

How to Spend Time With God in His Word (a practical look at meditating on, and praying through Scripture)

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What is your view of the Bible? b/c - answer directly impacts the way you read it

You have to remember that this is God's Word – this is God speaking to you

We must learn how to read with a different set of eyes – or as Eugene Peterson says, “we must turn our eyes into ears.” It is through the scriptures that we hear God's Voice – God revealing Himself, and His heart, to us

Scripture is *our only infallible rule of faith and life – the only source we can truly trust...* we come to understand that God wants to be known – the Bible is God revealing who He is (character/nature) and what He wants for us

Martin Luther: *'The Bible is a remarkable fountain; the more one drinks and draws from it, the more it stimulates thirst.'*

A: In His Word

“Blessed are those...who delight in the law of the Lord and meditate on his law day and night. They are like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither – whatever they do prospers.” – Psalm 1:1-3

“The law of the Lord is perfect, reviving the soul; the testimony of the Lord is sure, making wise the simple; the precepts of the Lord are right, rejoicing the heart; the commandment of the Lord is pure, enlightening the eyes; the fear of the Lord is clean, enduring forever; the rules of the Lord are true, and righteous altogether. More to be desired are they than gold, even much fine gold; sweeter also than honey and drippings of the honeycomb. Moreover, by them is your servant warned; in keeping them there is great reward.” - Psalm 19:7-11

Opening Prayer

...Ask him for his presence and help as you read and pray. Pray that God would open up your mind and heart to what He has to say to you through His Word, and that He would make His Word to come alive in your heart – and that your heart would come alive to His Word.

Bible Study

- Observation (what does this text say?), Interpretation (what does this text mean?), Application (how does this text apply to my life?)
- Write down any truth that stands out to you: an example to follow, command to obey, or promise to claim

(1) What does this passage show me about myself and my need of redemption?

(2) What does this passage show me about the Lord, who loves to save and redeem?

Meditation

Read from both the Old and New Testaments. It might be a good idea to have a yearly (or 2-year) reading plan.

Now write down or consider what this text shows you:

*ex: Philippians 2:1-11

1: Adoration

- How can I love/praise God on the basis of this?
- What do I see in here that I can praise Him for?

2: Repentance

- How do I fail to realize this in my life?
- What wrong behavior, harmful emotions, or attitudes result when I forget this?

3: Gospel Thanksgiving

- How can I think of Jesus as the ultimate revelation of this attribute of God?
- And the ultimate answer to this sin/need of mine?

4: Aspiration

- Why might God be showing this to you now?
- How would this change your life if you took it seriously?

B: In Prayer Throughout the Day

Morning: Prayer of Preparation for the Day

1. pray that God would take and apply His Word to your heart – that he would challenge you, encourage you, convict you where necessary – and that you would be captivated by the work that Jesus has done for you

2. pray through each of your meditations: adoration, repentance, gospel thanksgiving, aspiration
3. pray for your needs and pressing concerns
4. take a final moment just to enjoy God and his presence.
5. choose one thing from the passage you read to 'chew on' throughout the day
6. Sing a short hymn

Midday:

- recall something you read in the morning
- consider how the day is unfolding
- confess your need for God's continuing grace; give thanks for what He has already provided

Evening:

- read through the Psalms and/or sing a short hymn
- pray for yourself and others
- conclude with the Lord's Prayer