

**What is the discipline of meditative study?**

In meditative study we seek to know what the Bible says but that is only the first step. In devotional or meditative study we seek to encounter and surrender to the living God through attending to Scripture.

Col 3:16-17: “Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God.

**What does meditative study require?**

Meditative study requires an open, reflective, listening posture alert to the voice of God. This type of reading aims more at growing a relationship with God rather than simply gathering information about God.

Heb 4:12-13: “For the word of God is living and active. sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.”

**Primary Resources – the Bible and the Spirit and an Open, Receptive Heart**

Luke 24:45: “Then he (Jesus) opened their minds so they could understand the Scriptures.”

1 Cor 2:12,14: “We have not received the spirit of the world but the Spirit who is from God, that we may understand what God has freely given us... The man without the Spirit does not accept the things that come from the Spirit of God, for they are foolishness to him, and he cannot understand them, because they are spiritually discerned.”

**Secondary Resources**

**A Good Study Bible**

- The NIV Study Bible
- The Reformation Study Bible (ESV)
- New Spirit Filled Life Bible (NKJV)

**Devotional Guides**

- Table Talk (theologically oriented)
- My Utmost For His Highest by Oswald Chambers
- Voices of the Faithful with Beth Moore, compiled by Kim Davis

## **Bible Reading Plans**

(especially helpful with problem of not knowing where to read)

Search the Scriptures (this book provides a two year plan reading plan with questions to help us as we seek to understand and apply God's Word)  
Through The Bible/Through The Year by John Stott

## **Help With Studying The Bible**

How To Read The Bible For All Its Worth

by Gordon Fee and Douglas Stuart

Eat This Book: A Conversation in the Art of Spiritual Reading

by Eugene Peterson

## **How To Meditatively Study God's Word**

### **Pray**

Realize Jesus is studying with you and wants to open your mind and heart by the Spirit just as He did with the Emmaus Road disciples (Luke 24:45). And remember—this time studying the Word is about relationship. Ask the Lord to help you to be with Him as you study his Word.

### **2. Read**

Read again slowly. Read out loud. Remember—slow down. You're seeking to be with the Lord and hear Him speak to you.

### **3. Meditate**

Ponder. Ask questions. (See additional handout for questions.) What is the Lord saying to you? Is there one thing drawing your attention?

### **4. Speak**

Talk to the Lord about what you're seeing. Be honest. Keep asking Him to draw you to what He wants to say to you. Praise Him for what the passage says about God. Tell the Lord what you think the passage is saying about you. Confess sin if that is what you see. Ask Him to enable you to do whatever His Word is saying. (Keep talking to the Lord about it through the day.)

### **5. Delight.** Move from delight in God's Word (Psalm 1:2) to delighting in God. Tell God what you're thankful for. Rest in His presence—He loves you. Rest in His love.

**6. Tell**

Talk to someone about what God is showing you (Colossians 3:16).