

DIGGING DEEPER 2013

GETTING DEEPER INTO THE BIBLE

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⁸ Keep this Book of the Law always on your lips; **meditate** on it day and night, so that you may be careful to do everything written in it. Then you will be **prosperous and successful**.
(*Joshua 1:8*)

¹ Blessed is the one

...whose delight is in the law of the LORD,
and who meditates on his law day and night.

³ That person is like a tree planted by streams of
water,

which yields its fruit in season
and whose leaf does not wither —
whatever they do prospers.

(Psalm 1:1-3)

May my meditation be pleasing to him,
as I rejoice in the LORD.

(Psalm 104:34)

Bible Meditation is not:

1. Transcendental Meditation
2. Letting your mind go blank
3. Looking inside yourself for answers
4. A form of breathing exercise
5. Bible study

What it is:

1. Pondering or considering small bits of Scripture
2. Interested in understanding rather than just knowledge
3. Asking God to work the Bible into our hearts and not just our heads

Why Meditate?

- To know God better

Now this is eternal life: that they know you, the only true God, and Jesus Christ, whom you have sent. (*John 17:3*)

‘There is something exceedingly improving to the mind in a contemplation of the Divinity...plunge yourself in the Godhead’s deepest sea; to be lost in His immensity.’

Why Meditate?

- To become more like Jesus

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – his good, pleasing and perfect will. (*Romans 12:2*)

Why Meditate?

- To understand the Word and receive God's guidance

The unfolding of your words gives light;
it gives understanding to the simple.
(*Psalms 119:130*)

Preparation for Meditation:

- Be awake and at rest
- Be repentant
- Be humble
- Be hungry
- Be dependent on the Holy Spirit

Getting started:

- Choose a book
- It's best to pray about which book
- Mark and Luke are best for starting
- Aim for between 15 and 20 minutes a day
- Be disciplined

Then what:

- Start with a paragraph
- Read it through slowly, asking God to bring a part of it out to you
- Focus in on what God shows you
- Pursue your train of thought, asking God to show you what it speaks of Him and what it means for you
- Respond

Fruits of meditation (Psalm 1):

- Happiness or blessing
- Fruitfulness
- Freshness
- Prosperity
- Perseverance

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