

# Deepen Your Roots

A Study on Biblical Meditation

#4 OXPET  
Joshua 1:7-9  
Part B

Paul J. Bucknell

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## Deepen Your Roots #4

### Analytical Skills

**Meditation**      What is in the cage?

Many of us are great at analysis but poor on application. Meditation blends the two together.

**OX + PET**

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OXPET		
<b>Opposite</b>	O	Think of the opposite sense to the word, command, illustration, etc. These contrasts easily stir up the mind.
<b>Expand</b>	X	Expand and mildly exaggerate the sense of the word or verse. The more practical and personal, the better.
<b>Personal</b>	P	Personalize the key meaning by placing yourself in the context and situation being described. Substitute 'your name' for the one being used.
<b>Emphasis</b>	E	Emphasize a meaning by observing repeated words and phrases and personalizing them.
<b>Translation</b>	T	Translate elusive words, phrases or verses into your own easy-to-understand words.

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## Psalm 119:169

Let my cry come before Thee, O LORD; Give me understanding according to Thy word. (Psalm 119:169)

<b>Opposite</b>	O
<b>Expand</b>	X
<b>Personal</b>	P
<b>Emphasis</b>	E
<b>Translation</b>	T

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## Psalm 119:174

Opposite	O
Expand	X
Personal	P
Emphasis	E
Translation	T

I long for Thy salvation, O LORD,  
and Thy law is my delight. (Psalm  
119:174)




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## Deepen Your Roots

<b>Opposite</b>	O	Think of the opposite sense to the word, command, illustration, etc. These contrasts easily stir up the mind.
<b>Expand</b>	X	Expand and mildly exaggerate the sense of the word or verse. The more practical and personal, the better.
<b>Personal</b>	P	Personalize the key meaning by placing yourself in the context and situation being described. Substitute 'your name' for the one being used.
<b>Emphasis</b>	E	Find emphasis by observing repeated words and phrases and then personalize them (longer passages).
<b>Translate</b>	T	Translate elusive words, phrases or verses into your own easy-to-understand words.

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## Deepen Your Roots #4

### Joshua 1:1-9

<sup>7</sup> Only be strong and very courageous; be careful to do according to all the law which Moses My servant commanded you; do not turn from it to the right or to the left, so that you may have success wherever you go. <sup>8</sup> 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 success. <sup>9</sup> Have I not commanded you? Be strong and courageous! Do not tremble or be dismayed, for the LORD your God is with you wherever you go (Joshua 1:7-9).

O  
X  
P  
E  
T

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## Deepen Your Roots #4

### Psalm 26:8

Opposite	O
Expand	X
Personal	P
Emphasis	E
Translation	T

“O LORD, I love the  
habitation of Thy house,  
And the place where  
Thy glory dwells.”




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**Deepen Your Roots #4**

**Psalm 27:4**

Opposite	O
Expand	X
Personal	P
Emphasis	E
Translation	T

“One thing I have asked from the LORD, that I shall seek: That I may dwell in the house of the LORD all the days of my life, to behold the beauty of the LORD, and to meditate in His temple.”




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**Deepen Your Roots #4**

**Discussion and Exercises**

- ❖ Write down the OXPET chart and description by memory.
- ❖ Apply the OXPET method to Proverbs 3:5-6. Write down your discoveries and any difficulties.  
**3:5 Trust in the LORD with all your heart, and do not lean on your own understanding. 6 In all your ways acknowledge Him, and He will make your paths straight.**
- ❖ **Future: During Devotions**  
 Use the OXPET method for a certain word or phrase at least two times. Write down your discoveries.



“Let God’s Word dwell in your hearts...”  
(Col 3:16)

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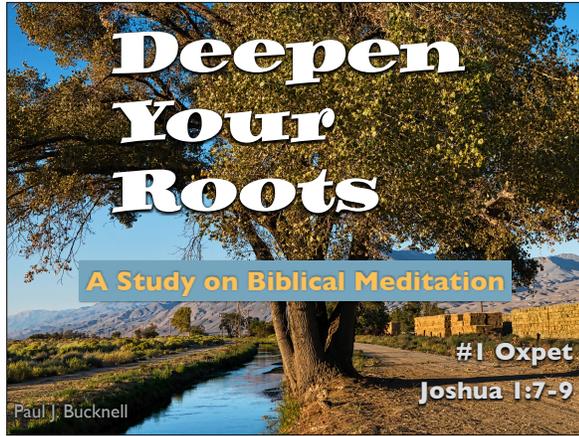
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