

"Christian Meditation"
Psalm 19:14

In the ancient Hebrew world, meditation always involved exercising and engaging the mind.

So biblical meditation involves deep reflection and study of God's Word. When we read the Bible, are we reading it slowly and intentionally? Psalm 119: 11-16,

This causes spiritual growth and maturing in the things of God as we are taught by His Holy Spirit. Nehemiah 8:1-12

The word "meditate" is found less frequently in the New Testament, and most modern translations use words like "think" or "consider."

As we read and speak God's truth and actively ponder it, the Holy Spirit enables us to put that truth into practice. In Philippians 4:8-9,

Question: Are we thinking about the significance of the words and how they relate to our lives and the lives of others? If so, we are meditating on God's Word. Psalm 1:1-2,

Meditation is a way of internalizing God's Word—taking it deep into our hearts—so that the Holy Spirit can work through it to guide, teach, purify, and transform us from within.

The Scriptures teach that meditation actively engages the mind for the purpose of understanding God's Word and putting it into practice. Romans 12:1-2

How can we meditate on God's Word so that it produces in us fruitful and holy lives before God? 2 Timothy 2:15

Christians are not to abandon God's Word, 2 Timothy 3:16-17

Christian meditation is to be solely on the Word of God and what it reveals about Him and His works Psalm 77:10-12; 143:5)

Biblical meditation can also expand from merely thinking to speaking Joshua 1:8

True Christian meditation is an active thought process whereby we give ourselves to the study of the Word, praying over it and asking God to give us understanding by the Spirit, who has promised to lead us "into all truth" John 16:13, 2 Peter 1:20-24

Then we put this truth into practice, committing ourselves to the Scriptures as the rule for life and practice as we go about our daily activities.

Meditation requires time and effort. It can't be rushed. It involves withdrawing from the distractions of this life so that we can fix our thoughts on God and His Word. Psalm 119:99.

Choose a small section of Scripture. Think about what the passage means. Study it in depth so that you can understand it in context. Take notes. Ask questions. Memorize the passage. Ask God what He wants to say to you through the text.