

Meditation

(Is God Okay With That?)

Resources Used for This Topic Include:

Jan Johnson: **Meeting God In Scripture**

Jan Johnson: **Trusting God for Everything: Psalm 23**

Sam Storms: **10 Things You Should Know About Christian Meditation**

Debbie Przybylski: **The Joy of Prayerful Meditation**

Allaboutgod.com: **Christian Meditation**

Christian meditation is _____ in the Bible.

Actually, the Bible mentions meditate or meditation ____ times.

LECTIO DIVINA

- ❖ In the **lectio** (_____) stage
- ❖ The next stage, **meditatio** (_____ meditation)
- ❖ In the **oratio** (effective _____) stage
- ❖ In the final, **contemplation** (_____) stage

Sam Storms :

- (1) Meditation begins, but by no means ends, with thinking on _____.
- (2) Meditation, then, is being _____ to God. (Col. 3:1)
- (3) Meditation on Scripture is _____ to Christian living. (Joshua 1:8; Ps. 1:1-2; Ps. 119:11; Ps. 119:15; Ps. 119:23, 48, 78, 97, 99, 103, 148)

- (4) We should also train our souls to meditate on the glory and majesty of God as revealed in natural _____.
- (5) We should also regularly reflect and meditate on God _____ and his many _____. (Ps. 27:4; Ps. 63:6; Ps. 77:5-6, 11-12; Ps. 111:2; 143:5; 145:5)
- (6) Christian meditation must be distinguished from the sort that we find in _____ religions or more recent _____ fads.

For example, unlike eastern meditation, which advocates _____ the mind, Christian meditation calls on us to _____ our mind with God and his truth.

- (7) So how should the Christian go about developing the discipline of meditation?

The first step is to rehearse in one's mind the _____ of God. Perhaps reading and reflecting on Psalm 139:1-10 will help.

- (8) The second step is to _____. By this I mean read, repeat the reading, write it out, then re-write it.

We must keep in mind the difference between _____ reading of the Scriptures and _____ reading.

- (9) It also helps to apply your _____ and senses to the truth of the text.

There is nothing _____ or mysterious in this.

- (10) The final steps can be summarized in four words: _____, personalize, _____, and practice.

The Value of Meditation by Debbie Przybylski (Psalm 1:1-2)

Biblical meditation involves taking a phrase, verse, or passage of Scripture and _____ carefully about it, _____, and letting the Holy Spirit slowly make it _____ within you. Then you _____ it back to God.

Meditation creates faith and _____.

Meditation focuses our thinking on God's _____.

Through meditation we come to know _____, not just about Him.

Through meditation we grow in our _____ for God's Word.

Meditation helps us:

- **Get to _____ God** Ps. 19:14
- **_____ God's voice and _____ from sin** – Ps. 119:11
- **Change spiritually and gain _____** - Ps. 119:99
- **Walk in _____** - Joshua 1:7
- **Have something to share with _____** - Ps. 48:9-10
- **Grow in a _____ lifestyle** – Ps. 77:12-13
- **Gain _____ and gain _____** -Ps. 119:23-24
- **Receive understanding and _____** -Joshua 1:8

Meditation should always result in a _____ to God, whether it is repentance, thanksgiving, worship, obedience, or a change in attitude.

How is Scripture Meditation Different from Bible Study?

- In Study you _____ the text; in Meditation you _____ the text and _____ into it. Not asking “how does this apply to me?”

- In Study you _____ about the text; in Meditation you let the _____ ask questions about you.
- In Study you read and **compare** _____; in Meditation you **let God** _____ to you in light of the facts already absorbed.

- **How do we meditation on Scripture?**

- **R** _____—read the passage once or twice slowly; See what word or phrase stands out to you.
- **R** _____—become one of the characters; what do you see, smell, touch, feel? Where are you in the scene? What is this passage saying to you today? What is God inviting you to do or be?
- **R** _____—Pray. What does this passage cause you to say to God?
- **R** _____—Rest in the truth of the passage; Worship.

Meditating on the 23rd Psalm:

- **THE** Lord is my Shepherd
- The **LORD** is my Shepherd
- The Lord is **MY** Shepherd
- The Lord is my **SHEPHERD**
- **I** shall not want
- I shall **NOT** want
- I shall not **WANT**
- He makes me **LIE DOWN** in **GREEN** pastures
- He leads me beside the **STILL** waters

- He **RESTORES MY SOUL**.
- He leads me in the paths of righteousness for **HIS NAME'S SAKE**
- **EVEN THOUGH** I walk through the valley of the shadow of death
- Even though I walk **THROUGH** the valley of the shadow of death
- I **WILL** fear no evil
- I will fear **NO EVIL**
- For **YOU** are with me
- For you are with **ME**
- Your rod and your staff, they **COMFORT** me.
- You prepare a table before me in the presence of **MY ENEMIES**
- You anoint **MY** head with oil
- My cup **OVERFLOWS**
- **SURELY** goodness and mercy
- Surely **GOODNESS** and **MERCY**
- Shall follow **ME**
- **ALL** the day of my life
- And I shall **DWELL** in the house of the Lord
- And I shall dwell in the **HOUSE OF THE LORD** forever
- **FOREVER**
- **AMEN!**