

9 Ways to Meditate on Scripture

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You may do a meditation study in sections a few minutes each day, concentrating on one verse a week. Ordinarily, you may prefer to select a verse you have been memorizing or perhaps the key verse in a passage or a chapter you have read or studied during your quiet times. After you select a verse, pray, claiming **James 1:5** for wisdom to apply God's Word.

1. Perimeter of the Verse

Read the verses before and after the verse to establish the theme and the setting, which will aid you in interpretation. Then write a summary of the passage.

2. Paraphrase the Verse

Write the verse in your own words. Say your paraphrase aloud.

2. Pulverize the Verse

Digest the verse by using three ways to assimilate its truths.

Emphasize a different word in the verse as you read or repeat it. Then state the opposite meaning to reveal what the verse says.

Write at least two important words from those you have emphasized in the verse.

Ask these questions about the two words to relate the Scripture to your needs: What? Why? When? Where? Who? How?

4. Personalize the Verse

Let the Holy Spirit apply the verse to a need, a challenge, an opportunity, or a failure in your life. What will you do about this verse as it relates to your life? Be specific.

5. Pray the Verse Back to God

Pray the verse back to God, making it personal. Vocalize or write the verse as you pray it back to God.

6. Parallel Passages

Refer to other passages that emphasize the truth of the verse.

7. Problems in the Verse

List thoughts or ideas you might not understand or might have difficulty applying in your life. Discuss them with a Sunday School teacher, Bible Study, or with a Christian friend.

8. Possibilities for Helping Others Through the Verse

Write a way you can use the verse to help another person.

9. Protracted Study

Record plans for further study of this verse.