



Meditation Tool

Meditation: Reading, contemplating, and internalizing God's Word.

Psalm 1:1 Blessed is the one... 2 ...whose delight is in the law of the LORD, and who meditates on his law day and night. (NIV)

Christian meditation is not emptying your mind. It is filling your mind with God's Word and intentionally thinking about it so that it shapes your heart, attitudes, and actions.

Practice:

Individual:

Lectio Divina: Each week, enjoy spending 10 minutes a day reading a Bible passage 4 times:

Reading 1: Read each word slowly.

- What words or phrases stand out?
- What is happening in this passage?
- What does this passage tell me about God?
- What does it tell me about people?
- Is there a command, promise, warning, example, or truth?

Reading 2: Reflect on the meaning.

- Why is this important?
- What does this reveal about God's character?
- What does this reveal about my heart?
- How does this connect with the rest of Scripture?
- What is the basic meaning of this passage?

Reading 3: Respond by considering an application.

- Is there something I need to believe?
- Is there something I need to change?
- Is there something I need to do?
- Is there a sin I need to confess?
- Is there a promise I need to trust?
- Is there someone I need to love, forgive, or serve?

Tip: Make your application specific. Instead of "I need to be more patient," ask, "Where do I need to practice patience today?"

Reading 4: Rest in God's presence and empowerment.

- Thank God for what you have discovered.
- Choose a word, phrase, or verse to carry throughout the day.
- Ask God for awareness to keep abiding in him.
- Ask God for strength to live out the Word of God.
- Praise God for who he is and what he will do.

Family: As a family, agree on and write a Bible verse on a card. Gather once a week to read it together and have each family member share what it means to them. Place the Scripture card where it can be seen so it can be memorized by everyone.

Reflect:

What holds me back from meditation and memorization?

What are the daily benefits of meditating on God's Word?

In what ways does meditation help me experience God and be formed by him?

10 Questions to Ask When Reading the Bible:

Fruitful Bible engagement involves more than simply reading. Slow down, observe what God has said, understand what it means, and consider how it will shape your life.

1. What does the passage say?

Look carefully at the words on the page. What is actually being said? Look for repeated words, key ideas, contrasts, commands, promises, questions, and conclusions.

2. Who is speaking and to whom?

Identify the people involved. Ask: Who wrote this? Who first received it? Is God speaking? Jesus? A prophet? A character in a story?

3. What is happening in this passage?

Pay attention to the context and circumstances. Ask: What is happening before and after this passage? What problem, situation, or question is being addressed?

4. What does this reveal about God?

Look for God's character, actions, purposes, and promises. Ask: What do I learn about God's holiness, love, grace, justice, wisdom, faithfulness, power, or purposes?

5. What does this reveal about people?

The Bible tells us not only who God is but also who we are. Ask: What does this reveal about human nature, sin, faith, obedience, relationships, or our need for God?

6. Is there a truth I need to believe?

Identify what God wants you to know and believe. Ask: Is there a truth, promise, or reality here that I am tempted to forget or doubt?

7. Is there a sin I need to confess or avoid?

Allow Scripture to examine your heart. Ask: Does this passage expose an attitude, habit, desire, or action that needs to change? Does it expose something I need to avoid?

8. Is there something God is calling me to do?

Look for a specific response. Ask: Is there a command to obey? A person to forgive? A relationship to repair? Someone to serve? Something to stop or start?

9. How does this point me to Jesus, the Gospel, and the kingdom of God?

Read Scripture with the whole story of redemption in view. Ask: What does this passage reveal about God's plan of salvation? How does it connect to Christ, the cross, the resurrection, grace, faith, or life in Christ? What is revealed about the kingdom of God?

10. What will I do with what I have read?

Turn understanding into action. Complete this sentence: "Because God has shown me _____, I will _____." Make sure the application is specific, practical, and doable.