



A Method for Meditation Using Only the Bible **by Rev. Dr. Peter Toon**

To prevent the possibility of being led astray by a keen imagination, an adventurous mind and a restless heart, we need to be aware of who we are and to Whom we belong as we read and consider God's Word. To prevent other distractions, choose a time of day when you are fresh and alert, and find a quiet, comfortable place where you will not be interrupted for fifteen to thirty minutes as you meditate.

- (a)** Sit in a comfortable chair with sound support for your back, or sit on the floor with your back against the wall.

Recall God's presence in the world and in and with you; remember that you are what you are by the grace of God in Jesus Christ our Lord. Especially recall that you are baptized into Christ and his Church and that you have received basic teaching about God and his Gospel concerning our Lord Jesus Christ.

Pray God to help you in this meditation to draw near to him and to receive help, inspiration and insight from his great provision.

- (b)** Read the passage of Scripture carefully, using your imagination to picture the scene (where applicable) that is being described.
- (c)** Read the shorter section chosen for meditation slowly and aloud, using your imagination both to picture the scene and to see the resurrected Lord Jesus alongside you, listening to you as you read. Read it again, pausing after every phrase in order to receive its full meaning and flavour.
- (d)** Engage in conversation with God, responding to what you have understood and seen in this passage. Tell him what you believe you see and what you find difficult to understand; share with him the feelings and intentions that arise in your heart; ask him to help you see more, trust, obey and love him more.
- (e)** Conclude
 - (i)** by thanking him for his Word and his grace
 - (ii)** by taking a theme or phrase or sentence from your meditation as a word to hold on to throughout the day
 - (iii)** by making resolutions to put into practice what you have come to see is God's will for your life.

Adapted from Rev. Dr. Peter Toon, *Meditating Upon God's Word* (London: Darton, Longman & Todd, 1988), p53-54