

MEDITATION FOUR-PART SERIES

How to Become Prosperous and Successful — From God's Perspective

Series Foundation

Joshua 1:8

“This book of the law shall not depart out of your mouth, but you shall meditate on it day and night, that you may be careful to do according to all that is written in it; for then you shall make your way prosperous, and then you shall have good success.” — RSV

Series Purpose

Meditation is more than simply sitting quietly and thinking. Biblical meditation is **deliberately reflecting upon God's Word, thinking it through, gaining understanding, and putting that understanding into practice.**

The progression of this series is:

God's Word → Memorization → Meditation → Understanding → Application → Advancement

PART 1

Meditation — God's Way to True Success

Main Thought

God has a perspective on prosperity and success, and Joshua 1:8 gives us an important part of that perspective.

The opening material establishes that people naturally desire to prosper and succeed, but people pursue that goal in many different ways. The question is:

What is God's perspective on becoming prosperous and successful?

The answer begins with God's Word and meditation.

1. Meditation Is a Command

Joshua 1:8 does not present meditation as merely an optional activity:

“You shall meditate on it day and night.”

The teaching emphasizes the word **“shall”** as expressing command or determination. Meditation is therefore something the believer deliberately chooses to practice.

2. What Are We Supposed to Meditate On?

God specifically identifies **His Word** as the subject of meditation.

Not merely:

- Our problems
- Our circumstances
- Our fears
- Our past experiences
- The opinions of others

But **God's Word**.

Psalm 1:2–3 provides a corresponding picture of the person who delights in God's Word and meditates on it day and night.

3. Meditation Produces Understanding

One of the central principles of the entire series is:

Meditation leads to understanding.

The teaching compares meditation to **chewing physical food**. Just as food becomes easier to swallow as it is chewed, God's Word becomes easier to understand as we thoughtfully work through it.

Psalm 119:97–99 connects meditation with wisdom and understanding.

4. Understanding Helps Establish the Word

Matthew 13:19 and Mark 4:14–15 show the importance of understanding what we hear.

The series emphasizes:

Without understanding, the Word can be stolen.

With understanding, the Word becomes established within us.

Proverbs 24:3 says:

“By wisdom a house is built, and by understanding it is established.”

5. True Success From God's Perspective

The Hebrew concept behind “prosper” in Joshua 1:8 is presented in the material with ideas such as:

- To advance
- To succeed
- To move forward
- To have a successful outcome
- To be victorious

The series therefore uses **advancement** as an important way of understanding biblical prosperity.

Part 1 Key Principle

Meditation on God's Word produces understanding, and understanding prepares us to do what God's Word says.

PART 2

Memorization — Carrying God’s Word With You

Main Thought

Memorization prepares us for continual meditation.

If we have God's Word committed to memory, we can meditate on it **anytime and anywhere**, even when we do not have a Bible or electronic device available.

1. How Can We Meditate Day and Night?

One practical answer given in the teaching is:

Memorization.

When Scripture is committed to memory, it becomes available in our thoughts throughout the day.

The teaching uses Proverbs 6:21–22 to illustrate keeping God's instruction close so that it can speak to us as we walk, lie down, and awaken.

2. Memorization → Meditation → Application

This becomes one of the major formulas of the series:

MEMORIZE

Put God's Word into your memory.

MEDITATE

Bring that Word back into your thoughts and reflect upon it.

APPLY

Put the understanding into action.

The material explicitly identifies:

Memorization, meditation, and application.

3. Jesus and Memorized Scripture

Matthew 4:1–11 demonstrates Jesus responding to temptation with:

“It is written...”

The teaching points out that Jesus quoted passages from Deuteronomy, demonstrating the usefulness of having God's Word available when it was needed.

4. Meditation Cards

For someone who struggles with memorization, the material introduces the idea of **meditation cards**.

The goal is not to become discouraged because we cannot memorize large amounts of Scripture.

Instead:

One memorized verse is better than none.

One verse can become something we meditate on throughout the day.

5. Finding Opportunities to Meditate

Meditation can occur during ordinary activities, including:

- Waiting in line
- Walking
- Taking a shower
- Cleaning
- Mowing the lawn
- Watering plants
- Exercising
- Waiting for someone
- Devotion time
- Bedtime

The point is not that every moment must become a formal Bible study. Rather, God's Word can remain active in our thoughts throughout ordinary life.

6. Meditation Leads to Doing

The series emphasizes that meditation is not supposed to stop with thinking.

Meditation leads us to do the Word.

This brings the process full circle:

Memorization → Meditation → Understanding → Application

Part 2 Key Principle

Memorization puts God's Word into our memory so meditation can bring God's Word into our daily decisions and actions.

PART 3

Advancement — Measuring Prosperity From God's Perspective

Main Thought

Biblical prosperity is more than material possessions. It involves advancing according to God's Word and God's perspective.

Part 3 develops the meaning of “**advance**” and applies meditation to multiple areas of life. The teaching describes advancement through ideas such as:

- Growth
- Moving forward
- Being lifted up
- Increase
- Progress in development
- Improvement

1. Jesus Must Remain the Source

The teaching contrasts advancement based merely upon natural ability, education, possessions, or human methods with advancement that has Jesus as its source.

John 15:5:

“I am the vine, you are the branches... apart from me you can do nothing.” — RSV

The central question becomes:

Are we advancing according to God's Word, God's pattern, and God's way of thinking?

2. Advancement in Growth

Ask:

- Am I growing spiritually?
- Is my meditation on God's Word growing?
- Am I becoming more established in God's Word?

3. Advancement in Moving Forward

Meditation helps us look to God's Word for understanding when we face difficult circumstances.

The teaching asks:

Can I move forward when obstacles are in my way?

Meditation can help produce the understanding needed to identify and remove obstacles.

4. Advancement in Faith

The series challenges us to consider whether our faith is increasing.

A key thought is:

Believing God in small areas first can help prepare us to believe Him when larger problems arise.

5. Advancement in Development

We should examine whether we are:

- Growing
- Developing
- Becoming diligent
- Becoming decisive
- Moving out of stagnation
- Becoming spiritually sharper

6. Advancement in Relationships

The teaching applies improvement to our social lives and points to the importance of godly relationships.

1 Corinthians 15:33–34 is used to emphasize the effect that relationships can have on our lives.

7. Advancement in Finances

The series also applies meditation to financial decisions.

The emphasis is not simply:

“How can I make more money?”

Instead:

“Am I wisely using what God has entrusted to me?”

The teaching discusses:

- Paying bills responsibly
- Taking steps toward reducing debt
- Self-control
- Waiting before purchasing
- Praying and meditating on God's Word concerning financial decisions

It specifically states:

“The sign of advancement is not always making more money.”

8. Advancement Through the Holy Spirit

The teaching connects advancement with staying close to the Holy Spirit.

Zechariah 4:6:

“Not by might, nor by power, but by my Spirit, says the LORD of hosts.” — RSV

The teaching also connects meditation and praying in tongues with the believer's walk of faith.

9. What Is True Prosperity?

The series challenges the idea that possessions alone determine prosperity.

Luke 12:15 reminds us that:

“A man's life does not consist in the abundance of his possessions.”

The teaching also uses Psalm 92:12–15 to show that God's people can continue to **flourish and bear fruit even in old age**.

Part 3 Key Principle

Godly advancement is not measured merely by what we possess, but by how we are growing, moving forward, developing, improving, and bearing fruit according to God's Word.

PART 4

C.U.D. Chew, Understand, Do

Main Thought

Meditation is spiritual digestion.

Part 4 develops one of the most memorable object lessons in the series: **the digestive system of a sheep.**

Job 12:7–8 introduces the concept that God's creation can teach us.

1. We Are Compared to Sheep

The teaching connects the believer with the biblical picture of sheep.

Ezekiel 34:31:

“And you are my sheep, the sheep of my pasture, and I am your God, says the Lord GOD.” — RSV

2. Grazing

Sheep initially take in food through grazing.

The spiritual comparison is:

Grazing = Gathering God's Word.

We read or hear God's Word and take it in.

3. Ruminating

The sheep later brings food back up and chews it again.

The spiritual comparison is:

Ruminating = Meditating, chewing, and reflecting on God's Word.

The Word is revisited rather than simply read once and forgotten.

4. Break God's Word Into Smaller Pieces

The teaching compares spiritual understanding with physical digestion.

Large pieces of physical food are broken down into smaller pieces so they can be absorbed.

Likewise, the material teaches that God's Word can be broken down into smaller portions so that we can understand it.

Isaiah 28:9–10 and Proverbs 4:7 are used to reinforce the importance of gaining understanding.

5. Don't Become Discouraged

Understanding may not come immediately.

The teaching encourages us to return to a passage repeatedly.

Galatians 6:9 reminds us not to become weary.

1 Corinthians 13:11–12 illustrates that understanding develops.

Mark 4:28–29 provides the picture of growth occurring progressively:

First the blade, then the ear, then the full grain.

Therefore:

Understanding is a process.

The C.U.D. Acrostic

This becomes the memorable conclusion of the entire four-part series:

C — CHEW

Chew on God's Word.

U — UNDERSTAND

Continue meditating until understanding develops.

D — DO

Put the Word into practice.

CHEW → UNDERSTAND → DO

The source material summarizes the principle:

“Chew on God’s word until we understand it and then do it.”

THE COMPLETE MEDITATION PATTERN

The four teachings can now be remembered as one simple progression:

PART 1 — RECEIVE

God's Word is the foundation.

PART 2 — REMEMBER

Memorize God's Word so it can travel with you.

PART 3 — ADVANCE

Meditate on God's Word so understanding produces godly advancement.

PART 4 — DIGEST

Chew the Word until you understand it—and then do it.

The Complete Cycle

WORD

↓

MEMORIZE

↓

MEDITATE

↓

UNDERSTAND

↓

APPLY

↓

ADVANCE

↓

FRUITFUL LIFE

The series strong closing statement:

Don't just read the Word. Get it into you. Don't just get it into you. Meditate on it. Don't just meditate on it. Understand it. Don't just understand it. Do it.

New Testament Confirmation

The final teaching connects the meditation principle with **1 Timothy 4:12–16**, particularly verse 15:

“Meditate on these things; give yourself entirely to them, that your progress may be evident to all.” — NKJV

The Greek word presented in the material, **meletaō (#3191)**, carries ideas of considering, pondering, attending to, being diligent, and practicing with the goal of performing well.

The entire series powerful New Testament conclusion:

Meditation should result in visible progress.

ACKNOWLEDGMENTS & RESOURCES

The acknowledgment material has been intentionally placed **at the end of the series**.

Primary Resource Acknowledgment

Lorne Sanny and The Navigators — *Memorize the Word*

The teaching material specifically acknowledges this resource for insights concerning meditation, including meditation as contemplation, continued thought, revolving a subject in the mind, and viewing Scripture from multiple perspectives.

Additional Resources Referenced in the Teaching

- **The New Unger's Bible Dictionary** — definition and discussion of meditation.
- **The Complete Word Study Dictionary: Old Testament** — Hebrew background concerning “prosper.”
- **The Complete Word Study Dictionary: New Testament** — discussion of *meletaō* (#3191).
- **Vine's Expository Dictionary of Biblical Words** — discussion of *meletaō* and its relationship to diligence, practice, and meditation.
- **Microsoft Encarta Reference Library 2002** — digestive-system material used in the sheep/rumination illustration. The original Part 4 includes the ruminant-stomach illustrations on page 3.
- **IBLP** — the provided Part 2 material acknowledges learning the practice of turning each word into prayer, putting it into the first person, and picturing the concepts.

Surefooted Ministries — Meditation Series

Meditate on the Word.

Gain understanding.

Put it into practice.

Let your progress become evident.

[Click here.](#) Main resource.

MEDITATION

How to Become Prosperous and Successful FROM GOD'S PERSPECTIVE

A 4-PART MEDITATION SERIES

JOSHUA 1:8

"This book of the law shall not depart out of your mouth, but you shall meditate on it day and night, that you may be careful to do according to all that is written in it; for then you shall make your way prosperous, and then you shall have good success." — RSV

1

MEDITATION

God's Way to True Success



KEY TRUTHS

- People naturally desire to be prosperous and successful, but God gives us His perspective.
- Meditation is a command (Joshua 1:8).
- We are to meditate on God's Word.
- Meditation produces understanding.
- Understanding helps establish the Word in us.
- True success comes from doing God's Word.

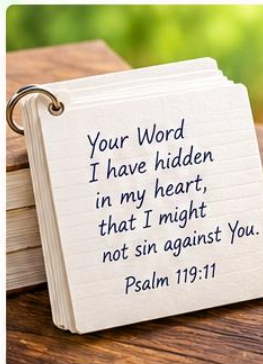
KEY PRINCIPLE

Meditation on God's Word produces understanding, and understanding prepares us to do what God's Word says.

2

MEMORIZATION

Carrying God's Word With You



KEY TRUTHS

- Memorization prepares us for continual meditation.
- When Scripture is in our memory, we can meditate anytime and anywhere.
- Memorize → Meditate → Apply.
- Jesus used memorized Scripture when He was tempted (Matthew 4:1-11).
- Meditation cards can help.
- Find opportunities to meditate during ordinary activities.
- Meditation leads us to do the Word.

KEY PRINCIPLE

Memorization puts God's Word into our memory so meditation can bring God's Word into our daily decisions and actions.

3

ADVANCEMENT

Measuring Prosperity From God's Perspective



KEY TRUTHS

- Advance means growth, moving forward, increase, development, and improvement.
- Jesus must remain the source.
- Advance in growth, faith, development, and relationships.
- Apply meditation to financial decisions.
- True prosperity is more than possessions.
- Advancement comes through the Holy Spirit.

KEY PRINCIPLE

Godly advancement is not measured merely by what we possess, but by how we are growing, moving forward, developing, improving, and bearing fruit according to God's Word.

4

C.U.D. – CHEW, UNDERSTAND, DO

Meditation Is Spiritual Digestion



KEY TRUTHS

- We can learn from God's creation.
- Sheep graze and then ruminate (chew the cud).
- Grazing = Gathering God's Word.
- Ruminating = Meditating, chewing, and reflecting on God's Word.
- Break God's Word into smaller pieces so we can understand it.
- Understanding is a process.
- Chew the Word until we understand it and then do it.

THE C.U.D. ACROSTIC

