

**7. Psalm 119: 49-56**

- ❖ **Principle #7: Rule #3: Meditate on God's word.**
- ❖ **Practice #7: As you read God's word, let it sink in.**
- ❖ **Explanation: God just doesn't want us to read his word as we might any book; He wants us to dwell on it. The actual word is ruminating. Ruminating means to eat His word and chew on it. When a cow eats he ruminates. He eats and swallows the grass taking it into his stomach where he will then bring it back up and digest it again. This is what God is asking us to do. He is asking us to concentrate or meditate on His word the Bible and let it speak to us or rather let Him speak to us through His word by digesting the same passage again and again. This is meditating on His word.**
- ❖ **Application: How did I meditate on God's word this week?**

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