

## How to Meditate on the God of the Word

Psalm 1 begins with the word “blessed”. This blessedness is a deep and inward happiness in God. The spiritual source of this inward happiness is the gospel truth that God loves us and is for us. The daily experience of this love comes in the meditation on the God of His Word. *“Blessed is the One... whose delight is in the law of the Lord and who meditates on his law day and night. (Ps. 1:1-2).*

There are many ways to meditate on the Scriptures. On Sunday I will share a very simple method for meditation. In the Advance article I share an insight from George Mueller who gives another simple method for meditation.

One method I have found helpful comes from the Protestant Reformer, Martin Luther. Luther was getting a haircut when his barber asked, “Master Luther, how do I pray?” Luther wrote his barber a 40-page letter later turned into a booklet called, “A Simple Way to Pray.” It is an excellent method for meditation, which connects the two primary spiritual disciplines of Bible reading and prayer.

**First, we prepare ourselves to spend time with God.** We do this by quieting our souls. Breathing exercises are a helpful in settling our minds and centering our thoughts. Ask God’s Spirit to illuminate our mind, warm our spirit and mold our will. God’s Spirit’s work in us prepares us to seek and savor God’s Word.

**Secondly, read a short passage slowly.** If you are reading larger passages, I encourage you to isolate a passage for meditation. Slow reading is reading with the heart. Read a brief passage several times and if possible read it audibly. As we read, record key words, ideas or simply what strikes us in the passage.

**Thirdly, try to summarize the main teaching of the passage.** I urge us in our daily reading to read less and think more. The purpose of reading about God in the Bible is to talk with God in prayer.

**Fourthly, write down the basic teaching of the passage or insights gleaned from it and use it to lead us into prayer.** Consider employing the A.C.S. process. What does the passage teach us about how can we love and adore God? (**Adoration**) What does the passage teach us about our inward struggle and sin? (**Confession**) What does the passage teach us about what we need? (**Supplication**) Write down the adorations, confessions and supplications.

**Fifthly, use the A.C.S. as the basis of our prayer.**

**Lastly, as we pray, be sensitive to God and write down any insights or promptings from our time with God.**