

Meditating Scripture



Joshua 1:8 “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.”



Psalms 1:1–3 “Blessed is the man who does not walk in the counsel of the wicked, or set foot on the path 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. He is like a tree planted by streams of water, yielding its fruit in season, whose leaf does not wither, and who prospers in all he does.”

30
DAY
JOURNEY

What does it mean to meditate on Scripture?

Thought digestion essentially is Biblical meditation. If you look up the word meditation, you will find that its synonym is rumination. Rumination is what a cow does when it chews its cud. Eats grass, swallows it, burps it back up with renewed flavor, and then swallows it again. Scriptural meditation is reading a passage repeatedly, then thinking about it and concentrating on it in different ways until you have digested its meaning.



When it comes to Bible study, it's not about how much you read – it's about how often you read it and think about it.

Why do we need to meditate on the Bible?

The ultimate purpose of the Bible is not to inform us; it is to transform us. God doesn't want us to be just hearers of the Word; he wants us to be doers of the Word—living gospels—sharing the good news of Jesus Christ not only in our words but in our lives. Meditation on Scripture is how the Bible comes alive to us.

Faith Activates The Word

01



Hebrews 4:2 "For we also have had the gospel preached to us, just as they did; but the message they heard was of no value to them, because those who heard did not combine it with faith."

If you just read your Bible and don't mix faith into it, it doesn't work. Faith takes the natural and turns it into the supernatural. Well, how do I get faith?



Faith comes through Revelation.

02

If you want faith to come alive, you need revelation.

Revelation will activate your faith where you can actually believe what you are reading.

Revelation happens when you read the Bible and have the “aha” moment.

I see it – I get it.

Some have already had this experience – you were reading it, and it came alive inside you. That’s the word revelation.

There are two words for “word” in the Greek language:

LOGOS – written word. This is the written word or even spoken. This is the place that everyone gets to when they read their Bibles.

Everybody can be hearing it, but not everyone is getting this second word.

RHEMA – which means revelation. I see it now.

How does that happen? A story in the Bible that illustrates this.



Luke 1:34-38 “How will this be,” Mary asked the angel, “since I am a virgin?” The angel answered, “The Holy Spirit will come on you, and the power of the Most High will overshadow you. So the holy one to be born will be called the Son of God... For no word (rhema) from God will ever fail.” “I am the Lord’s servant,” Mary answered. “May your word (rhema) to me be fulfilled.” Then the angel left her.”



No word from God when you read it and it comes alive to you will ever fail.
God will fulfill every revealed word.
When Mary moved from logos to rhema she got pregnant.

What if I have never had this revelation? How do I get that?

Revelation comes through Meditation

03

You probably won't get revelation on the first pass of reading a Scripture. Revelation takes time. We have to slow down and ponder it a bit. Think about it. Think it through.

- **Pray** it back to God.
- **Memorize** it.
- **Read** the same verse in various translations and paraphrases
- **Write** it down on a card.
- **Discuss** it with other people (Bible study, small group, etc.)

If you take the Bible to do this at this level and do it consistently, you will start to see some of these promises manifest in your life.



Joshua 1:7 "Meditate on it day and night."



Psalms 1:2 "Meditate on it day and night."

- You will have **great success** like Joshua said
- You will bear **consistent fruit**, as Psalm 1 said
- You will be on a **solid foundation** like Jesus said in Matthew 7
- You will **prosper**, as James said in chapter 1

What is your one takeaway from this session?

