

Bible Meditation

If the passage is not already written out for you, write out the passage on a pad of paper so that you can underline it and make notes. The timings below are a suggestion, and the contents are all optional – see what works for you.

Ready: (3 minutes)

- Find a place where you can be quiet and undisturbed.
- Get comfortable & relax. Use a relaxation method such as listening to your breathing, let it slow down & relax.
- Sit in silence and ask God to meet you during this time.

Read: (5 minutes)

- Read the verses slowly, taking in each word.
- Read a second time.
- Try making it personal by inserting your name into the text.
- To what are you drawn? Underline or note anything that catches your attention. See if you can move from head information to engaging your heart/soul.

Reflect: (10 minutes)

- Reflect on the word or phrase that caught your attention.
- Make notes on anything that grabs your attention or any thoughts that come to mind. Be aware of emotions, thoughts, memories, etc.
- Where do you feel resistance?
- How is God inviting you?
- Re-write: write out the verses again in your own words.

Respond: (10 minutes)

- What do you want to say to God & what is he saying to you?
- Writing out your thoughts helps you slow down, to listen carefully, & to crystallise what you & God are saying.
- Take the time necessary to sit and listen for God's response.

Rest: (5 minutes)

- Rest in God's presence.

Return:

- As you go through your day, keep returning to the passage and what God said to you.