**Biblical Meditation**

Psalm 19

"May the words of my mouth and the meditation of my heart be pleasing to you, O Lord, my rock and my redeemer." Psalm 19:14

How to expose secret sin, escape slavery to sin and embrace sincere spirituality (v. 12-14):

1. Meditate on **C\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
   * The book of **N\_\_\_\_\_\_\_\_\_\_\_\_** constantly sings the praises of God (v. 1-4)
   * Reflect on the **D\_\_\_\_\_\_\_\_\_\_\_\_** of the world (v. 5-6)
2. Meditate on **S\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
   * The only thing in this world that is consistently true and **R\_\_\_\_\_\_\_\_\_\_\_\_\_** (v. 7-9)
   * Our connection to **G\_\_\_\_\_\_\_\_\_** life, wisdom, joy, power, righteousness etc.

(v. 7-11)

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How to expose secret sin, escape slavery to sin and embrace sincere spirituality (v. 12-14):

1. Meditate on **Creation**
   * The book of **Nature** constantly sings the praises of God (v. 1-4)
   * Reflect on the **Details** of the world (v. 5-6)
2. Meditate on **Scripture**
   * The only thing in this world that is consistently true and **Reliable** (v. 7-9)
   * Our connection to **God´s** life, wisdom, joy, power, righteousness etc. (v. 7-11)