

THE MEDITATION OF SCRIPTURE

1. Bible study by itself is not enough.

- a. “Mere intellectual study of the Word of God is not enough; there must be meditation upon it. The Word of God must be revolved over and over and over in the mind, with a constant looking to God by His Spirit to make that Word a living thing in the heart.”¹
- b. After all study, meditate and reflect on what the Scriptures say.

2. Meditation is like feasting and digesting a delicious feast.

- a. “Feasting is more than just reading the Bible; it is a term to express the nourishing of our souls in Jesus Christ. It means that we are sitting at the feet of Jesus, hearing His Word and believing it, for the purpose of implementing the truths into our lives. It means we are receiving spiritual nourishment and we are delighting our souls in His grace and truth.”²

3. Meditation takes time and effort.

- a. Give yourself time for the Holy Spirit to speak to your heart.
- b. Smart phones and other tech devices are crowding out mediation.

4. Meditation is a learned skill.

5. Meditating on Scripture is very different from Hindu or Buddhist meditation.

6. Journaling is one of the most effective ways to meditate on Scripture.

- a. Use a journal to record personal things God shows you as you study his word.
- b. “If you are note keeping a spiritual journal or diary, you need to. If the God of the universe tells you something, you should write it down.”³

7. We cannot nourish others with biblical truth if we are not first nourished ourselves.

- a. “How shall anyone be able to nourish others with the word, who does not first nourish himself therewith? It is one thing for a man to enlighten his understanding, to fill his imagination, and to load his memory; and another, to nourish his heart with it. A man nourishes himself with it, if he lives upon it; and he lives upon it, if he changes it as it were into his own substance; if he practices it himself; if he renders it proper and familiar to himself, so as to make it the food and nourishment, with which he ought to feed others.”⁴

8. Meditation is what makes great preachers.

¹ R. A. Torrey.

² Setting Captives Free.

³ H. Blackaby, *Experiencing God*, 172.

⁴ [] Quesnel, quoted in C. Bridges, *The Christian Ministry*, Kindle Locations 2787-2801.

- a. “Meditation is essential to intellectual vigour. Without it, we may indeed acquire a foreign store of knowledge, but we shall never make it our own. It is important also to cultivate this habit in the bent of our own work—that is, that a Preacher should think as a Preacher—marking every thing (like any other man of business) with the eyes of his own profession. This course of drawing all the objects around him into connexion with his great work, enriches him with much valuable material for Christian instruction, and gives to his sermons great richness and variety of illustration. . . . This reflective habit often supplies the deficiency of extrinsical help; constant excitement increases intellectual fertility; the mind is brought to know the extent of its capabilities, and being strengthened and supported by frequent exercise (to use Luther’s words), suggests more, much more, than all our commentators united.”⁵
- b. “Suffer me therefore to entreat you earnestly to give yourself to prayer, to reading, and meditation on Divine truths; strive to penetrate to the bottom of them, and never be content with a superficial knowledge. By this means your thoughts will gradually grow weighty and judicious; and you hereby will be possessed of a valuable treasure, out of which you may produce ‘things new and old’ to the glory of God.”⁶

⁵ C. Bridges, *The Christian Ministry*, Kindle Locations 2780-2784.

⁶ D. Brainerd, quoted in C. Bridges, *The Christian Ministry*, Kindle Locations 2806-2809.

Notes

“Study it carefully, think on it prayerfully. Deep in your heart, let its oracles dwell.... Study its mystery, slight not its history. No man ere knew it or loved it too well.”⁷

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