

Meditation on God's Word

Meditation is the act of reflecting on, pondering, musing over, or contemplating. Meditation is *not* mind wandering, or indulging in "mental drifting", but it has form and an object. Bible verses and scriptural concepts are the focus of a Christian's meditation.

When we meditate, we spend a few moments *directing* our thoughts to a single subject. Meditation is thinking with a purpose.

Meditation is *not* a solemn, academic exercise. It requires an attitude of curiosity and expectation leading to exciting discoveries, refreshment of spirit, and transformation of character. It brings reward and benefit.

When we meditate, we purposefully sort through information for clarification, for application, for categorization, and for assimilation.

SIX TECHNIQUES FOR MEDITATION

1 - Paraphrase

The first method of meditation you will practice is to write a paraphrase. As you attempt to put a verse or passage into your own words, you will come to understand it more clearly. Some exciting insights can result from writing your own paraphrase.

Write out Hebrews 10:24-25 in your own words below:

List one thing about this verse that God has revealed to you about this verse through paraphrasing it into your own words:

2 - Questions

A second method of meditation to practice now is to ask yourself questions about a verse. You may use two possible methods in asking yourself questions. You may use the *who, what, when, where, why, and how* questions, or you may jot down random questions which come to mind as you reflect on the passage. You may not come up with answers immediately for all of your questions.

Go back to Hebrews 10:24-25. In the space below, jot down some questions that this passage raises in your mind. Begin by asking who, what, where, when, why, or how, or use random questions that come to mind.

Of the questions above, how has God answered one as you've written these questions? Or, which one do you want to take to God in your quiet time to explore further for an answer?

3- Prayer

Pray over the verse or passage. One way to do this is to think about each phrase or thought and pray about the implications for your life or for the lives of others.

Pray over Romans 12:1. List some points that you prayed about below:

In praying over this verse, which of the points did you feel God moving you to act on?

How do you plan to act on it?

4 — Emphasis

Emphasize different words or phrases. Read or quote a verse aloud several times and stress a different word or phrase each time. This puts your focus on various facets. Each word adds its own significance to the passage.

Write out Romans 12:1 below. Mark the words or phrases that stand out to you:

Write out one thought that stands out in your mind from one of the words or phrases you marked:

How can you apply what you thought of to your life?

5 - Cross-Reference

Find cross-references. Using a concordance or other Bible study aid, find additional verses that support the basic concept of the passage you are cross-referencing.

Read Philippians 4:6-7. Does your Bible reference other verses for this passage? Or, is there a verse that you know that is similar to this passage? Write down the verse reference below, and a thought that is shared with both verses.

If you don't have a concordance or study Bible with you now, here are some verses you may want to look at for this exercise:

- Matthew 6:30-32
- Psalm 139:23
- John 14:27

Reference: _____

Thought:

6 - Application

Seek to make an application. Prayerfully reflect on the passage allowin^g God to show you how to apply its truths. Try to make your application a positive, specific step you will take.

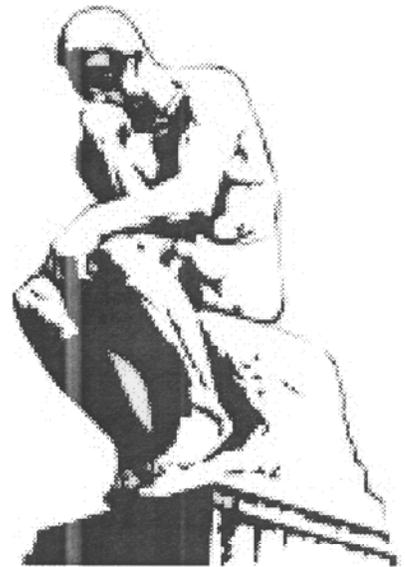
Read Philippians 4:6-7.

How does this verse relate to your own circumstances?

How can you apply the truth of this passage to those circumstances?

Much of this material was derived from hook 3 in the 2:7 series: -Bearing Fruit in God's Family". C. 1999, The Navigators

Meditation



KMI 2008 Doug Fischer & Scott Caufield

Overview

Martin A. Rosanoff

What we're not talking about

What we are talking about

Why should we meditate on God's word?

Meditation comes through?

How to meditate – Exercise

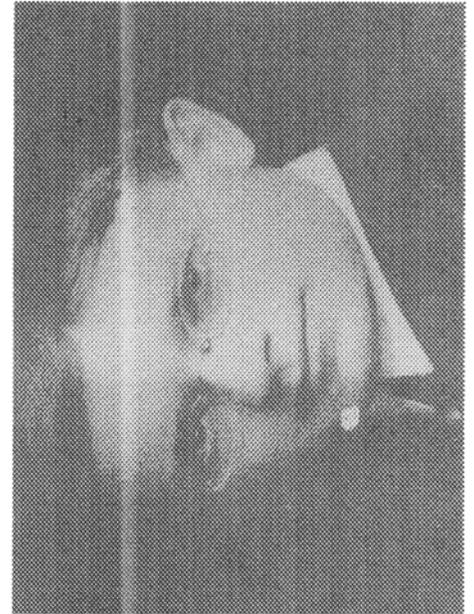
Wrap up

Evaluation



Thomas Alva Edison

(1847 - 1931)



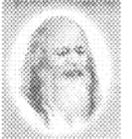
Dr. Martin A Rosanoff

(1887 – 1951)

“I learned to think waxes ... waxes ... waxes ... waxes, and the solution came without effort although months of thought had gone into the mental mill.”

What we're not talking about

Relating to mystical or supernatural experience and therefore beyond the material world



Buddhism originating in 12th-century China that emphasizes enlightenment through meditation and insight.



A religious practice involving nature-worship and witchcraft.



A Hindu discipline that promotes spiritual unity with a supreme being through a system of postures and rituals.



Day dreaming or indulging in "mental drifting".



Gaining great

Jesus' observations of the Pharisees of His day. (Lk.11:52 Msg)



What we are talking about?

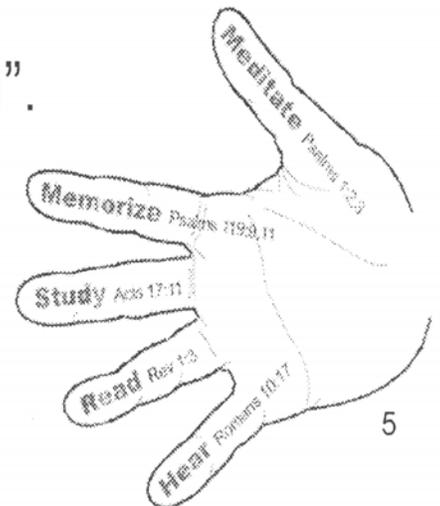
Meditating on the Word of God

Definition of Meditation:

“A private devotional act, consisting of _____
_____ upon spiritual truth or mystery.”

“The _____ that unlocks the greatest storeroom
in the house of God’s provisions for the Christian.”

The _____ of the “Hand Illustration”.



Why should we meditate on God's Word?

Phil.3:8,10 Primary purpose for meditating on God's word is to _____.

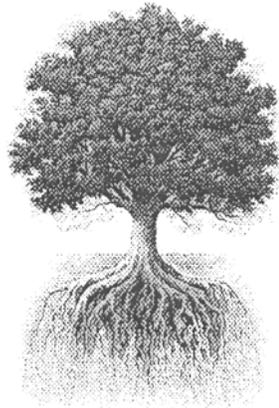
Mt.22:37 Great Commandment, Love God

Josh.1:8 The crown of meditation is a _____.

Psa.119:99 Meditation helps us gain _____



Psa.1:1-3 Meditation helps us get _____.



Effective Meditation comes through?

Holy Spirit Understanding from the Holy Spirit 1Cor.2:11-12

Digesting –



Visualize a cow chewing her cud. (The _____ of mental food.)
“When your words came, I ate them; they were my joy and my heart’s delight, for I bear your name, O Lord God Almighty.” Jer. 15:16

Analyzing –

Taking a good long _____ at a given object
“Open my eyes that I may see wonderful things in your law.”
Psa. 119:18



Application –

Mentally planning ahead with _____ in mind for applying God’s word to my life.
“When I took a long careful look at your ways, I got my feet back on the trail you blazed. I was up at once, didn’t drag my feet, was quick to follow your orders.” Psa. 119:59,60 Msg.



How to meditate on God's word.

Meditation Exercise:

Papa - Scott Caufield

Wrap up

What did we tell you? –

What did you learn? –

What questions do you still have about meditation?

We want to encourage you to practice meditation with life change in mind.

We want to encourage you to teach the people that you're discipling how to meditate as well.

Final thought

Bring the fruit of our meditations and offer them to the Lord for His blessing.

“Let the words of my mouth and meditation of my heart, be acceptable in Thy sight, O Lord, my strength and my Redeemer.” Psa. 19:14

Please complete the Evaluation sheet