



SCRIPTURE MEDITATION

PASSAGE: _____

HOW TO MEDITATE ON SCRIPTURE?

Silence: Start with silence. Choose to be silent for 1-3 minutes. Part of being silent before the Lord is allowing yourself to get focused and free from any distractions. During this time, focus on a characteristic of God and slowly repeat it in your mind. Some examples include: God is - loving, merciful, gracious, good, etc.

Meditation: Take a passage of scripture and take some time to meditate on it. You will read the same passage 4 times and after each reading ask yourself the following questions.

- 1** **1st Reading:** What does the passage say about God? Underline any words or phrases that stick out to you.
- 2** **2nd Reading:** What does the passage say about mankind? Circle any words or phrases that stick out to you.
- 3** **3rd Reading:** Is there a word or phrase the Spirit is drawing you to? If so, what message do you sense He is trying to communicate to you?
- 4** **4th Reading:** What might the Spirit be leading you to do? Is there an action step that needs to be done?