

Meditating On Scripture

Reading- Gently read the passage of scripture aloud, being mindful of each word and phrase. This may mean reading the verses multiple times. Eventually identify a word or short phrase that speaks to you.

Meditating- Now allow the scriptures to “read you.” Use the word or phrase for self-examination. How does the reading apply to you? Invite God to speak and reveal what He wants to say to you.

Speaking- After allowing God and his Scripture to have the first word, it's time to respond. Communicate your thoughts to God with words. This may be gratitude, confession, worry, joy or any other emotions that result from engaging the scripture.

Contemplating- When speaking ceases, it's time to rest in God's presence. Use the rest of the time to be silent and open to what God has to say. Receive his forgiveness, assurance or whatever He may have for you.

Ruminating- As you conclude your time, take the word or phrase from the reading with you. Throughout the day return to it as a prompt for prayer and a reminder of God's presence with you.

Source: “With” by Skye Jethani

Scriptures to meditate on this week:

Psalms 139:23-24; 1 John 3:23:24

Life With God

Luke 15:11-31; John 1:1-4

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Wrong Postures towards God:

1. Life Under God- Follow the rules and get blessed; don't follow the rules and get punishment.
John 9:1-3
2. Life Over God- Humanity living without God.
Matthew 19:16-22
3. Life From God- Purpose of a relationship with God is to receive blessings.
Luke 15:11-13
4. Life For God- What matters most is what you accomplish for God.
Luke 15:25-32

The Right Posture:

Life With God- God is the goal; God is the treasure
John 1:1-4; John 15:8-10