

HOW TO MEDITATE ON GOD'S WORD

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Andrew has told you about the importance and power of the Scriptures, that they are spirit and life as Jesus said in John 6:63. That means that God's Word is more than black words on white paper. It's vibrant, and it carries the energy and the life of God; it's supernatural. Romans 12 tells us that we are able to understand and recognize God's perfect and acceptable will through the renewing of our minds (which really means the transformation of our soul—our mind, intellect, and emotions), and come into agreement and alignment with the Word of God.

The way that transformation takes place is through meditation on God's Word. First of all I want to explain what meditation isn't, because there are a lot of misconceptions we have, especially with Eastern religions being as popular as they are now in the States. A lot of people have misconceptions concerning meditation. Reading your Bible isn't necessarily meditating on the Word of God. It's a good thing to do; it helps familiarize you with the Scriptures so that you know where the books are. If you read your Bible regularly, when your pastor asks you to turn to Ephesians you wouldn't be looking through the Old Testament to find it.

Another thing that's beneficial in reading the Word is that as you read, you give the Holy Spirit an opportunity to illuminate, breathe on, or accentuate a verse or passage of Scripture. Sometimes you'll be reading and realize that you see something in the Scriptures you never noticed before. That's an insight that the Holy Spirit gives, and is actually an invitation to take some time and begin to meditate on those scriptures. So meditation isn't just reading the Bible, but it can help or aid in meditation.

Meditation is not simply quoting or memorizing Scripture. It's very possible to memorize Scripture but still not have it transform your life. As a matter of fact, I was in prayer one time, and the Lord told me, "You know, you can quote Scripture and still be unaffected by it, but prayer saturates the soul with truth." I believe what He meant by that is that there's more involved in meditation than simply memorizing Scripture, though that can help us in meditating.

Now that we've identified what meditation isn't, let's look at what it is. The word "meditate" in Greek is "haga," which when translated, literally means "to mutter" or "to muse," "to think upon or mutter to oneself," like speaking under your breath. Those are actually two aspects to the whole definition. There are two parts of that that are very important for us to understand. First of all, if I'm going to meditate on the Scriptures and gain the benefit that comes from meditating on them, I need to realize that part of that process is muttering those Scriptures to myself. That's where reading a scripture or a verse over and over again and getting it on the inside of our spirits and our hearts is helpful and begins that process of meditation. The other aspect of the definition is "to muse" or "to think upon."

One of the mistakes I think we make in meditating is that we equate quoting scriptures to meditation, and that's really not true. Actually, it's not that we need to focus on each word in a verse and memorize it in the proper order. Instead, we need to allow the Holy Spirit to speak to us through that verse

and allow it to paint a picture of victory. For example, Colossians 1:13 says that we've been delivered from the authority of darkness and translated into the kingdom of God's dear Son. As I begin to meditate on that scripture, what I want to do is let the Holy Spirit paint a picture of that verse for me to show that I have been delivered from the authority of darkness. In other words, darkness doesn't have any more authority over my life. I can ask the Holy Spirit to give me a clear, strong picture of what that really means—that I've been redeemed from sickness, poverty, disease, fear, confusion, anger, and from any area of my life and soul that steals or robs me of my victory and my faith in God. In that way I can read the Scriptures and allow the Holy Spirit to paint a picture of me being delivered from the authority of darkness and translated into God's kingdom of love . . . see that I am in a different kingdom, and am subject to and get to flow with the rules or laws or the power of that kingdom.

Once I allow the Holy Spirit to make that picture real to me, there will be a point in time when the picture from that verse will be more real and concrete in my thinking and in my heart than any other pictures or images I have carried around inside me. Psalm 1:1-2 says, "Blessed is the man, who walks not in the counsel of the ungodly, nor stands in the paths of sinners, nor sits in the seat of the scornful. But his delight is in the law of the Lord, and in his law he meditates day and night" (NKJV). Here is the result of meditating day and night: Once we understand the process of meditation, the by-product is that we become like trees planted by rivers of water, our roots will sink deep, we bring forth our fruit in its season, our leaf does not wither, and whatever we put our hand to prospers. That's pretty awesome.

If you want that kind of life, the requirement to achieve or tap into it is meditating. One key is that we are to meditate day and night. Most people, if they think meditating is simply reading or quoting the Scriptures, find it is impossible to do that day and night. I can't read my Bible and quote scriptures day and night, but it says that if I want to be this tree full of life, I need to meditate day and night. That's why I mentioned earlier that meditation involves more than reading or quoting Scripture, but that there is the work of the Spirit in painting a picture. Our souls were created with the capacity to carry inside of us day and night, even while we're sleeping, the pictures the Scriptures paint for us. It is possible to train our souls to carry pictures of victory, health, prosperity, healing, or whatever that Scriptures are promising, day and night.

Let me prove that to you. If I asked you, "Do you meditate on the Scriptures day and night?" Many of you would probably say, "No, I don't; I don't know how. I've never done it." That reminds me of 1 Thessalonians 5:17 where it says to pray without ceasing. How many of you can say honestly tell me that you pray without ceasing or meditate day and night? Normally, when I ask a congregation that question, very few, if any, hands are raised. Then I ask, "How many of you can tell me whether or not you worry without ceasing or worry day and night?" Most people raise their hands.

The same part of your soul that has the ability to worry without ceasing or worry day and night is the same part that has the capacity to pray without ceasing or meditate on Scripture day and night. In other words, when we worry without ceasing, we are carrying the picture of the worst-case scenario around day and night. It is so much a part of us that we can literally say we worry day and night. If we can do that, we can certainly carry the pictures the Scriptures paint of victory, health, healing, prosperity, strength, and courage in our soul. We can meditate on the truth and reality that Jesus paid for and have it speak to us day and night without ceasing.

There have been times when I woke up in the morning and realized I had been praying or communing with the Lord, or I had been thinking and meditating on the truth and reality of the Scriptures and the promises of God. We will talk about this more in other lessons, but let me sum this up by saying: If we are going to experience the renewing of our minds, being that tree so full of life that whatever we do prospers, it will require us to meditate. Remember that meditation is more than just reading the Bible though that is an important part of it. It is more than just quoting scriptures though that is also an important part of it. Meditation is literally allowing the Holy Spirit to saturate you with the pictures of the Scriptures, and carrying those pictures of victory with you wherever you go. You need to let them saturate your soul until they become more real to you than anything else in your life.

HOW TO MEDITATE ON GOD'S WORD (Outline)

John 6:63: "It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life."

God's Word is vibrant and carries the life and energy of God. It's supernatural.

Romans 12:2: "And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."

We can recognize God's perfect will through the renewing of our minds.

Our souls, which are made up of the mind, intellect, emotions, and will, are transformed as they come into agreement with the Word of God.

This transformation of the soul takes place through meditating on God's Word.

Reading the Bible is not meditation, but it helps in:

1. Familiarizing ourselves with the Scriptures.
2. Giving the Holy Spirit an opportunity to breathe on or accentuate a passage of scripture.

Memorizing Scripture is also not meditation. You can quote a verse and still not have it affect your life, but prayer saturates the soul with truth.

In the Greek, "meditate" means "to mutter or to muse--to think upon or mutter to oneself, speaking under your breath." Meditating on the Word of God involves two aspects:

1. Muttering the Scriptures to yourselves. Reading a portion of Scripture over and over and getting it on the inside of your heart begins the process of meditation.
2. Musing or thinking upon a scripture.

We need to allow the Holy Spirit to speak to us through the Scriptures and paint a picture of victory for us. Through meditation, there will come a point in time when the picture from the verse will be more real in our thinking and hearts than any other pictures we've carried around on the inside of us.

Psalms 1:3: "And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper."

The result of meditating on God's Word day and night is that we will prosper.

Our souls are created with the ability to carry around the pictures that the Scriptures have painted for us of victory on the inside of us day and night. In the same way that we can worry day and night, we can meditate on the truths and promises of God's Word.

If we want to experience the renewing of our minds and prosper in what we do, it will require us to meditate on God's Word.

HOW TO MEDITATE ON GOD'S WORD (Teacher's Guide)

1. According to John 6:63, what are Jesus' words?

They are spirit and life.

2. If we renew our minds according to Romans 12:2, what can we prove or recognize?

The good, acceptable, and perfect will of God. (You can know God's will.)

3. Meditation on God's Word isn't just reading the Bible. Meditation is not just quoting verses. Do you remember what the instructor said meditation is?

Meditation is to mutter to oneself or to think upon.

4. A. According to Psalms 1, what are the benefits of meditating in the law of the Lord?

We become like trees planted by water. We bring forth fruit in season. Our leaves won't wither. Whatever we do will prosper.

- B. How often should we do this?

Day and night.

5. What does Philippians 4:8 tell us to do?

Whatever things are just, pure, lovely, and are of good report—think on these things.

6. As we meditate upon Christ, what happens to us according to 2 Corinthians 3:18?

We are changed into His image by the Spirit of the Lord.

HOW TO MEDITATE ON GOD'S WORD (Detailed Teacher's Guide)

Note: The following information may be read out loud (a numbered section at a time) with the person(s) being disciplined. After each numbered section is read, pause and ask the question(s) that correspond to the paragraph(s), and then discuss them.

¹ The word “meditation” actually means “to mutter to oneself.” It also means “to muse, to consider, to think upon.” Biblical meditation is not the act of emptying one’s mind, but rather filling it with God’s Word.

² Meditation is not memorization; it is not recalling each specific word in the Scriptures. Meditation is first of all recognizing the picture that the Scriptures paint for us. It may be a passage that brings us a picture of peace—or a picture of healing for a sick body. Maybe it is a picture of provision. Meditation is carrying that picture of life around on the inside of us. It is exciting that our souls were created by God with the ability to carry a picture of victory around, day and night. We certainly know what it’s like to be overwhelmed with fear day and night. In the same way, our hearts and minds can be saturated with the life of God’s Word without ceasing.

³ As we meditate on the Word of God, we attack and tear down the strongholds in our thought lives. This is important because it is our thoughts that determine our actions. Your body nor your life can’t ever go in a direction that your thoughts have not previously gone.

God told Joshua that he was to meditate on His Word day and night that he might observe to do according to all that is written in it. The principle is that we do what we see in our minds. The mind has two basic functions: memory and imagination. We are created by God to perform what we first see in our minds. Every action is first preceded by a thought-picture. For example, adultery is played over in one’s mind long before the act of adultery takes place.

¹(a) Define what biblical meditation is and is not.

(b) How can a person be prosperous and have success (Joshua 1:8; Psalms 1:2-3)?

²How do people meditate on negative things? Worry and anxiety.

³What does Philippians 4:8 tell us to do?

⁴As we meditate on God’s Word, we allow the Word to paint a picture for us of strength, purity, and victory. The process of exchanging our negative thoughts with these pictures is the process of “renewing” our minds. We really don’t see with our eyes—we see with our minds. Our lives will rise and fall, depending upon the pictures we carry around on the inside of us.

When Joshua meditated on God’s promises, he began to see himself performing and experiencing those promises, consequently making them a reality with his actions.

⁴As we meditate upon Christ, what happens to us according to 2 Corinthians 3:18?

How to Meditate on God's Word (Discipleship Questions)

Definition

Meditate: to mutter, to muse, to think upon, to speak under one's breath, to mull or repeat over and over, to occupy your thoughts with, to form a picture in your mind of something through repetition so that it will change your life.

Read John 6:63

1. Who is it that gives life?
2. What does the flesh profit?
3. What two things are the words that Jesus speaks to us? _____ and _____

Read Romans 12:2

4. What are we not to be conformed to?
5. How are we to be transformed?
6. What are we to prove by the renewing our minds?
 - A. _____
 - B. _____
 - C. _____ will of God.

Review the definition at the top of the page.

7. Is meditating emptying our minds of thoughts? _____
8. Is meditating merely reading something? _____

Read Psalm 1:1-3

9. Blessed is the man who does not do what three things?
 - A. _____
 - B. _____
 - C. _____
10. What is his delight in instead?
11. How often does he meditate on the Law?
12. What shall he be like, who meditates on God's Word day and night?
13. What does this tree bring forth in its season?

14. Shall his leaf wither?
15. What is the outcome of whatever he does?

Read Philippians 4:8-9

16. List all eight things we are to meditate on.
- A. _____
 - B. _____
 - C. _____
 - D. _____
 - E. _____
 - F. _____
 - G. _____
 - H. _____
17. In verse 9 there are four things we must do, list them.
- I. _____
 - J. _____
 - K. _____
 - L. _____
18. What will happen as a result of doing these things?

Read Joshua 1:8-9

19. What shall we do with the Book of the Law?
20. Why are we to meditate on it day and night?
21. If we do all that is written, how will our lives be?
22. What four things did God command us and reminds us of in verse 9?
- A. _____
 - B. _____
 - C. _____
 - D. _____
23. We can be all of these things because

Read Proverbs 23:7a

24. Write out this verse:

- 25. If we haven't renewed our minds as in Romans 12:2, and we believe the lies we have toward ourselves—loser, ugly, poor, guilty—who does this verse in Proverbs say we are?
- 26. Can you see how meditating on God's Word and believing who He says we are could change your perspective on who you think you are?

Read Psalm 119:11

- 27. Why did David hide God's Word in his heart?

Read Psalm 119:15-16

- 28. "I will _____ on Your precepts (commandments, ways)"
 And _____ Your ways.
 I will _____ myself in Your statutes;
 I will NOT _____ Your _____."
- 29. Can you see how by meditating, contemplating, and delighting yourself in God's Word will cause you not to forget what you have learned?

Read Psalm 119:78-80

- 30. Who is to be ashamed?
- 31. What are you to do in order to remain blameless and unashamed?

Read Psalm 19:14

- 32. What two things do we desire to be acceptable to the Lord?
 A. _____
 B. _____
- 33. Who is the Lord to us? My _____ and _____

Read Psalm 49:3

- 34. What shall your mouth speak?
- 35. What shall the meditation of your heart give?
- 36. Can you see that with meditating the Word of God, He shall give you revelation and understanding?

37. Can you see how it is only by knowing the Word of God that we are able to do the will of God?

Read Proverbs 4:20-27

38. “My Son, give _____ to My words;
_____ your ear to My sayings.
Do not let them _____ from your eyes;
_____ them in the midst of your _____;
For they are _____ to those who find them.
And _____ to all their flesh.
Keep your heart with all _____.
For out of it spring the _____ of life.
Put away from you a _____ mouth.
And put _____ lips far from you.
Let your eyes look _____ ahead,
And your eyelids look _____ before you.
_____ the path of your feet,
And let _____ your ways be _____.
DO NOT _____ to the right or the left;
_____ your foot from _____.

39. Read Psalm 37 and meditate on God’s Word and promises to you.

How to Meditate on God's Word (Discipleship Answer Key)

1. The Spirit
2. Nothing
3. Spirit and Life
4. This world
5. By the renewing of our minds
6. A. The good
B. Acceptable
C. Perfect
7. No
8. No
9. A. Walk not in the counsel of the ungodly
B. Stands in the path of sinners
C. Sits in the seat of the scornful
10. The law of the Lord
11. Day and night
12. Like a tree planted by the rivers of water
13. Fruit
14. No
15. Prosperity
16. A. True
B. Nobel
C. Just
D. Pure
E. Lovely
F. Good report
G. Virtue
H. Praiseworthy
17. A. The things we learned
B. Received
C. Heard
D. Saw
18. The God of peace will be with you
19. Meditate on it
20. That we may observe to do all according to His Word
21. Prosperous and good success
22. A. Be strong
B. Be of good courage
C. Don't fear
D. Don't be dismayed
23. The Lord your God is with you wherever you go
24. For as he thinks in his heart, so he is
25. What we think
26. Yes
27. That he wouldn't sin against God
28. Meditate – contemplate – delight – forget - word
29. Yes
30. The proud
31. Meditate on His precepts
32. A. The words of my mouth
B. The meditation of my heart
33. Strength and Redeemer

34. Wisdom
35. Understanding
36. Yes
37. Yes
38. Attention – Incline – Depart – Keep- Heart –
Life – Health – Diligence- Issues – Deceitful –
Perverse -Straight – Right – Ponder – All –
Established – Turn – Remove – Evil
39. I will meditate on His Word

HOW TO MEDITATE ON GOD'S WORD (Additional information)

The word “meditation” actually means to “mutter to oneself.” It also means “to muse, to consider, to think upon.” Biblical meditation is not the act of emptying one’s mind but rather filling it with God’s Word. The way to meditate on the Word of God is to begin saying it out loud, forcing one’s mind to think about what is being said.

Meditation on God’s Word Renews our Minds

In Romans 12:2 we read, “And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God” (NKJV). From this scripture, we see that the result of renewing our minds is that we experience a transformation in our lives. And it is only through meditating on God’s Word that we experience the renewing of our minds. Still, there are misconceptions many Christians have regarding meditation that hinder the effectiveness of the Scriptures in their lives. For example, the act of just reading the Bible, although it is important, does not necessarily result in the renewing of our minds. Another popular misconception is that confessing God’s Word automatically equates to meditation of God’s Word. Confessing the Word of God does aid us in meditation, but I know people who quote Scripture all the time, yet their lives reflect very little of God’s nature and power.

As we look closer at what the Scriptures say about meditating on God’s Word, we begin to discover how it is accomplished. In Psalms 1:2-3 we read, “But his delight is in the law of the Lord; and in his law he meditates day and night. He shall be like a tree planted by rivers of water, that brings forth it’s fruit in it’s season, whose leaf shall not wither; and whatever he does shall prosper” (NKJV).

Notice what the scripture says about the man or woman who meditates on the Word of God. The psalmist says that their lives will be like a tree whose roots drive down so deep, and tap into a river so full of life that the tree of their lives will always produce fruit and never wither. Whatever they put their hand to will prosper. How is this accomplished? By meditating on God’s Word day and night. Another scripture that talks about meditating on the Word of God day and night is in Joshua 1:8: “This book of the Law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous and then thou shall have good success.”

At first this seems impossible. It is kind of like 1 Thessalonians 5:17, which says, “Pray without ceasing.” These are some pretty intimidating scriptures, especially if you are a mother with small children, or a wife and mother who works outside of the home. Have you ever worried without ceasing? Have you ever been full of anxiety day and night?

The same part of your soul that worries is the same part of your soul that prays or meditates. In other words, since you have the capacity to worry without ceasing, you have the capacity to pray and meditate day and night.

Meditation is not memorization; it is not thinking of each specific word in the scripture. Meditation is, first of all, recognizing the picture that the Scriptures paint for us. It may be a scripture that brings us a picture of peace or a picture of healing for a sick body. Maybe it is a picture of provision. Meditation is carrying that picture of life around on the inside of us. What is exciting is that God created our souls with the ability to carry pictures of victory around, day and night. We certainly know what it's like to be overwhelmed with fear day and night. In the same way, our hearts and minds can be saturated with the life of God's Word without ceasing. Even while we are asleep, our souls can be bathed with God's life-giving Word.

The Principle of Seeing and Doing

It is as we are meditating on the Word of God that we attack and tear down the strongholds in our thought lives. This is important because it is our thoughts that determine our actions. In other words, your body, or your life can never go in a direction that your thoughts have not previously gone. Look at a principle of truth found in the book of Joshua. In Joshua 1:8 God told Joshua to meditate on His Word day and night that he may observe to do according to all that was written in the Word. The principle is that we do what we see in our minds. The mind has two basic functions: memory and imagination. We are created by God to perform what we first see in our minds. Every action is first preceded by a thought that paints a picture. For example, adultery does not come on a man or woman like a seizure. The thoughts and fantasies of adultery are played over in one's mind long before the act of adultery takes place.

As we meditate on God's Word we are allowing the Word to paint a picture for us of strength, purity and victory. The process of exchanging these pictures with our negative thoughts is the process of renewing our minds. We really don't see with our eyes, we see with our minds. Our lives will rise and fall according to the picture that we carry around on the inside of us. For example, it was as Joshua meditated on God's promises that he began to see himself performing and experiencing those promises, consequently making them a reality.

The Power of God's Word

In 2 Corinthians 10:4 it says that the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds. What are these weapons that God has given us? They are the Word of God, the blood of Jesus, the name of Jesus and the intercession of the believers. When we mix faith with these weapons, we begin to experience the power of His grace.

God's Word is more than black words on white paper; it is supernatural. Jesus said in John 6:63, "It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak to you, they are spirit, and they are life." In 2 Timothy 3:16 it says, "All scripture is given by inspiration of God [God breathed], and is profitable for doctrine, for reproof, for correction, for instruction in righteousness." John 6:63 says, "It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life."

Scripture is the standard or rule by which we are able to judge if what we believe is correct, regardless of how strongly we may feel about it. His Word, year after year, never changes and is always the same.

When we pick up the Bible, we need to remember that it is the book with God in it. It is not just black words on white paper. Actually, it is more than a book that tells us about God; it is a supernatural work. Therefore, you cannot separate God from His Word. The same attributes that apply to God, apply to His Word. Since we know that God is faithful, we know His word is faithful. If God is all truth, and it is impossible for Him to lie, then we know that the Scriptures are truth, and we can trust them with our lives. Stop seeing the Bible as just a book written about God, and begin to look at the Scriptures as an expression of the heart of the Father. The Scriptures are a living, breathing, testament of God's will for your life.

Most Christians look at the Scriptures as simply a manual for living. Even though that is partly true, if that is the only revelation they have of the Bible, then their time in the Word will be dry and lifeless. In John 1:1 we catch another glimpse of the true nature of the Scriptures. John 1:1 says, "In the beginning was the Word, and the Word was with God, and the Word was God." In John 1:14 we read, "And the Word was made flesh, and dwelt among us."

In Revelation 19:11-13 we read, "And I saw heaven opened, and behold a white horse; and he that sat upon him was called Faithful and True, and in righteousness he doth judge and make war. His eyes were as a flame of fire, and on his head were many crowns; and he had a name written, that no man knew, but he himself. And he was clothed with a vesture dipped in blood: and his name is called The Word of God."

The Word is like its author: Eternal, Powerful, Victorious, Living! The Word is the out-breathing of God. It is God speaking to you today. It speaks of winning, victory, joy, and surrender. His Word speaks of prosperity, healing, and victory over sin! The Word of God has the supernatural ability to change your life from the inside out! Ask the Holy Spirit to breathe the truth of His Word into your heart. Receive His power and life.

God's Word has the power to help us discern what our faith is in, and enables us to discern if what we are thinking is from God. Look at Hebrews 4:12: "For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart."

As we consistently expose our thoughts and feelings to God's Word, the light of His Word exposes the true motives of our feelings and subsequent decisions. As we continually expose our minds to the Word of God, we begin to see our thoughts and imaginations for what they really are.

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