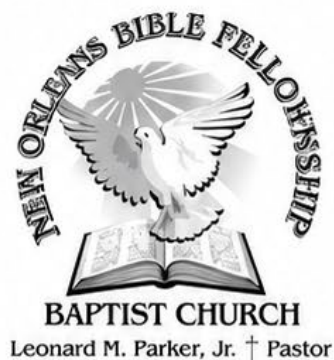




BIBLE Study

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 1 – The Preparation*



INTRODUCTION

If reading scripture was likened to eating, meditation would be compared to the digestive process through which food is transformed into the vital stuff of life. Nathaniel Ranew wrote that, "Meditation is like the digesting power, helping to develop spiritual food, and turning it into spiritual nourishment." And while it is possible to eat one's food quickly, digestion moves at its own rather slower pace. So too it is with meditation; it is something that cannot be accomplished in haste. To practice meditation is to slow down. It is to block out the rush of the urgent and the new so that people can give their mind and heart to what is ancient and eternally significant; The Word of God. Meditation is a thinking about God and the things of God with an eye toward personal application.



DEFINED MEDITATION

Webster – Is a mind-body practice that trains your attention and awareness to calm the mind, enhance present-moment clarity and improve overall well-being.

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.



KEY TOPIC SCRIPTURE Joshua 1:8



TOPIC: HOW TO MEDITATE ON SCRIPTURE

Part 1 – The Preparation

1

HOLD MEDITATION AND SCRIPTURE CLOSELY THROUGH PRAYER

Isaiah 26:3; Matthew 6:6

Meditation must be held in close relationship with both Scripture intake and prayer. It is critical that reading and meditation appear together. Indeed, the two activities so complement and complete one another that each can be said to derive its real benefit from its closeness to the other.

Point: Meditation without reading is erroneous; reading without mediation is barren.



2

GRAB HOLD TO A THOUGHT AND DON'T LET IT GO

Phil. 4:8; Ps. 119:97-99; Hebrews 4:12

At its core, meditation is about intentionally lingering over particular scriptural truths, promises, stories, and insights so that God's Word by His Spirit might work in us. Meditation is meant to encourage readers to grab hold of specific God-honoring thoughts and then refuse to let them go, turning them over repeatedly in the mind until eventually they work their way into the heart.



3

APPLY GOD'S TRUTH TO YOURSELF

Psalm 104:34; Psalm 49:3

It should not surprise us that much of the practical mechanics of meditation revolves around figuring out how to apply biblical insights to our lives on a consistent basis. This process will involve taking hold of a biblical promise, thinking about ways that God has kept it for you in the past, and then actively turning with fresh trust to God who will surely keep His promises in the future.



4

DON'T OVERTHINK IT

Psalm 119:15; Psalm 119:148

There is nothing magical, mystical, or especially complicated about meditation. When we meditate, we are using the same faculties that helped us understand the text in the first place, but we then simply build on that understanding by deliberately considering more deeply how those biblical realities intersect with our realities.



FINAL THOUGHT

Our Bible reading is not complete until it is joined up with Godly meditation; Reading brings you the meat; meditation brings the sweetness. Reading brings the coals to the wood; meditation brings the flames. Reading brings me the sword of the Word, but meditation whets the sword for battle.