

## Verses for Meditation

### Today:

*“But encourage one another daily, as long as it is called ‘Today,’ so that none of you may be hardened by sin’s deceitfulness.” (Hebrews 3:13)*

### **Let my mistakes be transferred to You. Let Your record be transferred to me.**

*“God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.” (2 Corinthians 5:21)*

*“...the punishment that brought us peace was on him... the LORD has laid on him the iniquity of us all. ...my righteous servant will justify many, and he will bear their iniquities.” (Isaiah 53:5-6, 11)*

### **Let me abide and bear good fruit.**

*“...he who abides in Me and I in him, he bears much fruit...” (John 15:5)*

*“...but [he] whose delight is in the law of the LORD, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither— whatever he does prospers.” (Psalm 1:2-3)*

### **Let Your Word be more treasured than food.**

*“I have treasured the words of his mouth more than my daily bread.” (Job 23:12)*

*“He humbled you, causing you to hunger and then feeding you with manna... to teach you that man does not live on bread alone but on every word that comes from the mouth of the LORD.” (Deuteronomy 8:3)*

**Let me delight and wait calmly;  
Let me trust and not worry.**

*“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.” (Philippians 4:6)*

*“Trust in the LORD and do good; dwell in the land and enjoy safe pasture.  
Take delight in the LORD, and he will give you the desires of your heart.  
Commit your way to the LORD; trust in him and he will do this:  
He will make your righteous reward shine like the dawn, your vindication like the  
noonday sun.  
Be still before the LORD and wait patiently for him;  
do not fret when people succeed in their ways, when they carry out their wicked schemes.  
Refrain from anger and turn from wrath; do not fret—it leads only to evil.”  
(Psalm 37:3-8)*

**Let me see what You planned for today;  
Let me view it as preordained.**

*“...all the days ordained for me were written in your book before one of them came to be.” (Psalm 139:16)*

*“This is the day that the LORD has made; let us rejoice and be glad in it.” (Psalm 118:24)*

*“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.” (Romans 8:28)*

**Let me know You are Jealous for me.**

*“Do not worship any other god, for the LORD, whose name is Jealous, is a jealous God.”  
(Exodus 34:14)*

*“They made me jealous by what is no god and angered me with their worthless idols.”  
(Deuteronomy 32:21)*

*“‘[She] went after her lovers, but me she forgot,’ declares the LORD. ‘Therefore I am now going to allure her; I will lead her into the wilderness and speak tenderly to her.’”  
(Hosea 2:14)*

**Let me be disentangled and free.**

*"It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery." (Galatians 5:1)*

*"...let us throw off everything that hinders and the sin that so easily entangles..." (Hebrews 12:1)*

**Let me stop fearing man, who is made.**

*"Cursed is the one who trusts in man, who draws strength from mere flesh..." (Jeremiah 17:5)*

*"Stop regarding man, whose breath of life is in his nostrils..." (Isaiah 2:22)*

**Let me remember the price You paid.**

*"For the joy set before him he endured the cross, scorning its shame..." (Hebrews 12:2)*

*"For God so loved the world that he gave..." (John 3:16)*

*"...those who fail to develop in this way are shortsighted or blind, forgetting that they have been cleansed from their old sins." (2 Peter 1:9)*

**Let me wear strength and dignity.**

*"She is clothed with strength and dignity..." (Proverbs 31:25)*

*"She sets about her work vigorously; her arms are strong for her tasks." (Proverbs 31:17)*

**Let me reflect love and mercy.**

*"The LORD is gracious and merciful; Slow to anger and great in lovingkindness."  
(Psalm 145:8)*

*"...you, Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness. Turn to me and have mercy on me..." (Psalm 86:15-16)*

**Let my words be gracious and sweet.**

*"A gracious woman attains honor..." (Proverbs 11:16)*

*"Gracious words are a honeycomb, sweet to the soul and healing to the bones."  
(Proverbs 16:24)*

*"A cheerful heart is good medicine, but a crushed spirit dries up the bones." (Proverbs 17:22)*

*"...gracious words are pure in his sight." (Proverbs 15:26)*

**Let me build up according to needs.**

*"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."  
(Ephesians 4:29)*

**Let my glory be the radiance of seeking Your face.**

*"Those who look to him are radiant; their faces are never covered with shame." (Psalm 34:5)*

*"...we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit." (2 Corinthians 3:18)*

**Let my husband be respected in the city gates.**

*“Her husband is respected at the city gate, where he takes his seat among the elders of the land.” (Proverbs 31:23)*

**Let me wash the feet of the saints.**

*“...[She] has been faithful to her husband, and is well known for her good deeds, such as bringing up children, showing hospitality, washing the feet of the Lord’s people, helping those in trouble and devoting herself to all kinds of good deeds.” (1 Timothy 5:9-10)*

*“Now that I, your Lord and Teacher, have washed your feet, you also should wash one another’s feet.” (John 13:14)*

**Let me care for the least in Your name.**

*“...if anyone gives even a cup of cold water to one of these little ones who is my disciple, truly I tell you, that person will certainly not lose their reward.” (Matthew 10:42)*

*“Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.” (Matthew 25:40)*

**Let me follow the One who leads those who have young.**

*“He tends his flock like a shepherd: He gathers the lambs in his arms and carries them close to his heart; he gently leads those that have young.” (Isaiah 40:11)*

*“Jesus said, ‘Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.’” (Matthew 19:14)*

**Let the law of kindness rule my tongue.**

*“She opens her mouth in wisdom, and the law of kindness is on her tongue.” (Proverbs 31:26)*

**Let me laugh, prepared for the days to come.**

*"...she can laugh at the days to come..." (Proverbs 31:25)*

*"When it snows, she has no fear for her household; for all of them are clothed in scarlet." (Proverbs 31:21)*

**Let me never be drunk with too much rum!**

*"Don't be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit..." (Ephesians 5:18)*

*"... teach the older women to be reverent in the way they live, not to be slanderers or addicted to much wine..." (Titus 2:3)*

**Let me choose work instead of mere talk.**

*"All hard work brings a profit, but mere talk leads only to poverty." (Proverbs 14:23)*

*"...urge the younger women to love their husbands and children, to be self-controlled and pure, to be busy at home, to be kind, and to be subject to their husbands, so that no one will malign the word of God." (Titus 2:4-5)*

*"She... does not eat the bread of idleness." (Proverbs 31:27)*

**Let the cloud of witnesses approve my walk.**

*"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us..." (Hebrews 12:1)*

*"...your Father, who sees what is done in secret, will reward you." (Matthew 6:4)*

**Let my thoughts be captive to You.**

*"...we take captive every thought to make it obedient to Christ." (2 Corinthians 10:5)*

*"...fix your thoughts on Jesus..." (Hebrews 3:1)*

**Let me be captivated -- consumed.**

*"My soul is consumed with longing for your laws at all times..." (Psalm 119:16)*

*"...the LORD your God is a consuming fire, a jealous God." (Deuteronomy 4:24)*