

Tools for Mastering God's Word

Keys for Meditation



What is Meditation

- Meditation is directed thinking with a view to application
- Holding the Word of God in your heart until it has affected every phase of your life

From the Dictionary (Websters)

1 : to focus one's thoughts on : reflect on or ponder over

2 : to plan or project in the mind : **INTEND, PURPOSE**

synonyms PONDER, MEDITATE, MUSE, RUMINATE mean to consider or examine attentively or deliberately.

PONDER implies a careful weighing of a problem or, often, prolonged inconclusive thinking about a matter <*pondered* the course of action>.

MEDITATE implies a definite focusing of one's thoughts on something so as to understand it deeply <*meditated* on the meaning of life>.

MUSE suggests a more or less focused daydreaming as in remembrance <*mused* upon childhood joys>.

RUMINATE implies going over the same matter in one's thoughts again and again but suggests little of either purposive thinking or rapt absorption <*ruminated* on past disappointments>.

Verses that talk about Meditation

Joshua 1:8

Psalms 1:2-3

Psalms 119:15-16, 59

Psalms 119:48, 97

Psalms 63:6

Philippians 4:9

Preparation for Meditation

- Have an open mind
- Be willing to search
- You will need patience
- You will need paper and pen/pencil
- Ask the Holy Spirit to be your teacher

Techniques of Verse Meditation

1. Read the verse aloud
2. Read the context (verses in front and after the verse)
3. Read other translations
4. Take the verse apart (Word Emphasis, W questions, Definitions)
5. Look for something to apply.

Word Emphasis Approach

This technique uses a pronunciation emphasis to help high light the significance of a word. Repeat the verse emphasizing a different word with each repetition. Pause and consider what effect that emphasized word has on the meaning.

Example:

Tools for Mastering God's Word

Keys for Meditation



"Come, follow me," Jesus said, "and I will make you fishers of men." Matthew 4:19

Read the verse each time with a different emphasis:

"**COME**, follow me," Jesus said, "and I will make you fishers of men." – What is involved in coming to Jesus?

"Come, **FOLLOW** me," Jesus said, "and I will make you fishers of men." – What does it mean to follow?

"Come, follow **ME**," Jesus said, "and I will make you fishers of men." – Who are we to follow, and how can we do that now?

"Come, follow me," Jesus said, "**AND I** will make you fishers of men." Jesus wants to be involved as a result of my following.

"Come, follow me," Jesus said, "and I **WILL** make you fishers of men." – Promise, certainty, not maybe.

"Come, follow me," Jesus said, "and I will **MAKE** you fishers of men." – Work involved on Jesus part, Change involved on my part.

"Come, follow me," Jesus said, "and I will make **YOU** fishers of men." – I have an important part to play.

"Come, follow me," Jesus said, "and I will make you **FISHERS** of men." – What are the characteristics of a fisherman? How do they catch fish? With a net, with a line?

"Come, follow me," Jesus said, "and I will make you fishers **OF MEN**." – How do I fish for men?

The emphasis technique does not work with every verse, but it can yield much insight if you take your time and answer the questions that the emphasis brings to mind.

Always write down your thoughts.

Asking Questions

As you think about the verse ask yourself the "W" questions.

- Who What persons are involved
- What Ideas, content, action, involvement
- When What time frame
- Where What places
- Why What reasons or purpose
- Wherefore So what?
- How Is there a method to be followed

You can see some use of the "W" questions in the emphasis example above.

Define Words

It may be that the words used have a meaning that is not clear. Often a dictionary will help shed light on a verse. For instance, consider 1 John 2:2

and He Himself is the propitiation for our sins; and not for ours only, but also for those of the whole world. (NASV)

If you don't know what "propitiation" means, you won't be able to understand the verse. The dictionary says the definition of propitiation is

to gain or regain the favor or goodwill of : **APPEASE, CONCILIATE**

So the verse means that Jesus gained the favor of God for our sins, He appeased God's demand concerning our sin.