



Let My Words and Meditation Be Acceptable in Your Sight

Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O Lord, my rock and my redeemer (Psalm 19:14).

Think about the kinds of words, thoughts, and actions that would be acceptable in the Lord's sight. Find or purchase a beautiful rock. Now write your kind thoughts or good deeds on pieces of colored paper. Place these near the rock—or in a basket beside it.

This could be a group activity or part of your own spiritual meditation.

You might also want to choose an appropriate quotation from the Word to paint on a smooth rock or stone.

Samples of quotations:

Trust in the Lord and do good (Psalm 37:3).

You will keep him in perfect peace, whose mind is stayed on You (Isaiah 26:3).

“Seek first the kingdom of God and His righteousness” (Matthew 6:25).

“Lo, I am with you always” (Matthew 28:20)

The Lord is near to all who call upon Him (Psalm 145:18).

What does the Lord require of you but to do justly, to love mercy, and to walk humbly with your God? (Micah 6:8)

The Lord is good to all and His tender mercies are over all His works (Psalm 145:9).