Col. 2:10)

In Christ I keep God's Word and the love of God is perfected in me. (1 Jn. 2:5)

In Christ I abide in Him and walk just as He walked. (1 Jn. 2:6)

In Christ the new commandment of love is realized in me as it was in Him because the darkness has passed away and the true light is already shining. (1 Jn. 2:8 Amp. Vers. Jn. 13:34)

In Christ I have the propitiation for my sins and the sins of the world. (1 Jn. 2:2)

In Christ I have the hope of Christ's coming and I purify myself just as He is pure. (1 Jn. 3:2, 3)

In Christ there is no sin. (1 Jn. 3:5)

In Christ I abide in Him and I do not sin for I see Him and know Him. (1 Jn.3:6; 2 Cor. 3:18)

In Christ I abide in Him and He abides in me for I keep His commandments. (1 Jn. 3:24)

In Christ I abide in Him and he abides in me and I know this because He has given me of His Spirit. (1 Jn. 4:13)

In Christ I have this confidence that if I ask anything according to His will, He hears me. (1 Jn. 5:14)

In Christ I know that He has given me an understanding that I may know Him who is true. (1 Jn. 5:20)

In Christ my Beloved I have been made accepted by God the Father. (Eph. 1:6)

In Christ I, who was once darkness, am now a light in the Lord and I walk as a child of light. (Eph. 5:8)

In Christ I am strong in the power of His might. (Eph. 6:10)

In Christ I have redemption through His blood, the forgiveness of sins according to the riches of His grace. (Eph. 1:7)

In Christ I have obtained an inheritance, being predestined according to the purpose of Him who works all things according to the counsel of His will. (Eph. 1:11)

In Christ I was sealed with the Holy Spirit of promise having believed in Him. (Eph. 1:3)

In Christ I am joined together with the church, which as a whole building grows into a holy temple in the Lord. (Eph. 2:21)

In Christ I am built together for a habitation of God in the Spirit. (Eph. 2:22)

In Christ I have boldness and access with confidence through faith. (Eph. 3:12)

In Christ I have redemption through His blood, the forgiveness of sins. (Col. 1:14)

In Christ I have all the treasures of wisdom and knowledge. (Col. 2:3)

In Christ I am circumcised with the circumcision made without hands, by putting off the body of the sins of the flesh, by the circumcision of Christ. (Col. 2:11)

In Christ I love Him and rejoice with joy inexpressible and full of glory. (1 Pet. 1:8)

In Christ the righteousness of God, which is through faith, is revealed in me. (Rom. 3:21, 22)

In Christ the grace of God and the gift of righteousness do abound in my life by the grace of Jesus Christ. (Rom. 5:15, 17)

In Christ I reign in life. (Rom. 5:17b)

In Christ I am dead to the law through the body of Jesus Christ so that I am now in union to Jesus Christ who was raised from the dead and I do now bear fruit to God. (Rom. 7:4)

In Christ I am always thankful to God for the grace of God, which has been given to me by Jesus Christ. (1 Cor. 1:4)

In Christ God has reconciled me to Himself and has given me the ministry of reconciliation. (2 Cor. 5:18)

In Christ I have been justified not by the works of the law but by faith. (Gal. 2:16)

In Christ I have been predestined to son ship according to the good pleasure of His will. (Eph. 1:5)

In Christ I am filled with the fruits of righteousness to the glory and praise of God. (Phil. 1:11)

In Christ God supplies all my needs according to His riches in glory. (Phil. 4:19)

In Christ I have been begotten to a living hope through the resurrection of Jesus Christ from the dead according to His abundant mercy. (1 Pet. 1:3)

In Christ I am a living stone built up into a spiritual house, a holy priesthood, to offer up spiritual sacrifices acceptable to God. (1 Pet. 2:5)

In Christ I am called to God's eternal glory to be perfected, established, strengthened and settled. (1 Pet. 5:10)

In Christ I am enriched in everything, in all utterance and all knowledge. (1 Cor. 1:5)

In Christ I live, for through Him all things were made. (1 Cor. 8:6 Charles B. Williams translation)

In Christ all things were created that are in heaven and that are on earth, visible or invisible, whether thrones or dominions or principalities or powers. I am created through Him and for Him. (Col. 1:16)

In Christ all things are held together for He existed before all thins. Christ is my head and in everything He stands first. (Col. 1:17; Col. 1:18 Charles B. Williams translation)

In Christ I am reconciled to Himself for He has made peace through the blood of His cross. (Col. 1:20)

In Christ whatever I do in word or deed, I do all in the Name of the Lord Jesus, giving thanks to God the Father through Him. (Col. 3:17)

In Christ God is able to save me to the uttermost for I come to God through Him, and He ever lives to make intercession for me. (Heb. 7:25)

In Christ I continually offer the sacrifice of praise to God, that is, the fruit of my lips, giving thanks to His Name. (Heb. 13:15)

In Christ I believe in God, who raised Him from the dead and gave Him glory, so that my faith and hope are in God. (1 Pet. 1:21)

In Christ I have received purification from sins, which Jesus Himself has made for me. (Heb.1:3 Kenneth S. West translation)

In Christ my sin has been done away by the sacrifice of Jesus, Himself. (Heb. 9:26)

In Christ I have obtained an eternal redemption by the blood of Jesus Christ. (Heb. 9:12)

In Christ my conscience is purged from dead works by the blood of Jesus Christ so that I do now serve the living God. (Heb. 9:14)

In Christ I am called and I have received the promise of the eternal inheritance through Jesus, the Mediator of the new covenant. (Heb. 9:15)

In Christ I have boldness to enter the Holiest by the blood of Jesus Christ, by a new and living way, which He consecrated for me, through the veil, that is, His flesh. (Heb. 10:19, 20)

In Christ I walk in the light as He is in the light, and I have fellowship with one another and the blood of Jesus Christ cleanses me from all sin. (1 Jn. 1:7)

In Christ I have access by faith into His grace in which I stand, and rejoice in hope of the glory of God. (Rom. 5:2)

In Christ I have received reconciliation to God through the death and resurrection Jesus Christ. (Rom. 5:10, 11)

In Christ the world has been crucified to me and I to the world. (Gal. 6:14)

In Christ the whole body (the church of Christ), joined and knit together by what every joint supplies, according to the effective working by which every part does its share causes growth of the body for the edifying of itself in love. (Eph. 4:16)

In Christ I hold fast to Jesus Christ who is my Head, and I am nourished and knit together and grow with the increase which is from God. (Col. 2:19)

In Christ I am the fragrance of Jesus Christ among those who are being saved and among those who are perishing. (2 Cor. 2:15)

In Christ I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me. (Phil. 3:12)

In Christ my body belongs to Him and my substance is of Christ.
(Col. 2:17 Charles B. Williams translation)

In Christ I will receive the reward of the inheritance for I serve the Lord Jesus Christ. (Col. 3:24)

In Christ there is no darkness at all for God is light. (1 Jn. 1:5)

In Christ I have received an anointing from Him and it abides in me, and the same anointing teaches me concerning all things, and is true and is not a lie, and just as it has taught me, I abide in Him. (1 Jn. 2:27)

In Christ I have been justified by faith, and I have peace with God through my Lord Jesus Christ. (Rom. 5:1)

In Christ I rejoice in God through my Lord Jesus Christ. (Rom. 5:11)

In Christ I reckon myself to be dead indeed to sin, but alive to God in Christ Jesus my Lord. (Rom. 6:11)

In Christ I have received the gift of God, which is eternal life in Christ Jesus my Lord. (Rom. 6:11)

In Christ I give thanks to God who gives me the victory through my Lord Jesus Christ. (1 Cor. 15:57)

In Christ I have been redeemed from the curse of the law and the blessing of Abraham now comes upon me in Christ Jesus for I have received the promise of the Spirit through faith. (Gal. 3:13, 14)

In Christ I am no longer a slave but I am a son of God, and being a son, I am an heir of God through Christ. (Gal. 4:7)

In Christ God shows in the ages to come the exceeding riches of His grace in His kindness toward me in Christ Jesus. (Eph. 2:7)

In Christ I am not anxious about anything, but in everything by prayer and supplication, with thanksgiving, let my requests be made known to God; and the peace of God, which surpasses all understanding, will guard my heart and mind through Christ Jesus. (Phil. 4:6, 7)

In Christ I can do all things through Him who strengthens me. (Phil. 4:13)

In Christ I have been sanctified through the offering of the body of Jesus Christ once for all by the will of God. (Heb. 10:10)

In Christ I am made complete in every good work to do His will through the blood of the everlasting covenant, the blood of Jesus Christ. (Heb. 13:21, 21)

In Christ the world is saved through Him. (Jn. 3:17)

In Christ His blood has justified me and I am saved from wrath through Him. (Rom. 5:9)

In Christ I am more than a conqueror through Him who loves me. (Rom. 8:37)

In Christ God's love for me has been shown when He sent His only Son into the world that through Him I might have life. (1 Jn. 4:9 Charles B. Williams translation)

In Christ I have died with Him and I do now live with Him. (Rom. 6:8)

In Christ I have been crucified and it is no longer I who live but Christ who lives in me; and the life, which I now live in the flesh, I live by the faith of the Son of God who loved me and gave Himself for me. (Gal. 2:20)

In Christ I am no longer subjected to the things of this world for I have died with Christ from the basic principles of the world. (Col. 2:20)

In Christ I seek those things, which are above for I have been raised and seated together with Christ at the right hand of God. (Col. 3:1; Eph. 2:6)

In Christ I have died to this world and my life is now hidden with Christ in God. (Col. 3:3; Gal. 6:14)

In Christ I have been buried through baptism into death; that just as Christ was raised from the dead by the glory of the Father, even so I also walk in newness of life. (Rom. 6:4)

In Christ my old man was crucified that the body of sin might be done away with, so that I should no longer be a slave of sin. (Rom. 6:6)

In Christ I have been given freely all things by God who spared not His own Son but delivered Him up for me. (Rom. 8:32)

In Christ I live by the power of God. (2 Cor. 13:4)

In Christ I was buried in baptism and raised together with Him through faith in the power of God who raised Jesus from the dead.
(Col. 2:12 Charles B. Williams's translation)

In Christ I have been forgiven of all trespasses and made alive together with Him. (Col. 2:13)

In Christ I will appear with Him in glory when Christ who is my life appears. (Col. 3:4)

In Christ I live and reign with Him. (2 Tim. 2:11, 12)

In Christ I live and feed on Him just as Jesus was sent of the Father and lived by the Father. (Jn. 6:57)

In Christ I come to the Father for He is the Way, the Truth and the life. (Jn. 14:6)

In Christ I feed on His words which are spirit and life and He abides in me and I in Him. (Jn. 6:56, 63)

In Christ I know that He is in the Father, and I am in Him and He is in me. (Jn. 14:20)

In Christ I bear much fruit for I am a branch in Him and He is the Vine; I abide in Him and He abides in me for without Him I can do nothing. (Jn. 15:4, 5)

In Christ I ask what I desire and it is done for me because I abide in Him and His words abide in me. (Jn. 15:7)

In Christ I have peace and I am of good cheer in tribulation for He has overcome the world. (Jn. 16:33)

In Christ I am loved in the same manner as the Father loves Jesus and I abide in His love. (Jn. 15:9)

In Christ I am washed, sanctified and I am justified in the Name of my Lord Jesus Christ and by the Spirit of God. (1 Cor. 6:11)

In Christ I do the works of Jesus and greater works because Jesus has gone to the Father and has sent me the Holy Spirit of Truth who abides in me forever. (Jn. 14:12, 16, 17)

MEDITATIONS ON PROSPERITY

1. God blesses me and makes His Name great through me. I am a blessing to others. I am a child of Abraham and the blessings of Abraham are upon me. (Gen. 12:2, 3; Gal. 3:7, 4)
2. I am blessed of the most High God, possessor of heaven and earth. (Gen. 14:19)
3. God is my shield and my exceedingly great reward. (Gen. 15:1)
4. The Lord is with me and He makes me successful. The Lord makes all I do to prosper. (Gen. 39:2, 3)
5. God's Word does not depart out of my mouth but I meditate in it day and night, that I may observe to do according to all that is written in it. For then I will make my way prosperous and I will have good success. (Jos. 1:8)
6. My delight is in the law of the Lord and in His law do I meditate day and night. I am like a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither. Whatever I do shall prosper. (Ps. 1:2, 3)
7. The Lord is my Shepherd and I shall not want. (Ps. 23:1)
8. I fear the Lord and I have no want. The young lions lack and suffer hunger but I seek the Lord and shall not lack any good thing. (Ps. 34:9, 10)
9. I am the Lord's servant and He has pleasure in my prosperity. (Ps. 35:27)
10. I delight myself in the Lord and He gives me the desires of my heart. (Ps. 37:4)
11. This is the day that the Lord has made. I will rejoice and be glad in it. The Lord saves me and sends me prosperity. (Ps. 118:24, 25)
12. I fear the Lord and delight greatly in His commandments; therefore, wealth and riches are in my house. (Ps. 112:1, 3)
13. I honour the Lord with my possessions, and with the first fruits of all my increase and my barns are filled with plenty. (Prov. 3:9, 10)

14. I love the wisdom of God and I have riches and honour, enduring riches and righteousness. I inherit wealth and all my treasures are filled. (Pro. 8:12, 18, 21)

15. The Lord does not allow my soul to famish. I am diligent and He makes me rich. (Prov. 10:3, 4)

16. In all labour there is profit. I am wise in the Lord and He crowns me with riches. (Prov. 14:23, 24)

17. By humility and the fear of the Lord I receive riches, honour and life. (Prov. 22:4)

18. I am willing and obedient and I eat the good of the land. (Is. 1:19)

19. I bring all the tithes into God's storehouse so that there is food in God's house: I prove the Lord and He opens for me the windows of heaven and pours out for me such blessing that there is not enough room to receive it but it overflows through me to others. And God rebukes the devourer for my sake. (Mal. 3:10, 11)

20. I seek first the kingdom of God and His righteousness and all these things are added to me. (Matt. 6:33)

21. I give and it will be given back to me: good measure, pressed down, shaken together, and running over will be put into my bosom. For with the same measure that I use, it will be measured back to me. (Lk. 6:38)

22. I surrender everything to Jesus and for the gospel and I receive a hundredfold now in this time, with persecutions, and in the age to come, eternal life. (Mk. 10:30)

23. Jesus for my sake became poor that I through His poverty might become rich. (2Cor. 8:9)

24. I sow bountifully and I reap bountifully. I give cheerfully and not grudgingly or of necessity, and God loves me and makes all grace abound toward me, that I, always having all sufficiency in all things, have abundance for every good work. (2 Cor. 9:6-8)

25. Christ has redeemed me from the curse of poverty. (Gal. 3:13; Deut. 28)

26. I share in the ministry of giving and my God shall supply all my needs according to His riches in glory by Christ Jesus. (Phil. 4:15, 16, and 18, 19)

27. It is the will of God that I prosper in all things and be in health, just as my soul prospers. (3 Jn. 2)

MEDITATIONS FOR CHILDREN

I honour my father and my mother, as the Lord my God has commanded me and my days are long and it is well with me. (Deut. 5:16)

I grow and the Lord blesses me and the Spirit of the Lord moves in my life. (Judg. 13:24, 25)

I minister to the Lord and grow before the Lord. (1 Sam. 2:11, 12)

I grow in stature, and in favour both with the Lord and men. (1 Sam. 2:26)

I hear the instruction of my father and do not forsake the law of my mother; for they are graceful ornaments on my head and chains about my neck. (Prov. 1:8, 9)

I hear the instruction of my father, and give attention to gain and to know intelligent discernment, comprehension and interpretation of spiritual matters. (Prov. 4:1 Amp. Vers.)

I am wise and I make my parents glad. I love wisdom and my parents rejoice. (Prov. 15:20; 29:3)

I am known by my deeds, by whether what I do is pure and right. (Pro. 20:11)

I am trained up in the way that I should go in the Lord; and when I am old, I will not depart from it. (Prov. 22:6)

I listen to my father who begot me and do not despise my mother when she is old. (Prov. 23:22)

I grow and become strong in spirit, filled with wisdom; and the grace of God is upon me. (Lk. 2:40)

I increase in wisdom and in stature, and in favour with God and men. (Lk. 2:52)

I obey my parents in the Lord for it is right and it is well with me, and I live long on the earth. (Eph. 6:1, 3)

I am brought up in the training and admonition of the Lord. (Eph. 6:4)

I obey my parents in all things in the Lord for this is well pleasing to the Lord. (Col. 3:20)

I do not let anyone despise my youth, but I am an example to the believers in word, in conduct, in love, in spirit, in faith and in purity. (1 Tim. 4:12)

I seek to know the Holy Scriptures from childhood that I may grow wise in my faith in Christ Jesus. (2 Tim. 3:15)