



Biblical Meditation

Keep this Book of the Law always on your lips; 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.

Joshua 1:8 NIV

Biblical meditation is about the filling of the mind for the purpose of action.

- The Hebrew word for “meditation” describes giving sustained attention to what is being read or heard; repeating, rehearsing, reflecting on the words before us.
- Note the purpose of biblical mediation – action!

Ask God to meet you and speak with you in Scripture.

- *Open my eyes that I may see wonderful things in your law. Psalm 119:18 NIV*
- Come to God’s Word with a posture of humility, expectancy and vulnerability.

Read a little and think a lot.

- Read slowly and thoughtfully – go for quality not quantity. Do not come to the text like you come to a newspaper or a text book; instead read like you would a love letter.
- *Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. (Colossians 3:12 NLT)*

Take one key thought or verse with you throughout your day.

- Choose a single text, one thought of God’s that may have stood out to you when reading, and live with it through the course of your day. Meditation involves sustained attention.
- Meditating on God’s words, his works, and his ways trains our heads and hearts to follow him. And it prompts us to live out his word.