

MEDITATION



It's good to have God's Word with us. It's even better to have God's Word in us. Meditation is the practice of dwelling on Scripture in such a way that it begins to reshape both how we think and how we feel. The original idea of meditation was 'to chew' on an idea: to turn it over and experience its full flavor. In this way, meditation is a step beyond reading or studying Scripture - we approach Scripture as a conversation in prayer, surrendering our perspective for God's and becoming increasingly aware of His voice in our life. In meditation, we commit to memorization, reflection, and the resulting transformation of the Spirit.

LECTIO DIVINA

Lectio Divina (Latin for ‘Divine Reading’) combines reading Scripture, contemplation, and prayer to form a practice of listening to God. This meditation exercise follows four steps:

READ

Start by reading (or listening to) the passage and giving attention to words or phrases that seem to jump out. The goal is to listen for God’s guidance rather than forcing things. Re-read the passage a second time, focusing on those key phrases.

REFLECT

Ask God to help you hear His voice clearly. What is He saying to you through these key phrases? Do not analyze. Simply listen.

RESPOND

Read the passage a third time. Respond by voicing to God what you believe He is saying to you through this passage. Consider journaling what you have heard.

REST

Thank God for His Word and voice. Take some time to sit in silence and rest in God’s presence.

**I WILL PONDER YOUR WORK, AND MEDITATE
ON YOUR MIGHTY DEEDS.
PSALM 77:12**

There are many others ways to build the practice of meditation into your life:

- **MEMORIZATION:** Memorize key passages of Scripture. Write the verse on notecards and distribute them to the places you frequent. Read the same verse at each meal until you know it.
- **WALK WITH GOD:** Take a walk with the intent of being in His Presence. Praise Him for His many works that you see around you.
- **MUSIC:** We meditate on what we listen to. Consider playing music that causes you to meditate on and worship God.