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HOW SHOULD WE THEN
LIVE?

Part 4

SPONGE

What is _____?

A good place to start is to mediate on some verses on meditation:
Joshua 1:8
Psalm 1:2; 19:14; 73:12-22; 104:34; 119:97-104; 139; 143:5
Hebrews 12:1,2

Prayer

Posture

Place

How I've practiced meditation and what I have observed and learned from others:

Jesus in Matthew 14:13; Mark 1:35; 6:31; Luke 5:16

Watch out for the following _____!

