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BIBLE Study

GROW • LEARN • APPLY • TOGETHER

*Your Word is a lamp
to my feet and a light
to my path.*

PSALM 119:105

TOPIC:

HOW TO MEDITATE ON SCRIPTURE

Part 2 – The Application



DEFINED MEDITATION

Erdman's Bible – The intentional practice of deep reflection on God's character, work and Scripture to grow closer to Him and to obey His commands.

Biblical meditation means to fill your mind with God's Word and ponder on it deeply, rather than emptying your thoughts.



INTRODUCTION

Biblical meditation is more than simply reading the Bible. It is about deliberately filling our minds with God's Word, reflecting on it deeply, and allowing it to shape our thoughts, attitudes, and actions. Meditation helps us move beyond knowing what God says to applying His truth in everyday life. As we slow down, focus our hearts, and intentionally think about His Word, we draw closer to God and experience spiritual growth, transformation, and obedience.



KEY TOPIC SCRIPTURE

Joshua 1:8



Teaching Biblical Truths with Simplicity.

1**FILLING, NOT EMPTYING**

Psalm 1:2; Psalm 46:10

Key thought: Biblical meditation anchors your mind on what God has said through His Word, turning Scripture over and over in your thoughts like chewing food or brewing tea. Choose 1 scripture to dwell on throughout the day. Turn off distractions, quiet your internal noise and intentionally slow your mind and body to focus completely on God's presence.

**2****TRANSFORMATION AND OBEDIENCE**

Joshua 1:8; Psalm 119:97

The goal of meditating on Scripture is to let God shape your character and guide your actions so you can live out His commands. In this application phase, ask yourself how the verse you are reading calls you to change a specific choice or attitude today. Read the verse slowly, perhaps out loud, multiple times in order to let the phrases and Scriptures sink into your mind to enhance transformation.

**3****THE PRACTICE: QUIETNESS AND REMEMBRANCE**

Psalm 119:15; Psalm 63:6

Meditation often happens in the moments of stillness and solitude, where you pause to reflect and remember God's faithfulness in your life. Get curious about the passage you are reading by asking yourself what does this text reveal about God's character, His actions, and how can I apply this to my life.

**4****RESPOND AND OBEY THE TRUTH**

Deuteronomy 6:6-9; Isaiah 26:3

Conclude your meditation by turning your insights into a personal prayer and planning process for your next concrete step of obedience. Remember, when you begin to respond and obey to the truth of God's Word, it brings you peace and stability. This will help you actively replace thoughts of anxiety with Scripture, and therefore, helps you to respond and obey.

**FINAL THOUGHT**

Meditation is not just about knowing God's Word, but about allowing it to shape our hearts and guide our lives. As we reflect, remember, and obey, we experience greater peace, stability, and a deeper relationship with God.