

communication

LOVING GOD



LOVING OTHERS

*words

*heart

*thanks

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Psalm 1:1-2

**Blessed is the man who walks not in the counsel
of the wicked, nor stands in the way of sinners,
nor sits in the seat of scoffers;**

**² but his delight is in the law of the Lord, and on
his law he meditates day and night.**

Psalm 1:3

³ He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.

Joshua 1:8

This book of the law shall not depart out of your mouth; you shall meditate on it day and night, so that you may be careful to act in accordance with all that is written in it.

For then you shall make your way prosperous, and then you shall be successful.

Psalm 19:14

**Let the words of my mouth and
the meditation of my heart be acceptable
to you, O Lord, my rock and my redeemer.**

**All communication starts from
the Meditation of Hearts.**

Matthew 22:37-39

37 ...“ ‘You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.’

38 This is the greatest and first commandment.

39 And a second is like it: ‘You shall love your neighbor as yourself.’

Healthy Meditation of the Heart

1. Meditate (Treasure) the Right Words

Psalm 119:9-11

How can young people keep their way pure?

By guarding it according to your word.

¹⁰ With my whole heart I seek you; do not let me stray from your commandments.

¹¹ I treasure your word in my heart, so that I may not sin against you.

Ephesians 4:31-32

31 Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice,

32 and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you.

Psalm 141:3

**Set a guard over my mouth, O LORD;
keep watch over the door of my lips.**

Healthy Meditation of the Heart

1. Meditate (Treasure) the Right Words

2. Meditate on God

Psalm 77:12 (ESV)

**I will ponder all your work,
and meditate on your mighty deeds.**

Psalm 121:1

**I lift up my eyes to the hills— from where will
my help come?**

Luke 6:45

45 The good person out of the good treasure of the heart produces good, and the evil person out of evil treasure produces evil; for it is out of the abundance of the heart that the mouth speaks.

Psalm 19:14

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