

How To Meditate On God's Word

Psalms 1:2-3 [Living Bible] “[Those] who are always meditating on his laws and thinking about ways to follow Him more clearly. They are like trees along a river bank bearing luscious fruit each season without fail. Their leaves shall never wither, and all they do shall prosper.”

Meditation is thinking about a Bible verse in order to discover how we can apply its truth to our own lives.

Do you worry? Most of us do at all times. If we worry then we can meditate!

Worry is negative meditation, and meditation is positive worry!

When we worry we go over the same thing time and again considering it from every angle and approach looking for some solution.

Meditation is exactly the same process but in a positive frame of mind.

Why meditate on scripture?

1. Meditation is the key to becoming mature and more like Jesus Christ

Proverbs 4:23 [Good News Bible] “Be careful how you think, your life is shaped by your thoughts.”

Romans 12:2 [NIV] “Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is, his good, pleasing and perfect will.”

2 Corinthians 3:18 [NIV] “And we, who with unveiled faces all reflect the Lord's glory, are being transformed into his likeness with ever-increasing glory, which comes from the Lord, who is the Spirit.”

2. Meditation is the key to answered prayer.

John 15:7 [Phillips Translation] “If you live your life in Me, and My words live in your heart, you can ask for whatever you like, and it will come true for you.”

3. Meditation is the key to successful living.

Joshua 1:8 [NIV] “Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

God's Law, His Word, has been given to us to help us avoid making mistakes in life.

We are given God's wise precepts and examples in the history of Israel of what happens when they are not followed. God's Word is full of practical advice on how to conduct our life and how to relate to other people, all of which will bring us success and happiness.

Six ways to meditate on a verse

1. Picture it!

Visualise the scene in our mind, for example the Samaritan woman at the well when this stranger [Jesus Christ] reminded her of her life history. Imagine what it would feel like to be in her shoes, [John 4:4-42].

2. Pronounce it!

Say the verse aloud, each time emphasising a different word.

Philippians 4:13 *“I can do all things through Christ who strengthens me.”*

“I” ... not just other people but me.

“can” ... not maybe, not if, but can.

“do” ... this demands action on my part not just knowledge, I have to be a door of the Word.

“all things” ... it is Christ in me by the power of the Holy Spirit who will be doing the work in me.

“who strengthens” ... I am tapping into the unlimited strength of the One who created and sustains the whole universe. Wow!

“me” ... yes me, not all those already great people I know, but me, not just those I read about in God’s Word, but me!

3. Paraphrase it!

Re-write the verse in our own words.

4. Personalise it!

Replace the pronouns or people in the verse with our own name.

John 3:16 [NIV] *“But God so loved me that He gave His one and only Son, that if I believe in Him I will not perish but I shall have eternal life.”*

5. Pray it!

Turn the verse into a prayer and say it back to God. The psalms are ideal for doing this and they are full of the thoughts of those facing problems and trials in their lives.

6. Probe it!

Ask the following ten questions:

a) Is there any sin to confess?

Romans 3:23 [NIV] *“for all have sinned and fall short of the glory of God.”*

God is always ready to show us unknown or unconfessed sins. Each sin should be confessed and repented of, a “blanket” confession is **not** enough.

We committed the sins one at a time so we need to confess them one at a time.

b) Is there a promise we can rely on?

Deuteronomy 31:6 [NIV] *“Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you.”*

Hebrews 13:5-6 [NIV] *“Keep your lives free from the love of money and be content with what you have, because God has said, ‘Never will I leave you; never will I forsake you.’ So we say with confidence, ‘The Lord is my helper; I will not be afraid. What can man do to me?’”*

There are many times when this “blanket” promise from God can encourage, strengthen and guide us in our lives. This is but one of hundreds of promises we can claim from our loving God.

c) Is there an attitude for me to change?

Ephesians 2:8-9 [NIV] *“For it is by grace you have been saved, through faith, and this not from yourselves, it is the gift of God, not by works, so that no-one can boast.”*

Am I still trying to earn salvation or just accepting it gratefully as a gift from a loving, gracious God, and then passing on this gracious attitude of God to others with whom I have a relationship.

d) Is there a command to obey?

Matthew 6:33 [NIV] *“But seek first his kingdom and his righteousness, and all these things will be given to you as well.”*

Do I really put God first in my life?

Do I show this by offering Him the first and best part of each day?

Do I show this by returning to Him the first part [tithe] of my income?

If God has first demand on my time and my money then God does have first place in my life and I am fulfilling the command!

e) Is there an example to follow?

John 15:13 [NIV] *“Greater love has no one than this, that he lay down his life for his friends.”*

Christ didn’t just say this, He did it. When we read of His life in the gospel accounts we see that He allowed people to make demands on His life. Christ was a *“living sacrifice.”* Christ also did this literally, He willingly gave up His perfect life in agonising pain and humiliation.

f) Is there a prayer to pray?

Matthew 9:37 [NIV] *“Then he said to his disciples, ‘The harvest is plentiful but the workers are few.’”*

This is a prayer that God is more than willing to answer, for it is within His will.

Isaiah 6:8 [NIV] *“Then I heard the voice of the Lord saying, ‘Whom shall I send? And who will go for us?’ And I said, ‘Here I am. Send me!’”*

Always consider that the answer to this request from God may be ourselves!

g) Is there an error to avoid?

Acts 5:1-5 [NIV] *“Now a man named Ananias, together with his wife Sapphira, also sold a piece of property. With his wife’s full knowledge he kept back part of the money for himself, but brought the rest and put it at the apostles’ feet. Then Peter said, ‘Ananias, how is it that Satan has so filled your heart that **you have lied to the Holy Spirit** and have kept for yourself some of the money you received for the land? Didn’t it belong to you before it was sold? And after it was sold, wasn’t the money at your disposal? What made you think of doing such a thing? **You have not lied to men but to God.**’ When Ananias heard this, he fell down and died. And great fear seized all who heard what had happened.”*

Here is an error to avoid, never lie to the Holy Spirit, it could be fatal!

h) Is there a truth to understand and share?

The more we come to realise what Christ has done for us, the more we want to share the Good News with others. As Christians we are to be friends to others for Christ.

2 Corinthians 5:17-20 [NIV] *“Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting men’s sins against them. And he has committed to us the message of reconciliation. We are therefore Christ’s ambassadors, as though God were making his appeal through us. We implore you on Christ’s behalf: Be reconciled to God.”*

Our response should be to commit ourselves to a life of bringing about reconciliation between others and their Creator God.

2 Timothy 1:6-7 [NIV] *“For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands. For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.”*

Matthew 5:13-16 [NIV] *“You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled by men. You are the light of the world. A city on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven.”*

This is a command, not a maybe if we feel like it and are having a good day. This is the reason for our calling by God at this time, our own salvation is a “perk” that comes with the job; an undeserved gift from the One who has called us to do a job of work for Him.

i) Is there something to do?

James 1:22 [NIV] *“Do not merely listen to the word, and so deceive yourselves. Do what it says.”*

If reading and studying God’s Word does not result in action on our part, we should doubt our conversion and cry out to God for will and the power to respond to His Word.

Matthew 28:18-20 [NIV] *“Then Jesus came to them and said, ‘All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.’”*

Our being a living testimony to God’s loving care that brings others to know Him is linked here in the scripture with God’s presence in our lives. God’s presence and our witness go together; each dependent on the other.

j) Is there something to thank God for?

Colossians 2:6-7 [NIV] *“So then, just as you received Christ Jesus as Lord, continue to live in him, rooted and built up in him, strengthened in the faith as you were taught, and **overflowing with thankfulness.**”*

There is always something we can thank God for, His **character**, His **creation** or His **care**. **We find great pleasure in receiving such thanks ourselves: God is no different in this respect.**