

Meditating as a Christian

1. Find a quiet, comfortable place removed from your normal "life" of work and ministry where you will not be interrupted for 20-30 minutes (not driving in your car - no phone, TV, music, etc. around). Settle and focus.

2. Pray and ask your Heavenly Father through his Spirit to open your heart to his truth that is **for you today**.

3. Read the text slowly five times, with a brief pause between readings. When you find a phrase, or word, or sentence that "halts" you (saying to yourself "That's interesting"; "I need that..." "That's great..."), meditate in the following way (Ps 1:2; 119:15, etc.). Look for what the author is emphasizing about God, you, or others.

a. Repeat the phrase, word, sentence verbatim aloud 5 times.

b. Repeat the phrase, word, sentence verbatim whispering 5 times.

c. Put the phrase, word or sentence in your own words several different ways.

4. Application.* Sit open to the presence of the Spirit asking God, "where am I in this text"? Let the truth of this word into each relational sphere of your life: "Does this say about my relationships at work, my relationships at home, at church?", "Is there something here for this particular issue I'm facing?" Etc. Think concretely about specific things you should do or avoid, ways you should think, truth you should have handy for certain situations. Ask yourself if there is some way you might keep this truth before your heart this week so it is more "available" as you engage the different events or conversations of your life. Etc.

5. Write down your application. What should you do and when you will do it? Try different ways of expression: journal, write a prayer to the Lord, etc.

6. Sing aloud a chorus of praise or hymn. The Spirit inhabits songs of praise to Jesus (Eph 5:18-19).

***Note:** We always aim to apply the intended meaning of the biblical author of our text.