

Write down a Roadblock in your life and how you can use the 5 steps to move forward in your Journey.

## Prayer

I was thinking about how my mother did not stop to look up Psalm 121. She quoted it from her heart. The Word of God was already in her because she meditated on it day and night. So it came up when she needed it. Praise God!

Father God, I thank you for your Word, which is a lamp unto my feet and a light unto my path (**Psalm 119:105**). Help me to meditate on thee in the night watches (**Psalm 63:6**) so that when the time comes and I hit a roadblock, I can speak and pray your Words boldly because it is already in me. In Jesus name I pray. Amen.

## Meditation Bible Scriptures

*But his delight is in the law of the LORD; and in his law doth he meditate day and night.*

**Psalm 1:2 KJV**

*Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer. Psalm 19:14 KJV*

*I will meditate in thy precepts, and have respect unto thy ways. Psalm 119:15 KJV*

*My meditation of him shall be sweet: I will be glad in the LORD. Psalm 104:34 KJV*

*Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report, if there be any virtue, and if there be any praise, think of these things.*

**Philippians 4:8 KJV**

*My son, attend to my words; incline thy ears to my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh. Proverbs 4:20-22 KJV*

*O how love I thy law! It is my meditation all the day. Psalm 119:97 KJV*

*My mouth shall speak of wisdom; and the meditation of my heart shall be of understanding.*

**Psalm 49:3 KJV**

*Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.*

**Isaiah 26:3 KJV**

*But thou, when thou prayest. enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.*

**Matthew 6:6 KJV**

*Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the LORD; and in his law doth he meditate day and night. **Psalm 1:1-2 KJV***

*Thy word have I hid in mine heart, that I might not sin against thee. **Psalm 119:11 KJV***

*My soul shall be satisfied as with marrow and fatness; and my mouth shall praise thee with joyful lips: When I remember thee upon my bed, and meditate on thee in the night watches.*

**Psalm 63:6 KJV**