

GOD'S MEDITATION FOOD

Volume 2

By Johann Melchizedek Peter

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INTRODUCTION

The Meditation Scriptures in this booklet are a small portion taken from my Meditation files. Altogether, there are sixteen hours worth of meditation Scriptures in my files. The following extracts are from the general portion that covers blessings, prosperity and healing. Reading them out loud should take approximately one hour for a slow reader to half an hour for a fast reader. I did one full year of Word fast from 1978 to 1979 where I read nothing but the Word – no other books, no newspapers or TV or magazines. During the midst of this Word saturation period, as I was reading the Meditation Scriptures to myself, something supernatural came over me and my mind was touched and transformed. The closest description I can find of that experience was when Jesus touched the disciples and opened their understanding that they might comprehend the Scriptures (Lk. 24:45). From that day on, I saw and understood things in the Bible that I never understood before.

The extracted meditation Scriptures on health, healing and blessing are especially meant for those who are in the professional life and business people. There have been testimonies of those who require healing that have been blessed, too. I have released these as there have been a lot of requests for more Meditation Scriptures by those who have been using the Volume 1 of these series. I have added some expressions of my own in personalising the Scriptures but they remain faithful to the general context of the verses. They are exactly as I have used them during my one year of saturation in the Word in 1978 to 1979 (as described in my book, 'The Road to Glory').

As wisdom is the key essential in all of this life, spiritual and natural (Prov.3:13-24; 8:12-32), meditation Scriptures on wisdom has also been added in this volume together with meditations to develop the spirit man and the thought life. For those who are married or considering marriage, I have added meditations for husbands and wives to strengthen their marriages, especially in these last days when not only marriages amongst unbelievers are failing but also those among Christians.

Be blessed in all areas of your natural life and spiritual life. May your inner man grow stronger through these Scriptures, rooted and established in the love of Christ.

God bless
Pastor Johann Melchizedek Peter

MEDITATIONS FOR BLESSINGS, HEALTH AND PROSPERITY

1. Gen. 1:28 I subdue the earth and have dominion over the fish of the sea and over the fowl of the air and over every living thing that moves upon the earth.
2. Gen. 1:27 I am created in God's own image and likeness.
3. Gen. 5:22 I walk with God.
4. Gen. 6:8 I find grace in the eyes of the Lord.
5. Gen. 6:18 God has established His covenant with me and my family.
6. Gen. 9:2 The fear and the dread of me is upon every beast of the earth and upon every fowl of the air and upon all that moves upon the earth and upon all the fishes of the sea; into my hand they are delivered.
7. Gen. 9:3 Every moving thing that lives is meat for me even as the green herb has God given me all things.
8. Gen. 12:2-3 God makes me a great nation and He blesses me and makes His Name great through me and I am a blessing. God blesses those who bless me and curses those that curse me and in me all the families of the earth are blessed.
9. Gen. 13:2 I am rich in possessions, in finances and in all material things.
10. Gen. 14:19 I am blessed of the Most High God possessor of heaven and earth.
11. Gen. 15:1 God is my shield and my exceeding great reward.
12. Gen. 17:1-2 I walk before Almighty God and I am perfect. God makes His covenant with me and multiplies me exceedingly.
13. Gen. 17:5 God's covenant is with me and I am a spiritual father of many nations.
14. Gen. 17:6 God makes me exceedingly fruitful and makes nations of me and spiritual kings come out of my spirit.
15. Gen. 18:17 God shows unto me all that He does.
16. Gen. 18:19 God knows me and I command my children and my household after me and they keep the way of the Lord; to do justice and judgement.
17. Gen. 21:6 God makes me to laugh and rejoice so that all that hear will laugh and rejoice with me.

18. Gen. 22:16-17 I obey the Lord and withhold nothing from Him and God blesses me and multiplies me spiritually and all my spiritual children and I possess the gate of God's enemies.
19. Gen. 22:18 I always obey God's voice.
20. Gen. 24:40 The Lord before whom I walk sends His angel with me and prospers my way.
21. Gen. 26:5 I obey God's voice and keep His charges, His commandments, His statutes, and His laws.
22. Gen. 28:15 God is with me and keeps me in all places that I go and brings me to His inheritance and will never leave me but will perform and do all that He has spoken in my life.
23. Gen. 32:28 I have power with God and with men and prevail.
24. Gen. 39:2 The Lord is with me and makes me a prosperous man.
25. Gen. 39:6 God makes me a godly person, well-favoured attractive and fine looking.
26. Gen. 39:21 The Lord is with me and shows me mercy and gives me favour in the sight of all men.
27. Gen. 39:23 The Lord is with me and in all which I do the Lord makes it to prosper.
28. Exo. 15:2 The Lord is my strength and song and He is become my salvation and I exalt Him.
29. Exo. 15:13 The Lord in His mercy has redeemed me; He has guided me in His strength.
30. Exo. 15:26 I diligently hearken to the voice of the Lord my God and do that which is right in His sight and give ear to His commandments and keep all His statutes and God allows none of the diseases upon me which He allows in the world for God the Lord is my Healer.
31. Exo. 19:5 I obey God's voice and keep God's covenant and I am a special treasure unto God above all people; for all the earth is the Lord's.
32. Exo. 19:6 I am unto the Lord a priest and a holy nation.
33. Exo. 20:6 God shows mercy unto me because I love Him and keep His commandments.
34. Exo. 23:20 God sends His angel before me and keeps me In His way and brings me into the inheritance which He has prepared for me.
35. Exo. 23:22 I obey God's voice and do all that He speaks and God is an enemy unto my enemies and an adversary unto my adversaries.

36. Exo. 23:25 I serve the Lord my God and He blesses my bread and my water and takes sickness away from my presence.
37. Exo. 23:26 I will fulfil the number of my days.
38. Exo. 23:27 God sends His fear before me and destroys all the satanic forces which I confront and He makes them flee in terror from me.
39. Deut. 7:13 The Lord loves me and blesses me and multiplies me.
40. Deut. 7:13-15 The Lord blesses my fruit and blesses me above all people. The Lord takes away from my presence all sickness and allows none of the diseases of the world to come upon me but allows them upon all those that hate me.
41. Deut 4:29 I seek the Lord my God with all my heart and with all my soul and I do find Him.
42. Deut. 5:33 I walk in all the ways which the Lord my God has commanded me and it is well with me and I prolong my days in the inheritance which I possess in Christ.
43. Deut. 29:29 The secret things belong unto the Lord but these revealed promises belong unto me and my wife and my children forever.
44. Deut. 6:5 I love the Lord my God with all my heart and with all my soul and with all my might.
45. Deut. 6:6-9 I treasure God's Word and keep them in my heart. I teach them diligently unto my children and talk of them when I sit in the house and when I walk by the way and when I lie down and when I rise up. I bind them for a sign upon my hand and they are as frontlets between my eyes. I write them upon the posts of my house and on the gates.
46. Deut. 28:1-14 I hearken diligently unto the voice of the Lord my God to observe and to do all His commandments which He commands me and the Lord my God sets me on high above all nations of the earth and all these blessings come on me and overtake me as I hearken unto the voice of the Lord my God. Blessed am I in the city and blessed am I in the field. Blessed is the fruit of my body and the fruit of my ground which I sow the seed of God's Word. Blessed is the flock of my sheep. Blessed is my financial and physical life. Blessed am I in my coming in and blessed am I in my going out. The Lord causes my enemies that rise up against me to be smitten before my face; they that come out against me one way flee

before me seven ways. The Lord commands the blessing upon me in my storehouses and in all that I set my hand into. The Lord blesses my inheritance in Christ. The Lord establishes me a holy person unto Himself as I keep His commandments and walk in His ways. All the people of the earth see that I am called by the Name of the Lord and they are afraid of me. The Lord makes me plenteous in goods. The fruit of my body is healthy physically and spiritually. The Lord opens unto me His good treasure, the heaven to give the rain of blessing unto my inheritance in Christ in His season. He blesses all the works of my hand. I lend unto many nations and I do not borrow. The Lord makes me the head and not the tail. I am above only and not beneath as I hearken unto the commandments of the Lord to observe and to do them. I do not go aside from any of God's Word to the right or to the left but I always walk in His Words.

47. Jos. 1:8 God's Word does not depart out of my mouth and I meditate day and night to observe to do according to all that is written and I make my way prosperous and I have good success.
48. Jos. 23:14 Not one thing has failed of all the good things which the Lord speaks concerning me; all are come to pass and not one thing has failed.
49. 1 Sam. 1:11 I am given unto God all the days of my life.
50. 2 Sam. 7:9 The Lord is with me wherever I go and has made His Name great in me.
51. 2 Sam. 8:6 The Lord preserves me wherever I go.
52. Ps. 1:2-3 I delight in the law of the Lord and I meditate on it day and night and I am like a tree planted by the rivers of water that brings forth fruit in its season; my leaves never wither whatsoever I do always prosper.
53. Ps. 3:3 The Lord is my shield, my glory and the lifter of my head.
54. Ps. 4:3-5 The Lord has set me apart and has made me godly for Himself. The Lord hears when I call unto Him. I stand in awe and sin not. I offer sacrifices of righteousness and put my trust in the Lord.
55. Ps. 4:8 I always sleep in peace for the Lord makes me dwell in safety.
56. Ps. 5:1 The Lord gives ear to my words and considers my meditation.

57. Ps. 5:3 God hears my voice every morning. I direct my prayers and thoughts unto the Lord and look upon Him.
58. Ps. 5:12 The Lord defends me and compasses with favour as with a shield.
59. Ps. 8:6 The Lord has made me to have dominion over the works of His hands; He has put all things under my feet.
60. Ps. 9:1 I show forth all of God's marvellous works.
61. Ps. 16:5 The Lord is the portion of my inheritance and of my cup and He maintains my lot.
62. Ps. 16:7 I will bless the Lord who has given me counsel; my reins also instruct me in the night seasons.
63. Ps. 16:8 I have set the Lord always before me; I shall not be moved because He is at my right hand.
64. Ps. 16:11 The Lord shows me the path of life. I dwell in God's presence and have fullness of joy and I have pleasures forevermore at His right hand.
65. Ps. 17:8 I am as the apple of God's eye and He hides me under the shadow of His wings.
66. Ps. 17:15 I behold God's face in righteousness; I am satisfied for I awake with God's likeness.
67. Ps. 19:14 The words of my mouth and the meditation of my heart are acceptable in God's sight.
68. Ps. 23: 1 The Lord is my shepherd; I do not want or lack any good thing.
69. Ps. 23:5 God anoints my head with oil and my cup runs over.
70. Ps. 23:6 Surely goodness and mercy follow me all the days of my life.
71. Ps. 24:3-5 I ascend unto God's holy hill and stand in His holy place. Because I have clean hands and a pure heart, I receive blessings from the Lord and righteousness from the God of my salvation.
72. Ps. 25:2-5 I wait upon the Lord and I am not ashamed for my enemies can never triumph over me. The Lord shows me His way and teaches me His paths. The Lord leads me in His truth and teaches me for He is the God of my salvation and I wait on Him all the day.
73. Ps. 25:9 The Lord guides me in judgement and teaches me His way because I am meek.
74. Ps. 25:10 I keep God's Words and commandments and all the paths of the Lord are mercy and truth unto me.
75. Ps. 25:13 My soul dwells in ease and my seed inherits the earth.

76. Ps. 25:14 The secret of the Lord is with me for I fear the Lord and He shows me His covenant.
77. Ps. 25:15 My eyes are ever towards the Lord.
78. Ps. 25:21 Integrity and uprightness preserve me for I wait upon the Lord.
79. Ps. 26:1 I never slide because I walk in integrity and trust the Lord.
80. Ps. 26:2-3 The Lord examines me, proves me, tries my reins and my heart for His loving kindness is before my eyes and I walk in His truth.
81. Ps. 26:8 I love the habitation of God's house and the place where God's honour dwells.
82. Ps. 26:12 My foot stands in an even place and in the congregations will I bless the Lord.
83. Ps. 27:1 The Lord is my light, my salvation and the strength of my life.
84. Ps. 27:4 The one thing I have desired and seek after and have received is to dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord and to inquire in His temple.
85. Ps. 27:14 I wait on the Lord, I am of good courage and He strengthens me.
86. Ps. 30:2 The Lord has healed me. I have perfect eyesight. I have perfect health.
87. Ps. 30:6 In my prosperity I am not moved for I stand in Christ.
88. Ps. 34:9-10 I fear the Lord and have no want. I seek the Lord and do not want any good thing.
89. Ps. 34:20 God keeps my bones and not one of them is broken.
90. Ps. 35:18 I give thanks to God in the great congregation; I praise Him among many people.
91. Ps. 35:27 The Lord has pleasure in the prosperity of me, His servant.
92. Ps. 36:8-9 I am abundantly satisfied with the fatness of God's house and I drink of the river of His pleasure for God is the fountain of my life.
93. Ps. 37:3 I trust in the Lord and do good and verily I am fed.
94. Ps. 37:4-5 I delight myself in the Lord and He gives me the desires of my heart. I commit my way unto the Lord, I trust in Him and He brings it to pass.
95. Ps. 37:9-11 I wait upon the Lord and I inherit the earth and delight myself in the abundance of peace because I am meek.
96. Ps. 37:23 My steps are ordered by the Lord and I delight in His way.

97. Ps. 37:34 I wait upon the Lord and keep His way and He exalts me in my inheritance in Christ.
98. Ps. 40:4 I am blessed because I make the Lord my trust. I do not respect the proud or turn aside to lies.
99. Ps. 40:5 God does many wonderful works with me and His thoughts are towards me and in me.
100. Ps. 40:8 I delight to do God's will; His law is within my heart.
101. Ps. 34:7 The angel of the Lord encamps round about me for I fear Him and God delivers me.
102. Ps. 35:1, 5, 6 The angel of the Lord fights against those who fight against me. The angel of the Lord chases them. The angel of the Lord persecutes them.
103. Ps. 43:3, 5 God sends His light and His truth to lead me unto His holy hill and to His tabernacle. I praise the Lord my God for He is the health of my countenance.
104. Ps. 45:17 I make the Lord's Name to be remembered in all generations and all the people shall praise God forever.
105. Ps. 46:10-11 I am still and know that God is the Lord and He is exalted among the heathen and in the earth. The Lord of hosts is with me and is my refuge.
106. Ps. 49:3 My mouth speaks of wisdom and the meditation of my heart is of understanding.
107. Ps. 49:15, 9 God redeems my soul from the power of the grave and I live forever for I have eternal life in Christ.
108. Ps. 50:23 I offer praise unto God and glorify Him; I order my conversation aright and God shows me His salvation.
109. Ps. 52:8 I am like a green olive tree in the house of God and I bear much fruit; I trust in the mercy of God for ever and ever.
110. Ps. 58:11 I am righteous and I receive a reward from God.
111. Ps. 62:5 My soul waits upon the Lord for my expectation is only from Him.
112. Ps. 63:2 I see God's power and glory.
113. Ps. 63:5 My soul is satisfied with marrow and fatness and my mouth praise God with joyful lips.
114. Ps. 63:6 I remember God upon my bed and meditate on Him.
115. Ps. 65:4 I am blessed for God has chosen and has caused me to approach Him. I dwell in God's courts and am satisfied with the goodness of God's house even of God's holy temple.

116. Ps. 65:11 God crowns my years with goodness and my paths drop fatness.
117. Ps. 66:18 I do not regard iniquity in my heart and God hears my prayers.
118. Ps. 67:2 God has made His way known unto me and His saving health unto all nations.
119. Ps. 68:19 God loads me daily with benefits.
120. Ps. 68:35 God gives strength and power unto me.
121. Ps. 72:7 I am righteous and I flourish.
122. Ps. 73:28 It is good for me to draw near to God; I have put my trust in the Lord God and I declare all His works.
123. Ps. 77:6 I call to remembrance the Lord at night; I commune with my own heart; my spirit meditates and makes diligent search.
124. Ps. 77:11-12 I remember the works of the Lord and His wonders of old. I meditate upon all of His works and talk of His doings.
125. Ps. 78:72 God feeds me according to the integrity of my heart.
126. Ps. 89:16 I rejoice in the Lord's Name all the day and in His righteousness I am exalted.
127. Ps. 89:20-21 God has anointed me with His holy oil. He has established me with His hand and His arm has strengthened me.
128. Ps. 90:12 God teaches me to number my days and I apply my heart unto wisdom.
129. Ps. 90:14 God satisfies me early with His mercy; I will rejoice and be glad all my days.
130. Ps. 90:16 God's work and glory appear unto me.
131. Ps. 90:17 The beauty of the Lord my God is upon me and He establishes the work of my hands.
132. Ps. 91 I dwell in the secret place of the most High and abide under the shadow of the Almighty God. The Lord is my refuge and my fortress. He is my God and in Him do I trust. Surely He has delivered me from the snare of the fowler and from the noisome pestilence. He covers me with His feathers and under His wings I do trust. His truth is my shield and buckler. I am not afraid of the terror by night nor the arrow that flies by day nor for the pestilence that walks in darkness nor for the destruction that wastes at noonday. A thousand shall fall at my side and ten thousand at my right hand but it shall not come nigh me. My eyes behold and see the reward

of the wicked because I have made the Lord my refuge even the most High God my habitation. There shall no evil befall me neither shall any plague come near my dwelling for the Lord gives His angel charge over me to keep me in all my ways. They will bear me up in their hands lest I dash my foot against a stone. I tread upon the lion and adder. The young lion and the dragon I trample under feet. I trample Satan and all his demonic forces under my feet. I crush all their power over those I preach the Gospel to and break the chains of captivity and set the people free and loosed into the kingdom of God.

133. Ps. 91:14-16 I set my love upon God and He has delivered me. He sets me on high His own right hand 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. God satisfies me with long life and shows me His salvation in all His glory and powers.
134. Ps. 97:10 I love the Lord and I hate evil.
135. Ps. 101:2, 6 I behave myself in a perfect way that is wisely. I walk within my house with a perfect heart and I serve God.
136. Ps. 103:3-4 My soul blesses the Lord and does not forget His benefits for God forgives all my iniquities and heals all my diseases and redeems my life from destruction.
137. Ps.103:5 God satisfies my mouth with good things so that My youth is renewed like the eagles.
138. Ps. 104:4 The Lord makes me His minister a flaming fire.
139. Ps. 105:37 God brings me out of the world with silver and gold; there is not a feeble person in my family.
140. Ps. 107:20 God has sent His Word and has healed me. I have perfect eyesight and I have perfect health.
141. Ps. 107:21-22 I praise the Lord for His goodness and for His wonderful works unto the children of men. I sacrifice the sacrifices of thanksgiving and declare His works with rejoicing.
142. Ps. 112: 1 I am blessed of the Lord for I fear Him, I delight greatly in His commandments.
143. Ps. 112:2 My seed shall be mighty upon the earth. My physical children are mighty upon the earth. My spiritual children are mighty upon the earth. All my generation is blessed of the Lord.

144. Ps. 112:3 Wealth and riches are in my house. God's righteousness in me endures forever.
145. Ps. 112:4-5 Wherever I go the light of God in me lights up all darkness. I am gracious, full of compassion and righteous. I lend to those in need and show favour, I guide all my affairs by the Spirit of God with discretion.
146. Ps. 112:6-8 I shall not be moved for I abide in Christ forever. I am righteous and in everlasting remembrance. I am not afraid of evil tidings. My heart is fixed in trusting the Lord. My heart is established; I am not afraid and I see God's desire upon enemies.
147. Ps. 112:9 I have dispersed. I have given to the poor. God's righteousness in me endures forever. My horn is exalted with honour.
148. Ps. 116:1-2 I love the Lord. I call upon Him as long as I live.
149. Ps. 116:6-7 The Lord preserves me because I am simple and He has dealt bountifully with me.
150. Ps. 116:9 I walk before the Lord in the land of the living.
151. Ps. 116:13 I take the cup of salvation and call upon the Name of the Lord.
152. Ps. 116:15 I am precious in the sight of the Lord.
153. Ps. 116:16-17 I am the servant of the Lord and I offer to Him the sacrifice of thanksgiving.
154. Ps. 118:17 I shall not die but live and declare the works of the Lord.
155. Ps. 118:24-25 This is the day which the Lord has made; I will rejoice and be glad in it. The Lord heals me and sends me prosperity.
156. Ps. 119:1-2 I am blessed because I walk in the law of the Lord. I am blessed because I keep His testimonies. I am blessed because I seek Him with my whole heart.
157. Ps. 119:4-6 I keep His precepts and statutes diligently. I have respect up to all His commandments.
158. Ps. 119:9-16 I have cleansed my way by taking heed thereto according to His Word. I hide His Word in my heart. I meditate on His precepts. I will never forget His Word.
159. Ps. 119:18 My eyes are opened and I behold wondrous things out of His Word.
160. Ps. 119:25 God quickens me according to His Word.
161. Ps. 119:28 God strengthens me according to His Word.
162. Ps. 119:46 I speak of His testimonies before kings and am not ashamed.

163. Ps. 119:62 At midnight I will rise to give thanks unto the Lord because of His righteous judgements.
164. Ps. 119:63 I am companion of all those who fear Him and of those who keep His precepts.
165. Ps. 119:65 The Lord has dealt well with me, His servant, according to His Word.
166. Ps. 119:72 The Word of God is better to me than thousands of gold and silver.
167. Ps. 119:97 I love the law of the Lord and it is my meditation all the day.
168. Ps. 119:98 God through His commandments has made me wiser than my enemies.
169. Ps. 119:99 My meditation is on God's testimonies and I have more understanding than all my teachers.
170. Ps. 119:100 I keep God's precepts and I understand more than the ancients.
171. Ps. 119:130 The entrance of God's Word gives me light and understanding because I am simple.
172. Ps. 121:2-4 My help comes from the Lord who made the heavens and the earth. The Lord will not suffer my foot to be moved; God who keeps me neither slumbers nor sleeps.
173. Ps. 121:5-6 The Lord is my keeper. The Lord is my shade upon my right hand. The sun shall not smite me by day nor the moon by night.
174. Ps. 121:7-8 The Lord preserves me from all evil. The Lord preserves my soul. The Lord preserves my going out and my coming in forever.
175. Ps. 124:8 My help is in the Name of the Lord who made heaven and earth.
176. Ps. 125:1-4 I trust in the Lord and I am as Mount Zion which cannot be removed but abides forever. As the mountains are round about Jerusalem so is the Lord round about me, my wife, my children and my ministry forever and God even God do good unto me as I am good and upright in heart.
177. Ps. 131:2 I have behaved and quieted myself as a child that is weaned of his mother; my soul is even as a weaned child.
178. Ps. 133:1-3 It is good and pleasant for I, by God's grace, do bring my brethren to dwell together in unity. It is the precious ointment upon my head that runs down to my neck and to the ends of my garment. The Lord commands the blessing upon me and the whole family of God even life forevermore.

179. Ps. 134:1-2 I bless the Lord. I stand by night in the house of the Lord. I lift up my hands in the sanctuary and bless the Lord.
180. Ps. 135:5 I know that the Lord is great above all Gods.
181. Ps. 136:1 I give thanks unto the Lord for He is good and His mercy endures forever.
182. Ps. 138:1,2,8 I praise God with my whole heart. I praise His Name for His lovingkindness and for His truth; for He has magnified His Word above all His Name. The Lord perfects that which concerns me.
183. Ps. 139:1-3 The Lord has searched me and has known me. He knows my down sitting and my uprising. He understands my thoughts afar off. He compasses my thoughts, my paths, my lying down and is acquainted with all my ways. Everywhere I go the presence of the Lord is there.
184. Ps. 139:14 I praise God for I am fearfully and wonderfully made.
185. Ps. 139:17 God's thoughts are very precious unto me.
186. Ps. 139:23 God searches me and knows my heart. God tries me and knows my thoughts.
187. Ps. 140:13 I am upright and I dwell in God's presence.
188. Ps. 142:5 The Lord is my refuge and my portion in the land of the living.
189. Ps. 142:7 The righteous compasses me about for God deals bountifully with me.
190. Ps. 143:8 The Lord causes me to hear His lovingkindness in the morning for I trust in Him.
191. Ps. 143:10 The Lord teaches me to do His will for He is my God.
192. Ps. 144:1 God is my strength. He teaches my hands to war and my fingers to fight.
193. Ps. 144:2 God is my goodness my fortress, my high tower, my deliverer and my shield.
194. Ps. 144:12 My spiritual sons are as plants grown up in their youth and my spiritual daughters are as cornerstones polished after the similitude of a palace.
195. Ps. 145:2, 19, 20 I bless the Lord everyday. He fulfils all my desires for I fear Him. The Lord preserves me for I love Him.
196. Prov. 2:2,5 I incline my ear unto wisdom; I apply my heart to understanding and I understand the fear of the Lord and find the knowledge of God for God gives me wisdom.

197. Prov. 2:10-11 Wisdom enters into my heart and the knowledge of God is pleasant unto my soul. Discretion in the Lord preserves me and the understanding in the Lord keeps me.
198. Prov. 3:1-2 My heart keeps God's commandments length of days, long life and peace are added unto me.
199. Prov. 3:3-4 I bind mercy and truth upon my neck. I write God's laws upon the table of my heart. I find favour and good understanding in the sight of God and men.
200. Prov. 3:5-6 I trust in the Lord with all my heart and lean not unto my own understanding. In all my ways I acknowledge Him and He directs my paths.
201. Prov. 3:7-8 I am not wise in my own eyes; I fear the Lord and depart from evil. The fear of the Lord is health unto my navel and marrow to my bones.
202. Prov. 3: 9-10 I honour the Lord with my substance and with the firstfruits of my increase and my barns are filled with plenty.
203. Prov. 3:18 God is a tree of life unto me for I lay hold upon His wisdom.
204. Prov.3:21,19,20 I do not let God's wisdom and understanding depart from my eyes for by wisdom He founded the earth and by understanding He established the heavens; by His knowledge the depths are broken up and the clouds drop down dew.
205. Prov. 3:21-22 I keep God's discretion and sound wisdom and they are life to my soul and grace to my neck.
206. Prov. 3:24 I am not afraid; my sleep is sweet when I lie down.
207. Prov. 3:26 The Lord is my confidence.
208. Prov. 3:33 The Lord blesses my habitation for I am just before Him.
209. Prov. 4:10 I hear and receive God's sayings and the years of my life are many.
210. Prov. 4:18 My path is as the shining light that shines more and more unto the perfect day.
211. Prov. 4:20-22 I attend unto God's Word. I incline my ears unto His sayings. I do not let them depart from my eyes. I keep them in the midst of my heart. For the Word of God is life unto me and health to all my flesh.
212. Prov. 4:23 I keep my heart with all diligence for out of it flows the issues of life.

213. Prov. 6: 20-22 I keep God's commandments and bind them continually upon my heart and tie them upon my neck. When I go, it leads me; when I sleep, it keeps me; when I awake, it talks with me.
214. Prov. 7:1-3 I keep God's Word and lay up His commandments with me. I keep His commandments and live. His law is as the apple of my eye. I bind them upon my fingers; I write them upon the table of my heart.
215. Prov. 8:13 I fear the Lord and I hate evil.
216. Prov. 8:21 I love the Lord and He causes me to inherit substance and He fills up my treasures.
217. Prov. 10:3-4 The Lord will not suffer my soul to famish for I am righteous before Him in Christ. He makes my hand to be rich for I am diligent.
218. Prov. 11:11 By my blessing the whole city is exalted.
219. Prov. 11:16, 18, 27 I am strong in the Lord and retain riches. I sow righteousness and have a sure reward. I diligently seek good and I procure favour.
220. Prov. 12:2 I am good in Christ and I obtain favour in the Lord.
221. Prov. 12:14 I am satisfied with good by the fruit of my mouth.
222. Prov. 13:22 The wealth of the sinner is laid up for me for I am just in Christ.
223. Prov. 13:25 I eat to my satisfaction for I am righteous in Christ.
224. Prov. 14:23-24 In all my labours, I have profit. My crown for exercising the wisdom of God in this world is riches.
225. Prov. 14:27, 30 I fear the Lord and I am a fountain of life. I have a sound spirit and it is the life of all my flesh.
226. Prov. 14:34 Righteousness prevails over my country and it exalts my country.
227. Prov. 17:22 My heart is merry and it does good like a medicine.
228. Prov. 18:10 The Name of the Lord is my strong tower; I walk in it and am safe.
229. Prov. 21:3 I do justice and judgement and it is more acceptable to the Lord than sacrifice.
230. Prov. 21:5, 8 I am diligent in Christ and my thoughts tend only towards plenteousness. I am pure in heart and my work is right in the sight of God.
231. Prov. 21:21 I follow after righteousness and mercy and find life, righteousness and honour.
232. Prov. 22:4 By humility and fear of the Lord, I have riches, honour and life.

233. Prov. 22:9 I have a bountiful eye and am blessed for I give bread to the poor.
234. Prov. 22:11 I love pureness of heart and because of the grace of my lips even the king is my friend.
235. Prov. 22:29 I am diligent in the business of the Lord and I stand before kings.
236. Prov. 24:13-14 The knowledge and the wisdom of God is honey and honeycomb to my soul, I have found them and they are great rewards to me.
237. Is. 1:19 I am willing and obedient and I eat the good of the land.
238. Is. 4:2 I am a beautiful and glorious branch of the Lord.
239. Is. 4:5 The Lord creates upon me a cloud and smoke of glory daily and the shining of a flaming fire by night. The glory of the Lord is my defence.
240. Is. 6:1 I see the Lord sitting upon a throne high and lifted up and His train and glory fills the temple.
241. Is. 26:3-4 God keeps me in perfect peace for my mind is stayed on Him. I trust in the Lord forever.
242. Is. 26:12 The Lord ordains peace unto me for He has wrought all my works in me.
243. Is. 27:3 The Lord keeps and waters me every moment. He keeps me day and night.
244. Is. 28:5-6 The Lord of hosts is a crown of glory and a diadem of beauty unto me. He is a spirit of judgement to me as I sit in judgement. He is strength to me as I turn the battle to the gate.
245. Is. 28:9 The Lord teaches me knowledge and makes me to understand doctrine.
246. Is. 30:15 I rest in the Lord. I have strength and confidence in quietness in the Lord.
247. Is. 30:20-21 My eyes see God who alone is my teacher. My ears hear a word of the Lord saying, "This is the way, walk in it, " when I turn to the right and when I turn to the left.
248. Is. 35:1-2 I rejoice and blossom as a rose abundantly. I rejoice even with joy and singing. The glory and the excellency of the Lord is given unto me.
249. Is. 35:5-7 The Spirit of the Lord is upon me. The eyes of the blind are opened. The ears of the deaf are unstopped. The lame men leap as a hart. The tongue of the dumb sing. Waters break out in the wilderness and streams in the desert. The parched ground becomes a pool and the thirsty land springs of water. The Spirit of the Lord is poured out upon all flesh.

250. Is. 35:10 Songs and everlasting joy is upon my head. I have obtained joy and gladness; sorrow and sighing have fled away.
251. Is. 40:3-5 I prepare the way of the Lord. I make straight in the desert a highway for my God. Every valley is exalted; every mountain is brought low. The crooked is made straight and the rough ways are made smooth. The glory of the Lord is revealed and all flesh sees it together.
252. Is. 40:29 The Lord gives me power and increases strength upon me.
253. Is. 40:31 I wait upon the Lord and He renews my strength. I mount up with wings as an eagle. I run and am not weary; I walk and am not faint.
254. Is. 41:2,5 The Lord has raised me, a righteous man from the east. He calls me and gives the nations before me. He has made me to rule over kings. He gave them as dust to my sword, the Sword of the Spirit. The isles saw it and feared. The ends of the earth are afraid and they draw near and worship God.
255. Is. 41:8-13 I am the servant of God, God has chosen and strengthened me, He helps me and upholds me with His right hand of righteousness. All that incensed against me are ashamed and confounded. They are as nothing. They that strive with me perish. They that war against me are as nothing and as a thing of nought. For the Lord upholds my right hand and helps me.
256. Is. 41:15-16 God makes me a new sharp threshing instrument having teeth. I thresh the mountains and beat them small. I make the hills as chaff. I fan them, the wind carries them away and the whirlwind scatters them. I rejoice in the Lord and glory in the Holy One of Israel.
257. Is. 48:17-19 The Lord teaches me to profit. He leads me by the way that I should go. My peace is as the river and my righteousness as the waves of the sea. My spiritual children are as the sand of the sea.
258. Is. 54:2-3 I enlarge the place of my tent. I stretch the curtains of my habitation. I spare not; I lengthen the cords; I strengthen the stakes. I break forth on the right hand and on the left. I inherit the Gentiles.
259. Is. 54:13 Great is the peace of my children for they are taught of the Lord.

260. Is. 54:14 I am far from oppression and terror for they can never come near me.
261. Is. 54:17 No weapon that is formed against me can prosper. Every tongue that rises against me in judgement God condemns. For this is my heritage as I am a servant of God and my righteousness is of the Lord.
262. Is. 56:1-2 I keep judgement and do justice for my salvation is come and my righteousness is revealed. I keep the Sabbath, the rest of Christ and am blessed.
263. Is. 56:5 God gives me an everlasting name that shall not be cut off.
264. Is. 56:6 I join myself to the Lord to serve Him, to love Him and His Name, to be His servant and to take hold of His covenant.
265. Is. 56:7 The Lord brings me to His holy mountain and makes me joyful in His house of prayer and my sacrifices are accepted by God.

MEDITATIONS ON WISDOM

1. Exo. 28:3 God has filled me with the Spirit of wisdom and I am wise hearted.
2. Exo. 31:3 God has filled me with the Spirit of God, in wisdom and in understanding and in all knowledge and in all manner of workmanship.
3. Exo. 36:1 The Lord has put His wisdom and understanding in me to know how to work all manner of work for the service of the sanctuary according to all which He has commanded.
4. Deut. 4:6 I keep God's commandments and do them for they are my wisdom and my understanding.
5. Deut. 34:9 I am full of the Spirit of wisdom for God has laid His hands on me.
6. Ps. 37:30 I am righteous in Christ and my mouth speaks wisdom and my mouth talk of God's judgment.
7. Ps. 51:6 God makes me to know wisdom in my inner man.
8. Ps. 90:12 God teaches me to number my days that I may apply my heart to wisdom.
9. Ps. 111:10 I fear the Lord and this is the beginning of wisdom.
10. Ps. 136:5 I worship God who by wisdom made the heavens and the earth.
11. Prov. 3:19 The Lord has founded the earth by His wisdom and the heavens by His understanding.
12. Is. 11:2-3 The Spirit of the Lord rests upon me, the Spirit of wisdom and understanding, the Spirit of counsel and might, the Spirit of knowledge and of the fear of the Lord.
13. Is. 33:6 God's wisdom and knowledge is the stability of my times and the strength of my salvation. The fear of the Lord is my treasure.
14. Dan. 1:4 I am without blemish and am well-favoured, and skilful in all wisdom, possessing all knowledge and understanding science.
15. Dan. 1:17 God gives me knowledge and skill in all learning and wisdom, and I have understanding in all visions and dreams.
16. Dan. 1:20 In all matters of wisdom and understanding that kings inquire of me, they would find me ten times better than all the wise men present in the world.
17. Dan. 2:20 All wisdom and might belongs unto the Lord.

18. Dan. 2:21 God changes the times and the seasons, He removes kings and sets up kings. God gives me wisdom so that I am wise and knowledgeable so that I know understanding.
19. Dan. 2:23 I thank and praise my God who has given me wisdom and might and has made known unto me all things.
20. Ps. 49:3 My mouth speaks wisdom and the meditation of my heart is understanding.
21. Lk. 2:40 I grow and wax strong in spirit, filled with wisdom and the grace of God is upon me.
22. Lk. 2:52 I increase in wisdom and in stature and in favour with God and with men.
23. Lk. 21:15 God gives me a mouth of wisdom which all my adversaries will not be able to gainsay nor resist.
24. Acts 6:3 I am a man of honest report, full of the Holy Spirit and wisdom.
25. Acts 6:10 No one is able to resist the wisdom and the Spirit by which I speak.
26. Acts 7:10 God delivers me out of all afflictions and gives me favour and wisdom in the sight of God and men.
27. Acts 7:22 I am learned in all the wisdom of God and am mighty in words and in deeds.
28. 1 Cor. 1:24 Christ is the power and wisdom of God unto me.
29. 1 Cor. 1:30 Jesus Christ is made unto me wisdom, righteousness, sanctification and redemption.
30. 1 Cor. 2:6-7 I speak wisdom among them that are of full growth, not the wisdom of this world nor of the princes of the world but I speak the wisdom of God in a mystery, even the hidden mystery which God ordained before the world unto our glory.
31. 1 Cor. 2:13 I speak not in words which men's wisdom teaches but which the Holy Spirit teaches comparing spiritual things with spiritual for I have the mind of Christ.
32. Eph. 1:8 Christ has abounded toward me in all wisdom and prudence.
33. Eph. 1:17-20 My Heavenly Father gives me the Spirit of wisdom and revelation in the knowledge of Him, the eyes of my understanding being opened and enlightened that I know what is the hope of His calling, and what the riches of the glory of His inheritance in the saints is, and what is the exceeding greatness of His power towards me who believes, according to the working of His mighty power which He

- wrought in Christ when He raised Him from the dead and set Him in heavenly places.
34. Eph. 3:10 Now unto the principalities and powers in heavenly places God makes known by me who am part of the church of God the manifold wisdom of God.
35. Col. 1:9-11 I am filled with the knowledge of God's will in all wisdom and understanding that I do walk worthy of the Lord unto all pleasing being fruitful in every good work and increasing in the knowledge of God, strengthened with all might according to His glorious power unto all patience and longsuffering with joyfulness.
36. Col. 1:28 I preach warning every man and teaching every man in all wisdom that I do present every man perfect in Christ Jesus.
37. Col. 2:3 In Christ is hidden all the treasures of wisdom and knowledge. I am in Christ and I have all the treasures of wisdom and knowledge.
38. Col. 3:16 I let the word of God dwell richly in me in all wisdom, teaching and admonishing one another in psalms, hymns and spiritual songs, singing with grace in my heart to the Lord.
39. Col. 4:5 I walk in wisdom toward them that are without redeeming the time.
40. Jam. 3:13 I am wise and endued with knowledge and show out of a good behaviour my works with meekness of wisdom.
41. Jam. 3:17 I have the wisdom which is from above which is pure, peaceable, gentle, easy to be entreated, full of mercy and good fruits, without partiality and without hypocrisy.
42. 2 Pet. 3:15 I write according to the wisdom of God given unto me.
43. Rev. 5:12 Jesus died, rose again and is worthy to receive power and riches and wisdom and strength and honour and glory and blessing.
44. Rev. 7:12 Blessing, glory, wisdom, thanksgiving, honour, power and might be unto our God forever.
45. Rev. 13:18 I have the wisdom of God and have understanding to count the number of the beast.

MEDITATIONS ON THE THOUGHT LIFE

1. Gen. 6:5 The imagination of the thoughts of my heart are holy and good continually. Every one of my thoughts and imaginations are holy and good.
2. Deut. 15:9 There is not a single evil thought in my heart.
3. 1 Chr. 28:9 I serve the Lord with a perfect heart and a willing mind for the Lord searches all hearts, and understands all the imaginations of the thoughts. I seek the Lord and I find Him.
4. 1 Chr. 29:18 God fills my thoughts with His commandments and keep them forever in the imaginations of the thoughts of my heart. My heart is fixed toward God.
5. Ps. 10:4 God is not in all the thoughts of the wicked. God is in all my thoughts.
6. Ps. 33:11 The counsel of the Lord stands forever, the thoughts of His heart to all generations. God's thoughts stand forever within me and are precious to me.
7. Ps. 40:5 Many, O Lord my God, are Your wonderful works which You have done and Your thoughts which are toward me. I have an abundance of God's thoughts toward me.
8. Ps. 48:9 Everyday my thoughts are on God's love.
9. Ps. 92:5 God's works are great and His thoughts are deep.
10. Ps. 94:11 The Lord knows the thoughts of man that they are vanity. The Lord knows my thoughts. I think only the thoughts of Christ. I have the mind of Christ and think only the humble thoughts of Christ.
11. 1 Cor. 2:16
Phi. 2:5 I hate vain thoughts but I love God's law and let my thoughts dwell upon God's law.
12. Ps. 139:2,17, 23 God knows my sitting down and my rising up, and understands my thoughts afar off. God's thoughts are precious towards me. The sum of all of God's thoughts towards me is vast and great. God searches me and knows my heart; He tries me and knows my thoughts.
13. Prov. 12:5 The thoughts of the righteous are right. I am righteous in Christ and my thoughts are right.
14. Prov. 16:3 I commit my works to the Lord and my thoughts are established.
15. Prov. 21:5 I am diligent in Christ and my thoughts tend towards plenteousness.

16. Eccl. 10:20 I do not curse anyone at all even in my thoughts. My thoughts are always pure and holy towards everyone. I think good thoughts towards everyone.
17. Is. 26:3 God keeps me in perfect peace for my mind is stayed on God.
18. Is. 55:7-9 Let the wicked forsake his ways and the unrighteous man his thoughts and let him return unto the Lord, and He will have mercy upon him. God's thoughts are not our thoughts and His ways are not our ways. As the heavens are higher than the earth, so are His ways higher than man's ways and His thoughts higher than man's thoughts; therefore I let God's thoughts dwell permanently in my mind and let His ways become my ways.
19. Is. 65:2 I walk in God's ways and follow after God's thoughts.
20. Is. 66:18 God knows my works and my thoughts. God gathers all nations and tongues together and they see God's glory.
21. Jer. 6:19 God brings good upon me, even the fruit of my good and holy thoughts because I hearken unto God's Word and to God's laws.
22. Jer. 29:11 God's thoughts towards me are thoughts of peace.
23. Dan. 2:29-30 I know the thoughts of God and the thoughts of God are revealed to me.
24. Amos 4:13 God who forms the mountains and creates the wind declares unto me His thoughts.
25. Micah 4:12 I know the thoughts of the Lord and understand His counsel.
26. Matt. 6:25 I take no thought for my life, what I shall eat or what I shall drink or what I shall wear. For life is more than food and the body more than raiment.
27. Matt. 6:27-33 By taking thought of this life a man cannot add even one cubit to his stature. I seek first the kingdom of God and His righteousness and all the things of this life are added unto me.
28. Matt. 6:34 I do not take any thought for tomorrow for the morrow shall take thought for the things itself.
29. Matt.9:4;
12:25 Jesus knows the thoughts of man. I know the thoughts of man.
30. Matt. 10:19 I take no thought what or how I shall speak for it is given to me by the Holy Spirit what I shall speak in that hour.
31. Matt. 15:19 All thoughts proceed out of the heart.

32. Matt. 22:37 I love the Lord my God with all heart, with all my soul, with all mind and with all my strength.
33. Lk. 2:35 The thoughts of many hearts are revealed by Jesus, The thoughts of many hearts are revealed to me by the Holy Spirit.
34. Lk. 5:22 Jesus perceived the thoughts of those who talk to Him. I perceive the thoughts of those who talk to me.
35. Lk. 6:8 Jesus perceived the thoughts of those around Him. I know the thoughts of those around me.
36. Lk. 9:47 Jesus perceive the thoughts of the hearts of those around Him. I perceive the thoughts of the hearts of those around me.
37. Lk. 11:17 Jesus knew the thoughts of those who confront Him. I know the thoughts of those who confront me.
38. Lk. 24:38 Jesus perceives the thoughts that arise out of the disciple's hearts. I perceive the thoughts that arise out of the hearts of the people of God.
39. Rom. 7:25 With the mind I serve the law of God.
40. Rom. 8:5-6 I am after the Spirit and do mind the things of the Spirit. I am spiritually minded and have life and peace.
41. Rom. 11:34 I know the mind of the Lord for I have the mind of Christ. (1 Cor. 2:16).
42. Rom. 12:2 I am not conformed to the world but I am transformed by the renewing of my mind that I may prove what is the good and acceptable and perfect will of God.
43. 1 Cor. 2:16 I have the mind and thoughts of Christ.
44. 2 Cor. 10:5 I cast down imaginations and every high thing that exalts itself against the knowledge of God and bring every thought to the obedience of Christ.
45. Eph. 4:23 I am renewed in the spirit of my mind.
46. Phil. 2:5 I let the humble mind of Christ be in me.
47. Phil. 4:6-7 By prayer and supplication with thanksgiving, I let all my requests be made known to God and the peace of God which surpasses all understanding garrisons my heart and my mind.
48. Phil. 4:8 I think of those things which are true, honest, just, pure, lovely, and of good report. Those things which have virtue and praise, I think on these things.

49. Col. 3:2 I set my mind on the things which are above and not on the things below. I set my mind on the things of God.
50. Heb. 4:12 The Word of God is living and powerful, and sharper than any two edged sword, piercing even to the dividing asunder of my soul and my spirit and of the joints and marrow, and is a discerner of the thoughts and intents of my heart.
51. Heb. 8:10 God puts His laws in my mind and write them upon my heart. He is my God and I am His.
52. Heb. 10:16 God puts His laws in my heart and writes them upon my mind.
53. 2 Tim. 1:7 God has given me the Spirit of power, love and of a sound mind.
54. 1 Pet. 1:13 I gird up the loins of my mind.
55. 1 Pet. 4:1 I arm myself with the mind of Christ.
56. 2 Pet. 3:2 I am mindful of the words of God spoken by the servants of God.

MEDITATIONS ON THE SPIRIT MAN

1. Exo. 35:21 My heart is stirred up and my spirit is made willing and I serve God.
2. 2 Chr. 36:22 The Lord stirs up my spirit to do His work.
3. Job 10:12 The Lord has granted me life and favour and His visitation has preserve my spirit.
4. Job 32:8 I am a spirit being and the inspiration of the Almighty gives me understanding.
5. Ps. 31:5 I commit my spirit into the Lord's hands.
6. Ps. 32:2 I am blessed because there is no guile in my spirit.
7. Ps. 34:18 The Lord is nigh unto me because I am of a humble heart and has saved me because I have a contrite spirit.
8. Ps. 51:10 The Lord has created in me a clean heart and has renewed a right spirit within me.
9. Ps. 51:17 My broken and contrite heart and spirit are a pleasing sacrifice to the Lord.
10. Prov. 11:13 I am faithful in spirit.
11. Prov. 16:19 I am humble in spirit.
12. Prov. 16:32 I am ruled by my spirit through God's Spirit.
13. Prov. 17:27 I am understanding and have an excellent spirit.
14. Prov. 20:27 My spirit is the candle of the Lord who searches all the inward parts of my heart.
15. Prov. 29:23 Honour upholds me as I am humble in spirit.
16. Eccl. 7:8 I am patient in spirit.
17. Is. 26:9 I seek the Lord early with my spirit within me.
18. Is. 57:15 God dwells in me for I am of a humble and contrite spirit.
19. Is. 66:2 God looks and delights in me for I am of a humble and contrite spirit and I tremble at His Word.
20. Ezk. 11:19 The Lord has put a new spirit within me.
21. Hag. 1:14 The Lord has stirred up my spirit and I do the work of the Lord.
22. Zech. 12:10 The Lord has poured upon me the Spirit of grace and supplication.
23. Mk. 2:8 I have immediate perception in my spirit concerning all things.
24. Lk. 1:47 My spirit rejoices in God my Saviour.
25. Lk. 2:40 I waxed strong in spirit, filled with all wisdom and the grace of God is upon me.
26. Lk. 10:21 I rejoice in my spirit and thank my Father, the Lord of heaven and earth for His revelations unto me.

27. Jn. 4:23 I worship the Father in spirit and in truth for the Father seeks such to worship Him.
28. Jn. 6:63 It is the Spirit who gives life, the flesh profits nothing, the words that I speak, they are Spirit and they are life.
29. Acts 6:10 No one is able to resist the wisdom and the Spirit by which I speak.
30. Acts 18:5 I am pressed in the spirit to testify of Jesus Christ.
31. Acts 18:25 I am instructed in the way of the Lord; being fervent in the Spirit, I speak and teach diligently the things of the Lord.
32. Acts 19:21 I purpose in the Spirit to go where God wants me to go.
33. Acts 24:16 I exercise myself to always have a good conscience, void of offence toward God and toward men.
34. Rom. 1:9 God is my witness, whom I serve with my spirit in the gospel of His Son, Jesus Christ.
35. Rom. 7:6 I serve in the newness of the Spirit.
36. Rom. 8:9 I am not in the flesh but in the Spirit.
37. Rom. 8:13 I mortify through the Spirit the deeds of the body and I live.
38. Rom. 12:11 I am not slothful in business; I am fervent in spirit, serving the Lord.
39. 1 Cor. 5:3-4 I can be absent in the body but present in the spirit with the power of the Lord Jesus Christ to discern and to minister.
40. 1 Cor. 6:20 I glorify God in my body and in my spirit which are God's.
41. 1 Cor. 7:34 I am holy both in body and in spirit.
42. 1 Cor. 14:2 I speak mysteries in the spirit unto God.
43. 1 Cor. 14:15 I will pray with the spirit and I will sing with the spirit.
44. 1 Cor. 14:16 I bless and give thanks with the spirit.
45. 1 Cor. 16:18 My spirit is refreshed by the fellowship of the body of Christ.
46. 2 Cor. 4:13 I have the Spirit of faith, I believe therefore I speak.
47. 2 Cor. 4:16 My spirit is renewed day by day.
48. Gal. 5:16 I walk in the Spirit and do not fulfil the lust of the flesh.
49. Gal. 5:22-23 The fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness and temperance.
50. Gal. 5:25 I live in the Spirit and I walk in the Spirit.

51. Gal. 6:1 I bring forth restoration in the Spirit of meekness.
52. Gal. 6:8 I sow to the Spirit and reap of the Spirit life everlasting.
53. Gal. 6:18 The grace of my Lord Jesus Christ is with my spirit.
54. Eph. 4:23-24 I am renewed in the spirit of my mind and I have put on the new man, which is created after God in righteousness and true holiness.
55. Eph. 5:9-10 For the fruit of the Spirit is in all goodness and righteousness and truth, proving what is acceptable unto the Lord.
56. Phil. 3:3 I worship God in the Spirit and rejoice in Christ Jesus and have no confidence in the flesh.
57. Col. 1:8 My love in the Spirit is declared unto others.
58. Col. 2:5 I can be absent in the flesh yet I can be with my spiritual brethren in the spirit, rejoicing and beholding their order and their steadfastness of faith in Christ.
59. 1 Thess. 5:23 My whole spirit, soul and body is preserved blameless unto the coming of the Lord Jesus Christ.
60. 2 Thess. 2:2 I can never be shaken in mind, in spirit or in word.
61. 2 Tim. 1:7 For 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.
62. 1 Pet. 3:3-4 My adorning is not of the outward man but it is the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which in the sight of God is of great price.
63. 1 Pet. 4:6 I live according to God in the Spirit.
64. 1 Jn. 3:21 My heart does not condemn me and I have confidence toward God.

MEDITATIONS FOR HUSBANDS

1. Eph. 5:25 I love my wife even as Christ loved the Church and gave Himself for it.
2. Eph. 5:28 I love my wife as my own body. When I love my wife, I love myself. I love my wife as myself.
3. 1 Pet. 3:7 I dwell with my wife with understanding, being thoughtful and aware of her needs. I give honour unto my wife as unto the weaker vessel, and as being heirs together of the grace of life, so that my prayers are not hindered.
4. Eccl. 9:9 I live joyfully with my wife whom I love all the days of my life. My wife whom the Lord has given me is my best reward down here for all my earthly toils.
5. Prov. 5:18-19 I rejoice with the wife of my youth. She is a loving deer and a graceful doe. I let her breasts satisfy me at all times and I am always enraptured with her love.
6. Prov. 18:22 I have found my wife and I have found a good thing. I have obtained favour of the Lord. My wife is a blessing to me from the Lord.
7. Prov. 19:14 I have a prudent wife from the Lord, I have an understanding wife from the Lord.
8. 1 Cor. 7:3-4 I render unto my wife the affection due to her. The wife does not have authority over her body but the husband; and likewise also the husband does not have authority over his own body but the wife. I give to my wife all that are her rights as a married woman.
9. 1 Cor. 7:5 I do not deprive my wife of her rights, except it be with consent for a time that I and my wife may give ourselves to prayer and fasting; and come together again so that Satan does not tempt me for my lack of self-control.
10. 1 Cor. 7:14 I am a believer in Christ and my wife and children are sanctified by me.
11. Matt. 19:6 What God has joined together, no one must put asunder. God has joined my wife and I together and I let no one put this union asunder.

12. Prov. 31:10-31 I have a virtuous wife and her price is far above rubies. My heart safely trusts in her and she satisfies all my needs. She does me good all the days of my life. She works willingly with her hands. She rises up early and ministers to the whole household. She girds herself with strength and strengthens her arms. She is energetic and hard working. She is a woman who fears the Lord.
13. Prov. 12:4 My virtuous wife is my crown.

MEDITATIONS FOR WIVES

1. Prov. 12:4 I am a virtuous woman and I am the crown of my husband.
2. Matt. 19:6 What God has joined together, no one must put asunder. God has put my husband and I together and I let no one put this union asunder.
3. 1 Cor. 7:3-4 I render unto my husband the affection due to him. The wife does not have authority over her own body but the husband; and likewise also the husband does not have authority over his own body but the wife. I give to my husband all that are his rights as a married man.
4. 1 Cor. 7:5 I do not deprive my husband of his rights, except with consent for a time that I and my husband may give ourselves to prayer and fasting; and come together again, so that Satan does not tempt me for my lack of self control.
5. 1 Cor. 7:14 I am a believer in Christ and my husband and children are sanctified by me.
6. Eph. 5:22-24 I submit myself unto my husband as unto the Lord. My husband is my head even as Christ is the head of the Church. As the Church is subject to Christ, so do I subject to my husband in everything.
7. Eph. 5:31 I have left my father and mother, and I am joined to my husband and we are one flesh together.
8. Eph. 5:33 I love, respect, reverence and adore my husband.
9. Heb. 13:4 My marriage to my husband is honourable, and our marriage bed is undefiled in the sight of God.
10. Gen. 2:23; 3:16 My desire is towards my husband, I give pleasure towards him. I am the bone of his bones and the flesh of his flesh.
11. Titus 2:4-5 I love my husband and I love my children. I am discreet, chaste and a good homemaker. I am obedient to my husband that the Word of God be not blasphemed.
12. 1 Pet. 3:1 I am submissive to my husband and when he is disobedient to the Word of God, he is won over by my behaviour. My Christlike behaviour towards him win him over without the use of any spoken word.

13. 1 Pet. 3:3-4 My adorning is not the outward adorning of plaiting of hair, the wearing of gold or the wearing of apparel but it is the adorning of the hidden man of the heart – the adorning of a meek and quiet spirit which is very precious in the sight of God.