

## HOW TO MEDITATE ON THE WORD OF GOD

### **Psalm 119:97-98**

"O how love I thy law! It is my meditation all the day. Thou through thy commandments hast made me wiser than mine enemies: for they are ever with me.

### **Psalm 77:12 GNT**

I will think about all that you have done; I will meditate on all your mighty acts.

QUESTION: What is meditation?

In Hebrew, the word meditate is "hagah." It means "to utter, to devise, to muse," "to mutter." The key here is to mutter focus scriptures repeatedly and muse over them. The word muse means "to consider something thoughtfully and thoroughly."

It means to "mutter, speak, muse and ponder" to oneself the words of Scripture so that we are constantly meditating on what God has spoken to us. This produces not only knowledge of the Bible, but also, a heart transformation.

- Meditating on god's word produces transformation in thinking, speaking, acting & receiving.

QUESTION: What is the difference between reading the word of God and meditating on the word of God?

Bible study is about getting to know and understand God's Word. (Knowledge of the word).

Scripture meditation is about soaking in God's Word letting the word paint a picture in your mind and applying it to our lives, allowing it to shape us and change us.

- Reading is gaining knowledge or information from the word but will not automatically produce transformation
- Meditation ponders, think, muse, mutter on the information or the word of God until you have a mental picture of that word.

POWER POINT- meditation frames your imagination. Imagination produces application; application produces manifestation

When you see it with the eye of your mind (a mental picture) you can have it

God told Abraham to look at the stars to get a mental picture of how many descendants he will have (The word of God gave Abraham a mental picture of a multitude of descendants)

**Genesis 15:5 NLT**

Then the LORD took Abram outside and said to him, "Look up into the sky and count the stars if you can. That's how many descendants you will have!"

- Meditating & acting on God's word produces prosperity & good success

**Joshua 1:8 NLT**

Study this Book of Instruction continually. MEDITATE on it day and night so you will be sure to OBEY everything written in it. Only then will you PROSPER and SUCCEED in all you do.

- Meditation on god's word enhances your imagination (see things as God does)

**Genesis 22:17 KJVS**

That in blessing I will bless thee, and in multiplying I will multiply thy seed as the stars of the heaven, and as the sand which is upon the seashore...

**Ephesians 3:20 Nlrv**

God is able to do far more than we could EVER ASK FOR OR IMAGINE. He does everything by his power that is working in us.

- Meditation helps us to see the blessings as our present reality

**Colossians 3:1-2 GW**

Since you were brought back to life with Christ, focus (meditate) on the things that are above-where Christ holds the highest position. [2] Keep your mind(meditating) on things above, not on worldly things.

- You must see (imagine) yourself with it before you pray & ask God for it.

**Mark 11:24 KJVS**

Therefore, I say unto you, what things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.

- You must meditate on the word to see yourself possessing the blessings
- Abraham saw with his imagination Isaac raised from the dead.

**Hebrews 11:19 KJVS**

Accounting that God was able to raise him up, even from the dead; from whence also he received him in a figure (with his imagination).

## STEPS TO MEDITATE ON THE WORD OF GOD

1. Find a scripture. If you are confronted with a particular challenge, find scripture that address that particular challenge. Meditate on daily devotional reading for daily spirit growth.
2. Find a quiet place. Alone with no distractions.
3. Read the scriptures aloud to yourself (mutter, muse, say) several times.
4. Have a pen & pad to write your thoughts.

### SEE YOURSELF AS:

- HEALED

#### **Matthew 8:17 KJVS**

Himself took our infirmities and bore our sicknesses.

- DELIVERED

#### **Colossians 1:13 KJVS**

Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son:

- PROSPEROUS

#### **2 Corinthians 8:9 KJVS**

For ye know the grace of our Lord Jesus Christ, that, though he was rich, yet for your sakes he became poor, that ye through his poverty might be rich.

- REIGNING IN LIFE

#### **Romans 5:17 CEV**

God has been so kind to us, and he has accepted us because of Jesus. And so, we will live and rule like kings.

#### **Romans 5:17 GW**

It's even more certain that those who receive God's overflowing kindness, and the gift of his approval will rule in life because of one person, Jesus Christ.

- DOING THE WORKS OF JESUS

#### **Matthew 4:23 KJVS**

And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people.