

HOW TO MEDITATE ON GOD'S WORD

STAGE 1: ENGAGE YOUR MIND IN GOD'S WORD

You must READ God's Word! Choose a small section (1 chapter or less), read it repeatedly, and slow down to understand the truth in what you're reading.

Ask "What does this teach me about"...

- 1) God?
- 2) Human nature?
- 3) Jesus and his salvation?
- 4) The church, or life in the community of God's people?

STAGE 2: INCLINE YOUR HEART TO GOD'S WORD

Find a verse, phrase, or word that challenges, encourages, or instructs you. Ask God to help you answer these questions:

- 1) Do I believe what God is telling me?
- 2) How would my life change if I really believed this?
- 3) What false beliefs do I need to leave behind in light of this?
- 4) How should this affect me today?

STAGE 3: 2 OPTIONS BASED ON HOW STAGE 1 AND 2 GO

Results will vary!

If stage 1 and 2 lead you to exuberance, strength, and rejoicing, conclude with joyful worship and praise of God

If that doesn't happen, for any number of reasons (distraction, burdens of life, sin needing to be confessed, awareness of suffering and evil in the world), conclude by crying out to God from your heart about what you need from him. This includes his mercy, strength, peace, patience, for him to transform your lazy and disinterested heart, or any number of things to pray for.