Level 2 Lesson 2

HOW TO MEDITATE ON GOD'S WORD

By Don Krow

The word *meditate* means "to muse over, ponder, to plan in the mind, to purpose, or intend." The Greek word implies "to revolve something in the mind" and is also translated *to imagine*.

Two reasons for biblical mediation are "to ponder over correct knowledge, also referred to as renewing the mind and to contact God behind His Word" through prayer, praise, and mediation; i.e., musing, pondering, and thinking about Him.

Meditation can be done from topical study. Choosing a topic to ponder over. Example: baptism. Define the word from Greek, Hebrew, or a good dictionary. Find the root word from which it is derived. Consider and ponder over the context of verses that will lead you to study other related subjects, such as remission (Acts 2:38), repentance (Acts 2:38), faith (Mark 16:16), the conscience (1 Pet. 3:21), calling on the Lord (Acts 22:16), etc.

You need to ponder over questions that you have or that the Scripture raises, such as: Are there qualifications to be met before baptism? What is the purpose of baptism? When was it practiced? In what time frame?

Meditation can be done from expositional study; i.e., a verse-by-verse study of a book of the Bible. The key is to ponder and think over a book for so long that you become familiar with its content (verses and chapters).

Meditation can be done through word studies. What do certain words mean? What does it mean to believe? What does the word *Lord* mean? What does the word *Jesus* mean? What does the word *Christ* mean? What does the word justify mean, etc.

You can meditate from paragraphs in the Bible. A paragraph is a unit of thought in writing, usually containing several sentences. When an author changes their subject of emphasis in their writing, they usually begin a new paragraph.

When meditating through scriptures, look for punctuation such as question marks. Why is this question being asked? How does it relate to the context, etc.?

Biblical meditation is not just looking at words, but for God behind the Word.

Discipleship Questions

1. What does the word "meditate" mean?

_____

2. What are two reasons for biblical mediation?
_____

3. What is a topical study?
_____

4. What is an expositional study of the Scriptures?
_____

5. Read Luke 6:46. What do you think the word "Lord" means?
_____

6. Read Matthew 1:21. What do you think the word "Jesus" means?
_____

7. Read Luke 23:1-2. What do you think the word "Christ" means?
_____

8. What is a paragraph? _____

9. Biblical meditation is not just looking at words, but for
_____.

Scriptures to Use with Questions

Luke 6:46 – *"And why call ye me, Lord, Lord, and do not the things which I say?"*

Matthew 1:21 – *"And she shall bring forth a son, and thou shalt call his name JESUS: for he shall save his people from their sins."*

Luke 23:1-2 – "[1] *And the whole multitude of them arose, and led him unto Pilate.* [2] *And they began to accuse him, saying, We found this fellow perverting the nation, and forbidding to give tribute to Caesar, saying that he himself is Christ a King."*

Answer Key

1. What does the word "meditate" mean? **To muse over, ponder over, or to revolve something in one's mind.**

2. What are two reasons for biblical mediation? **To ponder over correct knowledge (to renew my mind) and to contact God behind His Word (by musing, pondering, and thinking about Him).**

3. What is a topical study? **Choosing a topic from the Bible to study and think upon.**

4. What is an expositional study of the Scriptures? **A verse-by-verse study of a book of the Bible.**

5. Read Luke 6:46. What do you think the word "Lord" means? **Someone we obey (like a boss).**

6. Read Matthew 1:21. What do you think the word "Jesus" means? **A Savior that saves others from their sins.**

7. Read Luke 23:1-2. What do you think the word "Christ" means? **One anointed to be a king.**

8. What is a paragraph? **A unit of thought in writing.**

9. Biblical meditation is not just looking at words, but for **contacting God behind His Word**.

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Discipleship Evangelism
P.O. Box 17007
Colorado Springs, Colorado 80935-7007 U.S.A.
www.delessons.org