

## Methods of Meditation

- Choose an impactful verse/passage
- Reread and rewrite the verse/passage

<sup>11</sup> *I will remember the deeds of the Lord;  
yes, I will remember your wonders of old.*

<sup>12</sup> *I will ponder all your work,  
and meditate on your mighty deeds.*  
-- Psalm 77:11-12

*Praise to the Lord, Who doth prosper thy work and defend thee  
Surely His goodness and mercy here daily attend thee  
Ponder anew what the Almighty can do  
If with His love He befriend thee  
- Joachim Neander, "Praise to the Lord, the Almighty"*

## Meeting with God Core Seminar Schedule

Week 1: Introduction: The What, Why and How of Meeting with God  
Week 2: Meeting with God in His Word: Hearing and Reading  
Week 3: Meeting with God in His Word: Studying, Meditating and Memorizing  
Week 4: Meeting with God through Prayer  
Week 5: Prayer: Hindrances and Practicalities  
Week 6: Panel

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## Core Seminars—Meeting with God Class 3: Meeting with God in His Word, Part 2



### Two Basic Inferences

- We can meet with God
- We should meet with God

### Quiet Time

A quiet time is the part of the day that we set aside for the worship of God, for the reading of the Word of God and for fellowship with God so that we would know Him more, know ourselves in light of Him, and know the world according to His perspective.

### Five Means of Bible Intake

1. Hearing the Bible
2. Reading the Bible
3. Studying the Bible
4. Memorizing the Bible
5. Meditating on the Bible

<sup>1</sup> *Blessed is the man  
who walks not in the counsel of the wicked,  
nor stands in the way of sinners,  
nor sits in the seat of scoffers;  
<sup>2</sup> but his delight is in the law of the Lord,  
and on his law he meditates day and night.  
<sup>3</sup> He is like a tree  
planted by streams of water  
that yields its fruit in its season,  
and its leaf does not wither.  
In all that he does, he prospers.*  
-- Psalm 1:1-3

## Studying the Bible

*<sup>10</sup> For Ezra had set his heart to study the Law of the Lord,  
and to do it and to teach his statutes and rules in Israel.  
-- Ezra 7:10*

### What we need to study the Bible

- 1) A heart of prayer and humility
  - Humble hearts are guided by the Holy Spirit
    - John 14:26
  - Humble hearts are amazed by God
    - Romans 11:33-36
- 2) A Bible – everything you need is in the text.

### Inductive Bible study: observe, interpret, apply

- 1) **Observe – 6 Questions**
  - WHO is speaking?
  - WHO is the audience?
  - WHAT is he saying?
  - WHY is he telling them this?
  - HOW does he make his appeal?
- 2) **Interpret**
  - Remember that context rules
  - Always seek the full counsel of God
  - Look for the single meaning of the passage
- 3) **Apply**
  - James 1:22

#### Inductive study practice: Romans 12:1

*I appeal to you therefore, brothers, by the mercies of  
God, to present your bodies as a living sacrifice, holy  
and acceptable to God, which is your spiritual worship.*

## Memorizing the Bible

### Benefits of Memorizing Scripture

- Victory over sin
  - Psalm 119:9-11
- Victory over Satan
  - Matthew 4:4
- Preparation for witnessing and counseling
  - Proverbs 25:11

### Tips for Memorizing Scripture

- 1) Pray
- 2) Set aside time
- 3) Repeat the text
- 4) Review
- 5) Have a plan
- 6) Memorize word for word

### Meditating on the Bible

*<sup>8</sup> This Book of the Law shall not depart from your mouth, but you  
shall meditate on it day and night, so that you may be careful to  
do according to all that is written in it. For then you will make  
your way prosperous, and then you will have good success.  
-- Joshua 1:8*

“A holy exercise of the mind whereby we bring the truths of God to remembrance, and do seriously ponder upon them and apply them to ourselves.”

– Thomas Watson

Meditation goal: not to *empty* our minds, but to *fill* them God’s truth