

BIBLE MEDITATION

- A. PREPARING** – select a brief passage, a phrase, a sentence or paragraph of Scripture. Ask God to guide you in your selection, using a systematic style in the process. When you do not have the guidance offered in this course, it is recommended that you use the Daily Study Bible by William Barclay, and that you concentrate your meditative life with the Scriptures on the four Gospels.

Recall that you are doing this in order to be addressed by God. Ask God to speak to you, and pray for the guidance of the Holy Spirit as you meditate. Say: “God, here I am. I really do want you to address me. As I get into the Scriptures, I want You to come.” (The Bible is not a model for morality, but a mirror for identity.)

- B. PICTURING** – picture the event which the Scripture describes and mentally live into it.
- C. PONDERING** – put yourself into the picture. Assume the identity of the person encountering Christ, and actually get into dialogue with Christ as that person, as though He is talking not to someone else, but to you. “What does it mean, Lord, if I do what you say?” Get into a literal dialogue with the historical, living, resurrected Christ.
- D. PRAYING** – Include the affirmation of your light side, and the confession of your dark side, adoration and thanksgiving to God, and your intercessory prayers for other people. In the process, be sure to be authentic, with the Lord. You may feel that you want to scream and holler at Him, or tell Him you don’t like what he is doing to you. Express what you really feel and say whatever you want to say to God. Get yourself into your prayer right at the point of your growing edge, positive or negative, right in the midst of your mission in life now. Then conclude your prayer by affirming the loving Presence of God in you, in other people, and in the world.