

Meditation and Bible Study

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Meditation is a prolonged and focused thought. It involves holding onto a spiritual thought until it totally works its way through you. It ends in a changed or affected life.

Christian Meditation much like Eastern meditation involves purging (or emptying), but also seeks to fill the mind with God's thoughts (big difference between the two).

- Joshua 1:8, meditate and do everything in it.
- Meditation stresses two things: **discipline & time**
- Meditation ties in with other spiritual disciplines. It is a means to an end, not an end in itself. It is to bring greatness to God.

Don'ts concerning meditation:

- a. Don't meditate upon yourself
- b. Don't get alone with your own thoughts but with God's thoughts
 - **Scripture** is the best tool to use in meditation:
Psalm 103:1-2, Proverbs 3:5-6, Isaiah 50:4,
Philippians 4:6-7

Five Suggestions to Make Meditation more successful:

- a. Start small, 10 or 15 minutes, and seek to progress
- b. Emphasize different words within a passage
- c. Ask questions of the text
- d. Apply the passage to your life
 - What truth should I gain?
 - Should I eliminate something from my life after reading this?
- e. Translate or paraphrase the passage into your own words

- **Scripture** -is not an end in itself, but a means to an end. That end is Jesus Christ. He is the authority and Lord over Scripture. He is what scripture is all about.

Important things to consider about Scripture Study:

- a. Being exposed to the Word strengthens our faith. (Romans 10:17)
- b. We need to read the Bible.
- c. Richard Foster on studying the Bible, "let what we are studying form and shape our lives."
- d. Notice the connection between Meditation and Bible Study.
- e. We should memorize the Bible. (Psalm 119:11)
- f. We can apply it to our lives and ministry (practical, everyday ministry).

The Role of the Holy Spirit - Illumination:

- a. The Holy Spirit's Role is crucial to our understanding of scripture.
- b. The Holy Spirit quickens our minds to understanding.
- c. The Holy Spirit "illuminates" (sheds light upon) God's Word.
- d. John 16:5-16, outlines the ministry of the H.S., points to Christ.