



## A GUIDE TO MEDITATING ON SCRIPTURE

What does it mean to “Meditate on Scripture”? Meditating on Scripture involves filling your mind with Christ by focusing, reflecting and contemplating a particular passage in the Bible. The goal here is to become deeply familiar with the passage you are meditating upon, learning its truth and discovering how you can apply it to your life.

**WHY** There are many reasons to spend time meditating on the Words of God, and this is certainly not an exhaustive list.

Meditation on Scripture helps us to:

- Focus on God
- Worship God
- Remember what God says
- Apply what God says
- Feel Encouraged by what God says

**HOW** Meditating on God’s Word does not have to be complicated. You don’t have to have a special place or a huge section of Scripture memorized. You don’t need hours of quiet, uninterrupted time. If you have any (or all!) of these things, that is wonderful but it is not necessary!

- Pick a verse or Bible passage (suggestions are below)
- Begin with Prayer – ask God to open your eyes and heart to what He wants to teach you through His Word
- Read your selection through entirely, at least 3 or 4 times - it is often helpful to hand write it on an index card or in a journal
- **LOOK, LISTEN & APPLY** by working through the following questions:
  - **LOOK** – Who is speaking and who is being spoken to? What are they saying? Is there something here that is new to me?
  - **LISTEN** – What does this passage mean to me? What can I learn from it?
  - **APPLY** – How can I apply this to my life? How is God trying to grow my spiritual life and faith through this passage? Is God trying to change my way of thinking or behaving through this truth?

**WHAT** You can meditate on any passage of scripture you come across, and we would encourage you to do that! Below are a few suggestions to get you started:

Philippians 1:9-11

2 Peter 1:3-8

Philippians 3:7-10

Ephesians 6:10-18

1 Corinthians 13:1-7

Psalms 119:9-11

James 1:2-5

Romans 5:1-8

Galatians 2:19-21

### **BUT WHAT IF...**

*... I'm struggling, I have doubts, I don't understand, I feel disconnected from God...*

If you’ve been a Christian any length of time at all, it is likely that you’ve faced seasons when you’ve struggled with doubt, lack of understanding or feeling disconnected from God. Don’t run from those feelings or let them stop you from meditating on scripture! In fact, often the solution to overcoming these struggles is found in continuing to wrestle those things through meditating on God’s Word.