

# The Bible

TIMELESS TRUTH IN UNCERTAIN TIMES

## SPIRITUAL PRACTICE: WEEK 2

### MEDITATING ON GOD'S WORD

Have you ever watched a favorite movie over and over only to see new things that were there all along? Meditating on the Bible is like this. As we meditate on God's Word slowly and consistently, God shows us more and more of Himself. At its heart, the Bible is meditative literature written to reveal its wisdom over time as we immerse ourselves in it.

"I rise before dawn and cry for help; I wait for Your words. My eyes anticipate the night watches, that I may meditate on Your word." -**Psalm 119:47-48**

#### 1. BE STILL

Take a moment to quiet your mind and heart.

Remember:

God is my Father, therefore I can come to Him as a child.

Jesus is my Savior and King, which means I have access to the throne of grace.

The Holy Spirit is inside me and will guide me into truth.

#### 2. INVITE

Ask the Holy Spirit to open your heart and mind to hear from Him, and to give you a humble and responsive heart that will be transformed by Him.

#### 3. READ

Slowly read the scripture passage 2-3 times. Read for basic understanding.

Notice basic facts: Who, what where, when, why? Consider who was the original audience.

What does the text say about God? (e.g. His attributes, desires, promises, commands) What does it say about mankind?

#### 4. MEDITATE

Become aware of God's loving presence and read the passage again, perhaps out loud. Notice how He might be speaking to you. Dwell on a word, phrase, or theme that jumps out at you. Ask:

What has connected to my heart or mind? (e.g. a characteristic of God to be grasped, a command to be obeyed, a comfort to be savored)

Think deeply about it. What does it mean? What is it really saying? Put it into your own words.

What can I adore God for because of this? What sins can I confess? What can I thank Him for? What petitions can I make?

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Why is God showing me this today?

How does God want me to respond? How does He want to transform my heart, thinking, habits, and/or relationships?

## 5. PRAY

Talk to God about what He has shown you through this text. Simply to respond to what God has revealed to you (e.g. asking questions, silence, confession, worship or intercession).

## SUGGESTED PASSAGES FOR MEDITATION

Psalms 1, 16, 23, 42, 145

John 1, 14, 15, 16, 17

Romans 8

2 Corinthians 4, 5

Galatians 5:16-26

Ephesians 1, 2:1-10, 6:10-20

Philippians 2:1-18

Colossians 3:1-17

James 1

“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.” -**Joshua 1:8a**