

## **Scripture Meditation & Prayer**

“Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord, and on his law he meditates day and night.”

Psalm 1:1-2

### **Prayer**

- Begin with prayer for the Spirit’s illumination (Psalm 119:18).

### **Reading the Word**

- Read with a mind anchored in the authority and sufficiency of God’s Word.
- Read the passage carefully and attentively.
- The focus is not on mystical impressions but on what the text actually says—its context, meaning, and Christ-centered message.
- Let the Scripture interpret Scripture (2 Tim. 3:16–17).

### **Meditating on the Word**

- Reflect deeply on what the passage teaches about God’s character, His promises, and His commands.
- Ask: How does this text reveal Christ? (Luke 24:27) How does it convict, comfort, or correct me?
- Meditation involves active thinking, not emptying the mind, but filling it with God’s truth (Psalm 1:2; Joshua 1:8)

### **Praying the Word**

- Prayer is our response to God’s Word already spoken, not a way to receive new revelation (Romans 8:26–27).
- Turn the text into a prayer using ACTS:
  - Adoration: Praise God for who He is
  - Confessions: Confess any sin revealed by the Word.
  - Thanksgiving: Thank Him for His promises.
  - Supplication: Ask for the grace to obey and for anything else that is on your heart.

### **Resting in the Word**

- Rest is not passive “empty stillness,” but a reverent settling in the presence of God with confidence in His promises.
- Rest is savoring the truth of the gospel and rejoicing in God’s unchanging character.

- Rest is assurance and comfort in Christ alone—resting in His finished work (Hebrews 4:9–10)

### **Living the Word**

- How should this passage shape my life today—in thoughts, words, and actions?
- True meditation leads to transformation (James 1:22; John 14:15).
- Sanctification by the Spirit—living out God’s Word as an expression of gratitude for salvation in Christ.