

## **Bible Meditation**

- **Introduction:**

This is a practical tool that will help you encounter Jesus in the Bible.

Let's start looking at the following story from:

*Luke 24: 13 On that same day two of Jesus' followers were going to a village named Emmaus, about seven miles from Jerusalem, 14 and they were talking to each other about all the things that had happened. 15 As they talked and discussed, Jesus himself drew near and walked along with them; 16 they saw him, but somehow did not recognize him.*

Sometimes we look at a Bible verse, but it takes us a while before we realize that Jesus is actually walking with us...

And sometimes it takes a while of looking at a Bible verse before we realize that Jesus is actually talking to us...

*Luke 24: 31 Then their eyes were opened and they recognized him, but he disappeared from their sight. 32 They said to each other, "Wasn't it like a fire burning in us when he talked to us on the road and explained the Scriptures to us?"*

The goal of this Bible meditation is that your heart will start to burn with love for Jesus. This is not about 'head knowledge', this is about an 'encounter' with Jesus. Jesus is the Living Word who became flesh and dwelt among us. (John 1:14)

So, during this time you sit down, quiet your soul and give Jesus time to explain the Bible verse to you personally, step by step, word by word, until your heart is touched and transformed by an encounter with Him.

- **Get started:**

First of all, find a quiet place where you feel comfortable and undistracted. And turn on some quiet instrumental Christian music, if that helps you to focus on Jesus.

Pick a Bible verse that you like, or a Bible verse that you would like deeper revelation about.

Take a pen and a piece of blank paper and give yourself at least 30 minutes the first time. In the future you will probably want to do this longer.

Draw three lines (see example page below):

1. on top of the page, from left to right
2. on the right side of the page, from the top – down
3. on the bottom of the page, from left to right

This should create three columns and one big square in the middle of the columns where you can write your revelations.

Write down the Bible verse above the line on top of the page and put your Bible aside.

On top of the column on the right side write: *'To do/ distractions'*. Here you can write things that you think about during the Bible meditation. For example, you remember you need to call your friend, or any other thing that might be crossing your mind.

On the column on the bottom of the page you write *'Study later'*. Here you can write a topic down that you might want study later, or any cross reference verses that you think. It might not look like it, but this will really help you to stay focused during the Bible meditation.

- **The Steps:**

There are 6 steps or different things that you can do during Bible meditation that will help you engage and encounter God.

- The 1st step is: 'Read' the Bible verse. For example John 3:16 *'For God so loved the world that He gave His only begotten Son, so that whoever believes in Him will not perish but have eternal life.'* This is simple, just read the verse like you do right now.

- The 2nd step is: 'Write' the first couple of words of the Bible verse. For example in this case the first two words 'For God', start to write these words several times. Write it, over and over again, until you might feel Holy Spirit stirring something inside of you. Write it, until you have a thought. Write it, until you have an impression, or memory. For example, the words 'For God' might make you think about the different names of God. In this case write these

names down. Maybe you start to feel God's presence, then pause and enjoy His presence as long as you can. Take your time for each step. Write down your revelations.

- The 3rd step is: 'Say' the words. In Romans 10:17 it says *'Faith comes by hearing, and hearing by the Word of God.'* Sometimes the Word hits you in a different way when you 'hear' it. Try to whisper it several times, try to say it out loud, until you feel that it is touching your heart with faith or revelation. Remember, this is about encountering God. Write your ideas down in the middle of the piece of paper.

-The 4th step is: 'Sing' the words. We are all called to sing to God and it's really simple to sing the Bible. For example, we all know Psalm 23 because there are so many songs about it. Something happens when we sing, words will go from our mind to our heart. It does not matter how it sounds, but this is a great way to discover the Word of God. Just try it and see what happens and write down your revelations.

-The 5th step is: 'Pray' the words. This is the most important step and maybe even the biggest goal of this meditation time. Sometimes and maybe even often, we don't understand what the words in the Bible mean. And we can just be honest about this with God and tell Him. He is not surprised or shocked when we ask Him even the hardest questions. He does not think we are dumb or immature. God wants a conversation about His Word and He is pleased to hear us talk to Him. His Word is meant to be a dialogue.

Write down all the ideas, revelations or experiences you have during this time in the middle of the piece of paper.

- The 6th step is: 'Create it'. Maybe during this Bible meditation you start to make a drawing, or painting. Maybe you come up with a dance, a song, a poem or spoken word. However the Holy Spirit leads, be inspired by God's Word and express it.

Summary of the 6 steps: 1) *Read it* 2) *Write it* 3) *Say it* 4) *Sing it* 5) *Pray it* 6) *Create it*

*This Bible meditation can be used in your time alone with Jesus, but it's also possible to do in group context. In that case try to pick the same Bible verse, explain it well, each one takes at least 30 minutes individually to look at the same verse. At the end come together and each person share his/ her revelations. You will be surprised to hear that each person has a different encounter with God, or revelation, from the same Bible verse. Try it out!*

**Bible Verse:** .....  
.....

<p>(Write down your thoughts, ideas or revelations in this area.)</p>	<p><i>To do/distractions:</i></p>
<p><i>Study later/ Cross Reference Verses:</i></p>	