



THE CHAMPIONSHIP PLAYBOOK | PRINCIPLE #2

UNPACK GOD'S WORD THROUGH MEDITATION

This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

Joshua 1:8, NKJV

Championship Faith *takes action*. And **one of the best ways to take action is to take hold of one of God's promises and meditate on it.**

When the world talks about meditation, they talk about getting quiet and emptying your mind. But when God's WORD talks about meditation, it's something different altogether. **Biblically, meditation is pondering and reflecting on God's WORD.** It's absorbing it and making it personal.

In today's video, we meditated on one of God's promises together. You can do that anytime you want...and the more often you do it, the better! Just look at this promise:

*But his delight is in the law of The LORD,
And in His law he meditates day and night.
He shall be like a tree
Planted by the rivers of water,
That brings forth its fruit in its season,
Whose leaf also shall not wither;
And whatever he does shall prosper (Psalm 1:2-3, NKJV).*

A champion knows that success and prosperity come from The LORD, from meditating and acting on His WORD.

How does that result come about? It happens because **meditation shifts your perspective.** It gives your faith a promise to stand on and strengthens your faith. It's like flexing your muscles as you lift a barbell!

Whatever you need today, find a scripture to stand on, meditate on it and—like a bulldog—*don't let go.*

—Pastor George

Father, Your WORD is my foundation and my guide. I choose to meditate on it day and night so that it shapes my thoughts, shifts my perspective and strengthens my Championship Faith. As I delight in Your WORD, make me like a tree planted by rivers of water—strong, fruitful and unshakable.

What practical steps can you take to ensure that you have time each day to meditate on God’s WORD?

Think back to a time you heard or read one of God’s promises and meditated on it. How did it change your thoughts or strengthen your faith?

Based on what you’re facing right now, what scriptures can you meditate on each day?
