

# Everest's Meditation Journal



“This Book of the Law shall not depart from your mouth, **but you shall meditate on it day and night**, so that you may be careful 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, ESV)

Most people in Everest's home country of Bhutan follow the Buddhist religion. Other countries like China, Nepal, Sri Lanka, Thailand and Myanmar are also mainly Buddhist.

Buddhist meditate to try to reach enlightenment. Meditate means to focus or concentrate on something. Everest says we should read Joshua 1:8 and learn to meditate on God's word. We can spend time meditating on what we read from the Bible every day!

Begin by praying that God would help you understand and learn from what you read. Then, read the whole section in the Bible to get the whole idea of what you are reading. Then go back and very slowly read one or two verses at a time and focus on them, learning what they mean and how to apply them to your life. Ask yourself what the verses tell you about God, what they tell you to do, and what they tell you to avoid (or not do). Then, pray and ask God to help you make these changes in your life.

Follow Everest's meditation pattern:

- 1) Pray for God to help you understand and learn from what you read.
- 2) Read the whole section.
- 3) Read individual verses of the section one at a time, ask yourself questions for each section, and write down what you have learned:
  - What does this tell me about God?
  - What does this tell me I should do?
  - What does it tell me to avoid (or not do)?
  - What do I need to change in my life to reflect what I have read?
- 4) Pray and ask God to help you make these changes in your life.

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## Daily Meditation Journal

Date: \_\_\_\_\_

What does this passage tell me about God?

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What does this passage tell me I should do?

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What does this passage tell me I should avoid (or not do)?

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What do I need to change in my life to reflect this passage?

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Read Romans 3:21-26. Answer the questions to the right. You can underline and circle words and verses below to help you to notice important truths.

But now, apart from the law, God's righteousness has been revealed – attested by the Law and the Prophets – that is, God's righteousness through faith in Jesus Christ, to all who believe, since there is no distinction. For all have sinned and fall short of the glory of God. They are justified freely by His grace through the redemption that is in Christ Jesus.

God presented Him as a propitiation through faith in His blood, to demonstrate His righteousness, because in His restraint God passed over the since previously committed. He presented Him to demonstrate His righteousness at the present time, so that He would be righteous and declare righteous the one who has faith in Jesus.

*(Romans 3:21-26, HCSB)*



# Your Meditation Journal

Date: \_\_\_\_\_

What does this passage tell me about God?

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What does this passage tell me I should do?

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What does this passage tell me I should avoid (or not do)?

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What do I need to change in my life to reflect this passage?

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Date: \_\_\_\_\_

What does this passage tell me about God?

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What does this passage tell me I should do?

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What does this passage tell me I should avoid (or not do)?

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What do I need to change in my life to reflect this passage?

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**but you shall meditate on it day and night...**”  
(Joshua 1:8, ESV)