



# HOW TO MEDITATE ON THE WORD

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## I. HOW TO MEDITATE ON THE WORD: PRAY-READING THE WORD

- A. The most substantial way in which we can bolster our prayer lives is by feeding on the Word of God. This includes engaging in active conversation with God as we read His Word. Scripture gives us the “conversational material” in our prayer life and this makes prayer more enjoyable.  
***<sup>8</sup> This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night...then you will make your way prosperous, and...will have good success. (Josh. 1:8)***
- B. Bible study must lead to dialogue with God. Jesus rebuked the Pharisees, saying, “You search the Scriptures without using them to develop a real relationship with God (Jn. 5:39-40). As you study the Scriptures, you want to develop a living dialogue with God. <sup>39</sup> ***You search the Scriptures, for in them you think you have...life; these are they which testify of Me.*** <sup>40</sup> ***You are not willing to come to Me (dialogue) that you may have life. (Jn. 5:39-40)***
- C. Two broad categories of truth related to pray-reading the Word (meditating on Scripture) are Scriptures that focus on promises ***“to believe”*** and Scriptures that exhort us ***“to obey.”***
- D. We actively dialogue with God by praying promises that we are ***“to believe”*** from His Word.
1. First, ***we thank God*** for a particular truth. We turn that truth into declarations of thanksgiving or trust. For example, we say, “Thank you that You love, forgive, lead, and provide for me.”
  2. Second, ***we ask God to reveal*** particular truths to us (Eph. 1:17). For example, pray, “Father, reveal to me more of Your love, forgiveness, direction, and provision for me.”
- E. We actively dialogue with God by praying truths back to Him that exhort us ***“to obey”*** His Word.
1. First, ***we commit ourselves to obey God*** in the specific way set forth in a passage. We make declarations of our resolve to obey, saying, “I set my heart to obey in speech, time, and money.”
  2. Second, ***we ask God to empower us to obey*** a particular truth. We ask God for help to give us wisdom, motivation, and power to obey in specific areas. For example pray: “Father help me to love You, to bridle my speech, or use my time and money in full obedience.”
- F. We must articulate our love, gratitude, and requests to Jesus in simple phrases. Take time to ***journal*** or record your thoughts and prayers as you “pray-read” through Scripture. This helps us capture the truths that the Spirit gives us and to develop language to talk with God.  
***<sup>2</sup> Take words with you, and return to the LORD. Say to Him, “Take away all iniquity; receive us graciously, for we will offer the sacrifices of our lips. (Hos. 14:2)***
- G. In prayer and meditation, we speak to God on His throne and to God the Spirit, who dwells in our



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spirit. If we will talk to the Spirit, then we will walk in the Spirit and receive His work in us. Ask the Spirit to let you “see what He sees and feel what He feels” about your life and others.

<sup>14</sup> ***...The love of God, and the fellowship of the Holy Spirit be with you all. (2 Cor. 13:14, NAS)***

- H. Take time to linger in His presence. Speak ***affectionately*** by intermittently saying, “I love You.” Speak ***slowly*** and ***softly*** (not shouting or preaching at the indwelling Spirit), ***briefly*** (short phrases not paragraphs), and ***minimally*** (listen more than talk) with many ***pauses*** and ***silence***.