

MEDITATING ON SCRIPTURE

Followers of Eastern religions and New Age cults practice a mindless form of meditation in an effort to discover what they believe to be a divinity that lies hidden within themselves. Christian meditation, however, is neither mindless nor self-centered. Meditation is reflective thinking with a view to application. You think about God's ways and align your heart with His will and purpose. Pray for wisdom and surrender to the Holy Spirit so that He might make the word come alive to your heart.

On a sheet of paper write the date, scripture reference and each of the 5 steps below.

I. Understand the Perimeter of the Verse:

The meaning of a verse is colored and revealed by the verses that surround it. Read before and after the verse to understand the context in which the verse is found.

II. Paraphrase the Verse:

Put the verse into your own words. How would you say what the verse is communicating? Try to keep your paraphrase to the same length as the verse.

III. Pulverize the Verse:

- (1) Emphasize each word aloud by exclamation. Understand how each word adds to the overall meaning.
- (2) Pick 1 or 2 words that are key to the message of the verse for your heart. List.
- (3) Ask questions about the words. What, why, when, who, where, how? Asking questions gets you ready to want an answer. Your goal is to discover God's will for you about the truth of the verse.

IV. Personalize the Verse:

Don't stop with an interesting idea or concept. Pray for wisdom to make this apply to your life. Activate this idea.

V. Pray the Verse into Your Life:

Pray the verse back to God, this time putting your name and your circumstance in the verse.

Dr. Waylon B. Moore, Used by permission. More information about the ministry of Dr. Moore is available at www.mentoring-disciples.org.