

4. What is the difference between reading the Scripture and meditating on the Scripture? How does one practice both in their daily devotion time?

5. What is the next step after proper meditation in God's Word? In other words, what should the believer be led to do with the deep nuggets gleaned from God's precious word? Use Josh. 1:8 as a guide to answer this question.

6. How is the metaphor of "cows re-chewing old grass" (ruminating) like that of the believer's "ruminating" in their minds the word of God. What ways can you implement this rumination in your daily life?

7. Looking at verses 3-4 and beginning with the word "for," what are the three motivations for this command to set your mind in meditation on the things above? How do such truths motivate us to set our minds on things above?

8. Why is seeking and setting our minds on things above foundational to enduring trials and fighting sin?