

Meditation¹

Meditation is a 'middle discipline' between Bible study & prayer that incorporates features of both. Meditation provides a way to deepen prayer & also make Bible study more practical. The goal of Bible study is to analyze the text – to understand its meaning. The goal of meditation is to let the text analyze you – to receive its personal meaning.

Here are some steps that may be helpful (don't take the times too seriously):

1. Quieting your mind (3-5 minutes) → preparing yourself to listen better
2. Bible reading (10 minutes) → listening for understanding
3. Meditation (5 minutes) → pondering the scripture in light of your life
4. Prayer (5 minutes) → relating with God about the insights He gave

1. Quiet yourself

Spend some time just lowering your mental background noise. You may find various things help: sitting silently; praying for God to settle your mind; quiet music & so on. Experiment with different approaches. Feel free to vary what you do from time to time.

2. Bible reading

Slowly read a short section of scripture 2-3 times, asking God's Spirit to show you what He wants you to see.

- What does this tell me about God? What does it tell me about humanity or myself?²

- Of all the truths, which one really catches my attention?

3. Meditating

- How would I be different if I really, deeply believed this was true?

- Why is God showing me this truth at this time?

4. Prayer (G.R.R.)

- **Grateful** - Praise God for who He is and thank Him for what He's done (i.e. in light of your passage)
- **Repenting** - Admit where you've fallen short (i.e. in light of your passage)
- **Requesting** - Ask for help, advice, comfort, ideas for applying the truths you've learned – for yourself & for others that come to mind (i.e. in light of your passage); ask God to accomplish His larger purposes (i.e. get your head out of a 'me & mine' mentality into His larger world).

¹ Much of this was taken from a meditation workshop offered by Redeemer Presbyterian Church, NY.

² What God is like or what people (myself) are like; things to avoid or promises to claim