

SPIRITUAL DISCIPLINES

BIBLICAL MEDITATION



BIBLICAL MEDITATION

What it's NOT

not “emptying self”

DON'T EMPTY


Ephesians 5:18b

“...be filled with the Holy
Spirit”

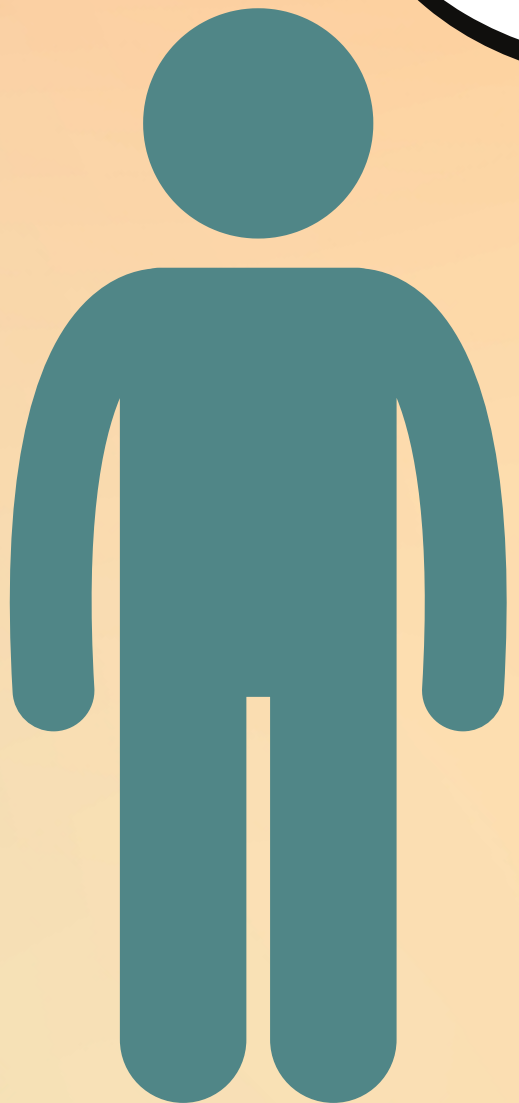
DON'T EMPTY, FILL

Biblical Meditation **fills your mind,**
requiring intentional thought, not
emptying your mind like eastern
mysticism.

COWS “CHEW THE CUD”



Mmmm, I could eat
these greens over
and over again



How does this
verse apply to
me?

DEFINITION 1

One seventeenth-century minister defined the discipline as a

“holy exercise of the mind, whereby we bring
the truths of God to remembrance, and do
seriously ponder upon them, and **apply them**
to our selves.”

DEFINITION 2

Another Christian author defined it as

“deep thinking on the truths and spiritual realities revealed in Scripture for the purposes of understanding, application, and prayer.”

APPLY THE BIBLE

Joshua 1:8

Keep this Book of the Law always on your lips; **meditate on it day and night**, so that you may be **careful to do everything written in it**. Then you will be prosperous and successful.

APPLY THE BIBLE

“Biblical meditation done right will have at its center the goal of application.”

APPLY THE BIBLE

John 13:17

“If you know these things, blessed are
you if you do them.”

SPIRITUAL DISCIPLINES

BIBLICAL MEDITATION



DAY AND NIGHT

Psalm 1:2

His delight is in the law of the
LORD, and in His law he meditates
day and night.

MEDITATE ON

Some ideas:

- Attributes or Characteristics of God
- What God has done
- What God will do
- Scripture

MEDITATE ON

Attributes or Characteristics of God

- He's a loving God
- He's everywhere
- He knows everything (and still loves you!)
- He's all wise (so you can ask Him anything!)
- He's all powerful (so He's in control!)

MEDITATE ON

What God has done

Psalms 77:12 says: I will consider all
your works and meditate on all your
mighty deeds.

MEDITATE ON

What God will do

John 14:3 says: And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also.

MEDITATE ON

Scripture

All of it!

EXAMPLE:

2 Corinthians 13:14

The **grace** of the Lord Jesus Christ,
and the **love** of God, and the
communion [fellowship] of the
Holy Spirit be with you all. Amen.

THE 3 “S”

What you should have
for meditation

THE 3 “S”

What you should have
for meditation

- Silence
-
-

THE 3 “S”

What you should have
for meditation

- Silence
- Solitude
-

THE 3 “S”

What you should have
for meditation

- Silence
- Solitude
- ...Some Cud

SPIRITUAL DISCIPLINES

BIBLICAL MEDITATION

