

Making the Most of God's Resources for Your Growth

Biblical Meditation & Memorization

What is meditation?



Blessed is the man
who walks not in the counsel of the wicked,
nor stands in the way of sinners,
nor sits in the seat of scoffers;
But his delight is in the law of the Lord,
and on his law he **meditates** day and night.

- Psalm 1:1-2

***Biblical meditation is not a one-time activity,
it's an ongoing lifestyle***

Psalm 119:1-32

Biblical meditation is a practice wherein we fill ourselves with God's truth, and allow ourselves to be changed by it.

Spiritual transformation starts in the heart, and heart transformation starts with Biblical and prayerful meditation.

What's the point of meditation?

- John 6:29
- John 17:20-24

We strive to live into a deeper oneness with God and each other. As we live in the love of Christ, we bear witness to him.

How do we meditate?

- What are some practical steps?
 - **Verse/passage memorization**
 - Asking the right questions
 - *"What is the main idea of this passage?"*
 - *"If (main idea) is true, then how should I respond?"*
 - *"How is God confronting my heart in this text?"*
 - Scheduled daily check-ins
 - First thing when you wake up, breaks at work, every time you get in the car, etc.
 - Mindfulness
 - As circumstances and events of life happen, ask *"If _____ is true, then how should I engage this situation?"*

TEST CASE - *1 Corinthians 13*

- What are some practical steps?
 - **Verse/passage memorization**
 - Asking the right questions
 - *"What is the main idea of this passage?"*
 - *"If (main idea) is true, then how should I respond?"*
 - *"How is God confronting my heart in this text?"*
 - Scheduled daily check-ins
 - First thing when you wake up, breaks at work, every time you get in the car, etc.
 - Mindfulness
 - As circumstances and events of life happen, ask *"If _____ is true, then how should I engage this situation?"*

Recommended resources for Bible memorization

- Apps
 - Scripture Typer – www.scripturetyper.com
 - BibleMinded – www.biblemindedapp.com