

Scripture Meditation

“My heart has heard you say, ‘Come and talk with me, and my heart responds, ‘Lord I am coming.’” (Psalm 27:8)

A prayerful, meditative time in Scripture might be new for some people but it is a practice encouraged in the Scriptures and used throughout church history. As opposed to an informational Bible study approach, Scripture meditation is sometimes called “praying the Scripture” and is a quiet, slow, reflective manner of opening your heart and mind to God so we can listen to His word. This spiritual practice can be done in 15 minutes or more, as time is available.

Before You Begin

It is often helpful to use a translation such as New Living Translation or a different translation than you use for Bible study. It is also helpful to keep a journal as you go. It will be vital that you UNPLUG or place your phone in “do not disturb/airplane” mode or put it in another room.

- 1. Silence** (1-3 minutes). Quietly or silently let God know you are here ... resting and open to Him. Let the chaos of life settle down. Breathe deep and relax. Express your desire to hear from God. How is your soul today? Write one sentence about how you’re feeling as you come (discouraged, tired, peaceful, joyful?).
- 2. Read prayerfully.** Read the passage (1-4 verses) once or twice. Listen for a word or phrase that stands out. What resonates? Quietly reflect.
- 3. Meditate** (prayerful reflection with God). Focus on a word, words or phrase that stood out; praying, reflecting and wondering with God about what stood out. Maybe read them slowly again. Listen to the Spirit through the words for any invitations from God for personal application. Do not write anything yet.
- 4. Contemplate** (be with God). Rest and wait, staying present with the Spirit and the words. Talk with God—either aloud or silently—as you would a friend, listening to Him about the word(s) or phrase that stood out. Allow His words to ask you personal questions. After the conversation, you may want to journal whatever is in your heart about the verses.

Tips for Scripture Meditation

- Don’t fall into the trap of making this too complex. While the four steps/movements can be helpful, sometimes meditation can be organic, and you’ll flow back and forth between movements when you are reading slowly and attentively.
- Your mind may wander in the quiet. This is very common. Give the practice of meditation some time without criticizing yourself, getting frustrated and giving up.

To Get You Started ...

Week 1

Day 1: Psalm 59:16-17

Day 2: Ephesians 3:14-17

Day 3: Ephesians 3:18-21

Day 4: Psalm 23:1-3

Day 5: Psalm 23:4-6

Days 6-7: Review any of the passages of the week. Read through your journal thoughts and talk with God, as a friend, about your heart and reflect on what He has shown you. Sometimes new insights pop up during a second look.

Week 2

Day 1: Psalm 63:1-4

Day 2: Psalm 63:5-8

Day 3: Romans 8:35-37

Day 4: Romans 8: 38-39

Day 5: Psalm 117:1-2

Day 6-7: Review any of the passages of the week. Read through your journal thoughts and talk with God, as a friend, about your heart. Reflect on what He has shown you. Sometimes new insights pop up during a second look.