

## How to Meditate on God's Word

Meditation is savoring each word God places before you. When you meditate you need to:

1. Take your time. You cannot meditate in a hurry!
2. Choose a reasonable amount of Scripture to meditate on at a time so you can devote your full attention to every word.
3. Choose verses as God leads. He may lead you to a particular passage such as Isaiah 53, which vividly portrays the Suffering Servant, or he may draw you to verses that will have particular relevance to your current circumstances.
4. As you read, take time to consider each word. At times the placement of a simple conjunction such as *but* can have profound implications.
5. As you ponder the passage, consider each phrase. Read it several times. Phrases can be read in various ways with different emphases. At times you can read a familiar passage and immediately conclude you know all there is to know about it. Taking time to meditate on each phrase invites the Spirit to open your understanding to deeper truths in the verse.
6. Carefully consider the context. Examine how the various phrases are connected to one another. If you are studying the life of Jesus, for example, notice how his teaching is connected to the events happening around him.
7. As you meditate, look for two things. First allow the Spirit to help you understand the greater truth of the words you are reading. Second, seek the Spirit's application of this passage for your life. You will emerge from your meditation a changed person.
8. Understand that the Bible is not merely a book to be studied and conquered. God's Word is living. You will never in a lifetime plumb the depths of its riches. To assume you've read it all is to grossly overestimate your capacity to think like God. When you read a passage of Scripture, God will reveal the truth he knows you are capable of understanding and responding to at that time. As you mature in your faith, God will know when you are ready for further insights into the same passage. There will always be great value and joy in meditating on passages more than once.