

Session 3: Meditation Methods pt. 1 – Thinking Deeply about the Bible

Learn it...

Discuss Question: Have you ever walked away from you Bible reading feeling a little unsatisfied? Why do you think this happens? What is missing?

The Missing Link

“The reason we come away so cold from reading the Word is because we do not warm ourselves at the fire of meditation.”¹⁰ -Thomas Watson, as quoted by Don Whitney

What is biblical meditation?

1. Meditation is different than _____
 - a. “Deep thinking on the truths and spiritual realities revealed in Scripture or upon life from a scriptural perspective for the purpose of understanding, application, and prayer.” – Don Whitney, *Spiritual Disciplines*.¹¹
 - b. Reading is the _____ of Scripture; Meditation is the _____ of Scripture.
2. Meditation is _____
3. Meditation is _____
4. Meditation is _____
5. Meditation is _____

How to meditate

1. Select a portion for meditation

- a. Something interesting
- b. Something needed
- c. Something important

2. Select a method for meditation

MEDITATION IN THE MOMENT....

a. Emphasizing different words of the verse.

John 11:15 - I am the resurrection and the life.

b. Ask questions of the text:

i. First, interpretive questions:

¹⁰ Donald S. Whitney, *Spiritual Disciplines for the Christian Life*, Revised and Updated. (Colorado Springs: NavPress, 2014), 50.

¹¹ Whitney, 46.

1. What sinful condition is addressed in this passage?
 2. What does the author say is the answer to this problem?
 3. How does person or work of Jesus solve this problem passage?
 4. How does this relate to other parts of the Bible?
 - a. Does the author use other parts of the Bible?
 - b. Does it seem to confirm other parts of the Bible?
 - c. Does it seem to contradict other parts of the Bible?
- ii. **Second, application questions:**
1. Make a list of areas of your life: job, family, hobbies, responsibilities, roles, struggles, etc...
 2. Then ask how this passage applies to each area of your life.
 3. Example: Ephesians 4:29 teaches we should speak words that build people up, not tear them down.
 - a. How do you apply this to your marriage?
 - b. How do you apply this to your parenting?
 - c. How do you apply this to your hobbies like golf or gaming?
 - d. How do you apply this to your phone calls at work?

MEDITATION THROUGH OUT THE DAY

- a. Memorize it in your _____
 - a. Psalm 119:11
- b. Carry it in your _____
- c. Post it in your _____
 - a. _____
 - b. _____
 - c. _____
 - d. _____

PRACTICE IT...

Pick one of the follow passages: Psalm 100, Romans 5:6-11, Colossians 1:15-20, Micah 7:18-20.

Read through the passage and pick a single verse to meditate upon as a group

Use the “Emphasis different words” method to meditate

LIVE IT...

Read the book of Ephesians 3 times again this week. But this time, meditate on a portion of your reading each time using each of the methods we discussed today:

- Emphasizing different words of the verse.
- Carrying the verse with you.
- Asking questions of the verse.

Remember, read broadly but meditate narrowly!