

MEDITATION SHEET

He Who Began a Good Work

Week of: _____ Page 1 of 2

3 I thank my God every time I remember you.

4 In all my prayers for all of you, I always pray with joy ⁵ because of your partnership in the gospel from the first day until now,

**6 being confident of this,
that **He who began a good work in you will carry it on to completion**
until the day of Christ Jesus.**

Philippians 1:3–6 (NIV)

**1 But now, this is what the Lord says —
He who created you, Jacob, He who formed you, Israel:**

**“Do not fear, for I have redeemed you;
I have summoned you by name;
you are mine.**

**2 When you pass through the waters,
I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.**

**3 For I am the Lord your God,
the Holy One of Israel, **your Savior...****

Isaiah 43:1–3a (NIV)

MY NOTES & REFLECTIONS



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37 No, in all these things we are more than conquerors through him who loved us.

38 For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers,

39 neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Romans 8:37-39 (NIV)

**1 As the deer pants for streams of water,
so my soul pants for you, my God.**

**2 My soul thirsts for God, for the living God.
When can I go and meet with God?**

**3 My tears have been my food day and night,
while people say to me all day long, "Where is your God?"**

**4 These things I remember as I pour out my soul:
how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng.**

5 Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

Psalms 42:1-5 (NIV)

MY NOTES & REFLECTIONS



HOW TO USE YOUR MEDITATION SHEET

“Blessed is the one who meditates on his law day and night.” — Psalm 1:2

- 1. Keep it close.** Place it where you spend time — nightstand, desk, chair, kitchen counter. Somewhere you’ll see it every day.
- 2. Read it often.** Pick it up throughout the day like a text message. 60 seconds is enough. You’re not studying — you’re marinating.
- 3. Read it slowly.** Don’t rush. Let each phrase land. Read it again. New truths are reserved for those who linger.
- 4. Write what you notice.** Use the notes column to capture a thought, a question, or a phrase that won’t let you go.
- 5. Stay with it all week.** One sheet. Seven days. Let the Word do its work.

Press On. No Matter What. — Hua!