

Meditating on Scripture (a guide)¹

Preparation

We quiet our hearts to listen to God as we read His Word, believing that as the children of God, our good Father invites us into his presence. We come knowing that God speaks to us through His Word and we expect Him to.

Reflection

We read scripture slowly², reflecting on a passage with the goal of internalizing and personalizing the Word: “Chew on the words that you have read a bit. Ponder them. Let God bring something to the forefront of your mind. What word or phrase is God drawing out from these words specifically for you? Let that word or phrase resonate in your mind. What does it make you feel or think? Stop here and let the word or phrase sink in.”³

Adoration

We give thanks to the Lord and worship him for what his Word is illuminating to us. As we reflect on God’s Word we are moved to worship Him, and we journal, draw, sing or a number of any other responses to glorify him.

Confession

We see that we have sinned against our Lord in what we have done and left undone. We confess these things to the Lord and ask him to move us to greater love for Him and our neighbor.

Petition

We pray for the Lord to assist us as we seek to live out what we have learned through meditating on his Word. We pray for the needs of others and ourselves.

Resources

- Richard Foster (Celebration of Discipline)
- David Mathis (Habits of Grace)
- Eugene Peterson (Meditating Like a Dog
<http://www.christianitytoday.com/ct/2007/mayweb-only/122-44.0.html>)

¹ Based on Martin Luther’s practice of meditation.

² The Hebrew word for “meditate” (*Hagah*) is also used for a “lion growling over it’s prey” (*Is .31:4*) and is similar to a dog gnawing on a prized bone (Eugene Peterson “*Eat the Word*”).

³ Eugene Peterson in an online interview: <https://mwerickson.com/tag/eugene-peterson/>