

# How to Prayerfully Meditate



***"Blessed is the man who does not walk in the counsel of the wicked, or stand in the way of sinners or sit in the seat of mockers. But his delight is in the law of the Lord, and on his law he meditates day and night" (Psalm 1:1-2).***

Meditation helps us pray more effectively. Psalm 119 speaks over and over again about the value of God's Word and the importance of meditation. If we meditate on the Scriptures, it will cause us to understand something of the mind and heart of God. Meditation changes us deeply, freeing us from negative thinking because we are dwelling on the positive truth of Scripture. It touches the deepest part of our soul and transforms us. Meditation should always result in a response to God whether it is repentance, thanksgiving, worship, obedience, a change in attitude, etc.

Meditating is something that even the secular world practices. I remember many years ago while trying to reach the cults in Chicago. A popular cult at that time was transcendental meditation. Weekly the cult leaders had meetings open to the public, trying to entice others to join. Our team went prayerfully to a couple of their meetings and listened to them tell of their peace through meditating. Clearly they were not meditating on God but using an empty mantra. On one occasion as the cult leader told about the peace he was getting through meditating, his chair collapsed right in front of everyone and he completely lost his peace! God answered our prayers for those attending the meeting that evening in a most unusual way. Let's learn how to prayerfully meditate on Scripture God's Way.

## **How to Prayerfully Meditate on Scripture**

- Read through a passage of Scripture.
- Let the Holy Spirit bring your attention to something in the passage.
- Paraphrase the verse.
- Make it personal. Pray it back to God thanking Him, asking for His help to obey, praying for insight, etc.
- Try picturing what the verse is saying.
- Relate the verse or passage to other verses you know.
- Write something down.
- Respond.

This week meditate on one aspect of God's nature in a single verse of Scripture. For example, prayerfully meditate on God's holiness in Psalm 93:5, "Your statutes stand firm; holiness adorns your house for endless day, O Lord." Pray:

*"Lord, teach me about your holiness. Your Word says that You are holy, and holiness adorns Your house forever. There is no end to Your holiness. There is no darkness in You. I praise You for being holy and righteous. You are pure and spotless, without flaw. Thank you for creating me in Your likeness. I long to partake of Your holiness. Make me like You. Help me to think about that which is noble, right, pure, lovely, and admirable (Philippians 4:8). I thank you for the joy of prayerful meditation. I bless Your holy name. Amen."*

*"When God's truth is allowed to touch the deepest corner of your soul, the Holy Spirit will transform you into the image of Jesus Christ. Don't just read your Bible; meditate on God's Word and ask Him to change your heart." Henry Blackaby*

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