

Bible Study for Every Christian

Part 4: Meditation

BIBLE STUDY FOR EVERY CHRISTIAN (PT. 4) Meditation

THE PROCESS OF INDUCTIVE BIBLE STUDY

- 1) Preparation
- 2) Observation
- 3) Meditation
- 4) Interpretation
- 5) Evaluation
- 6) Application

OBSERVATION

- 1. Always Remember the Big Picture.
- 2. Choose a Biblical Book.
- 3. Read up on the Book's Background.
- 4. Read through the Book Multiple Times.
- 5. Identify the Paragraphs (Prose) or Sections (Poetry).
- 6. Make Observations and Ask Questions of the Text.
- 7. Look up all proper nouns.
- 8. Analyze the grammar.
- 9. Identify a preliminary theme.
- 10. Look up Cross References.
- 11. Study the Key Words.

I. WHY IS MEDITATION IMPORTANT?

- Joshua 1:8
 - A tool that helps us move from reading and study to putting God's Word into practice.
- Psalms 1:1-3
 - A practice that is foundational to every Christian's spiritual health and growth.



II. WHAT MEDITATION IS

- A. The Biblical Words
 - Ps. 143:5
 - 1. "Remember"
 - Deliberately reminiscing and thinking about something
 - 2. "Meditate"
 - Having a kind of internal discussion
 - 3. "Muse"
 - Deeply reflecting on a matter in one's mind

II. WHAT MEDITATION IS

- B. The Primary Results
 - 1. Insight
 - Ps. 119:99
 - Cf. Ps. 119:18 - Open my eyes, that I may behold Wonderful things from Your law.
 - Cf. Eph. 1:18 - I pray that the eyes of your heart may be enlightened, so that you will know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints.
 - 2. Application
 - Josh. 1:8 - "This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success.
 - Ps. 1:2 vs. Ps. 2:1. - same Hebrew word
 - Ps. 1:2 meditates
 - Ps. 2:1 devises
 - It is creating a plan in order to carry it out.

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II. WHAT MEDITATION IS

- A Definition of Meditation...
 - **Biblical meditation** is deliberately choosing to think deeply about something in order 1) to better understand it and 2) to plan how to do it.

MEDITATION: AN ILLUSTRATION



MEDITATION IN THE NEW TESTAMENT

- John 15:7 - "If you abide in Me, and My words abide in you, ask whatever you wish, and it will be done for you.
- Eph. 1:18-19; 3:18-19; [Col. 3:16](#)
- 1 John 2:24; 2 John 2.

THE OBJECTS OF OUR MEDITATION

- 1. God's Word
 - Josh. 1:8; Ps. 1:2; 119:15, 23, 48, 78, 97, 99, 148.
- 2. God's Works (creation & providence)
 - Ps. 77:12; 119:27; 143:5; 145:5 – on your wonderful works I will meditate.
- 3. God's Character
 - Ps. 63:6 – I will meditate on you; 145:5 – on the glorious splendor of your majesty I will meditate.

III. HOW MEDITATION WORKS

- Pr. 15:1 - A gentle answer turns away wrath, but a harsh word stirs up anger.
- 1) Ask important questions of the passage.
 - a) How does this passage fit into the great theme of the Bible, the gospel?
 - God is redeeming a people for His Son, by His Son, for His own glory.
 - b) What is the relationship of this passage to Christ?
 - Does it show our sin and need of Christ?
 - Does it show His work for us?
 - Does it reveal something about His Person?
 - Does it describe the way He lived as our example?

III. HOW MEDITATION WORKS

- Pr. 15:1 - A gentle answer turns away wrath, but a harsh word stirs up anger.
- 1) Ask important questions of the passage.
 - c) What does this passage tell me explicitly or implicitly about God?
 - d) How did the author expect the original readers to respond to this passage?
 - Commands to obey?
 - Sins to confess and forsake?
 - Errors to avoid?
 - Emotions to be felt?
 - Promises to believe?

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III. HOW MEDITATION WORKS

- Pr. 15:1 - A gentle answer turns away wrath, but a harsh word stirs up anger.
- **1)** Ask important questions of the passage.
- **2)** Make general observations about the text.
- **3)** Repeat it in different ways.
- **4)** Write it in your own words.
- **5)** Pray through the text.
- **6)** Think through specific ways to apply these truths to your circumstances.