



SPIRITUAL DISCIPLINES

The Spiritual Discipline of Biblical Meditation
SESSION #4

INTRODUCTION - TWO ASSUMPTIONS

- 1) It is _____ to meet with God.
- 2) Meeting with God is something we _____ do.

Five Means of Bible Intake:

Hearing — Reading — Studying — Memorizing — Meditating

Biblical Meditation

Psalms 1: 1-3 *Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord, and on his law he meditates day and night. He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does he prospers.*

Meditation Begins with Bible Study

- **Observation:** Who? What? When? Where? Why? How?
- **Interpretation:**
 - What is the context?
 - What is the full council of God?
 - What is the single meaning of the passage?
- **Application:**
 - How then should I live?

Meditation Includes Bible Memory

- **Aids in our fight against sin.** Psalm 119:11-13

- **Aids in our witness toward others.** 1 Peter 3:15

Meditation Imbeds the Bible into your Life

J.I Packer in *Knowing God*, describes it this way, “**Meditation** is a lost art today, and Christian people suffer grievously from their ignorance of the practice. **Meditation** is the activity of calling to mind, and thinking over, and dwelling on, and applying to oneself, the various things that one knows about the words and ways and purposes and promises of God. It is an activity of holy thought, consciously performed in the presence of God, under the eye of God, by the help of God, as a means of communion with God. Its purpose is to clear one’s mental and spiritual vision of God, and to let His truth make its full and proper impact on one’s mind and heart. It is a matter of talking to oneself about God and oneself; it is, indeed, often a matter of arguing with oneself, reasoning oneself out of moods of doubt and unbelief into a clear apprehension of God’s power and grace. Its effect is ever to humble us, as we contemplate God’s greatness and glory, and our own littleness and sinfulness, and to encourage and reassure us – ‘comfort’ us, in the old, strong Bible sense of the word – as we contemplate the unsearchable riches of divine mercy displayed in the Lord Jesus Christ.”

Simply stated, “Fervent thought about God through His Word that results in a knowledge of God, a desire to be conformed to His image, and to change my ways.”

What is the Process of Biblical Meditation?

Thought – process the facts.

Imagination – draw a picture.

Emotion – experience the situation.

Conscience – discern what is right and wrong.

Will – intend to act.

Create Meditation Moments

1. Read the passage multiple times (10 or 20).
2. Emphasize key words in the passage when you read it.
 - **Love** your neighbor as yourself.
 - Love **your** neighbor as yourself.
 - Love your **neighbor** as yourself.
 - Love your neighbor as **yourself**
3. Interrogate the passage using “Who, What, When, Where, Why and How?”
 - Who am I to love? My neighbor
 - What am I supposed to love? My neighbor
 - When am I supposed to love? As I walk by the way, at all times
 - Where am I supposed to love? Wherever a need arises
 - Why am I supposed to love? God commanded it, He loved me
 - How am I supposed to love? Unselfishly, immediately and fully
4. Personalize the passage.
 - _____, love your neighbor as yourself.
 - _____, love your wife as yourself.
 - _____, love your children as yourself.
 - _____, love your pastor as yourself.
 - _____, love your co-workers as yourself.
 - _____, love your enemies as yourself.
5. Read it back to God responsively.

“God, help me to love my neighbor as myself. I know that you loved me even when I was yet a sinner.”
6. Memorize the passage.
7. Write it out in your own words.
8. Say it aloud at every meal or other repetitive times.

Course Outline

Week 1: Meeting with God through Spiritual Disciplines

Week 2: The Spiritual Discipline of Bible Intake

Week 3: The Spiritual Discipline of Prayer

Week 4: The Spiritual Discipline of Biblical Meditation

Week 5: The Spiritual Disciplines and Community

Questions?

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Suggested Reading

Spiritual Disciplines for the Christian Life (Donald Whitney)

Habits of Grace (David Mathis)

Handbook to Prayer (Kenneth Boa)