

# Meditating on Scripture

**We meditate so that we can grow as a disciple who makes disciples for the glory of God.**

- What is meditation?

NOT: emptying your mind

IS: Filling mind with the Words of God

NOT: something only super spiritual people can do

IS: something anyone can do

NOT: yoga

IS: looking at scripture and drawing more out of it than you may see originally

- When should I meditate?
  - Everytime you read the Bible!
- Why should you meditate?
  - Helps you to remember what you've read that day
  - We will be blessed! (Psalm 1:2)
  - Meditation pleases the Lord (Psalm 104:34)
- How do you meditate?
  - There are a lot of different ways, but here are some examples:

1. Emphasize different words in the text

Example: Psalm 23:1

*The* Lord is my shepherd; I shall not want  
^only one

The *Lord* is my shepherd; I shall not want  
^means master, God, Holy

The Lord *is* my shepherd; I shall not want  
^is right now! Is forever!

2. Think of an illustration for the text

Example: in the verse above, actually visualize a shepherd watching over his sheep day and night, keeping them safe, making sure they are fed, making sure nothing harms them

3. Look for applications of the text

Example: Do I want the Lord to be my Shepherd? Do I rest in His power to watch over me and keep me safe? Do I want other things more than I want to be in the presence of the Lord? Do I think money, popularity, athletic ability will satisfy me more than I think the Lord will?

4. Rewrite the verse in your own words

Example: God watches over me like a shepherd watches over his sheep. He makes sure I am so secure in his watch that I do not want anything more than to be with Him.

5. Memorize the Verse

6. Ask how does this text point to or show Jesus?

Example: The Lord is my Shepherd; I shall not want  
Jesus says "I am the good shepherd" in John 10:14