

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.

1. Quiet yourself

Some need to spend a little time lowering their mental background noise. If so, you may find it helpful to sit silently for a while; ask God to show you things that He wants you to consider; listen to quiet music and etc.

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. Some find it helpful to write out the scripture. Sometimes, in writing, we catch things that our eyes gloss over.

- 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

Meditation is reflection on the 'truth that really caught your attention' from the previous section.

- 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. It seems, however, that this approach was taken from Martin Luther; *Meditation bei Luther*, Nicol (1991)

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