



CONNECT WITH GOD

MEDITATION

You connect with God through meditation. Meditation is intentionally focusing and directing your thoughts on God. You connect with God by saturating yourself in His presence and meditating on His Word. Scripture is your meeting place. Through meditation, you are able to slow down to hear what the Holy Spirit wants to show you as you read, contemplate, reflect and apply Scripture to your life. To meditate is to lean into the fact that every word in Scripture is God-breathed. When you slow down to read, you are preparing yourself to catch every word God is speaking. You see the Bible as not something to just learn from, but you allow it to transform you. It is through meditation that the Word of God renews your mind and your thoughts. What you behold is who you become, so when you behold Jesus in Scripture and meditate on Him and His words, you are allowing them to renew your thoughts to be like His. When you do this, you feel the closest to God because you are uniting with Him in all things. He reveals Himself to you when you look at Him, then you are able to see yourself the way He sees you.


Suggested Activities

- **Reflect on each word in Scripture like it is pregnant with revelation. Ask the Holy Spirit to speak to you and show you what He wants to teach you.**
- **Memorize Scripture.**
- **Meditative Prayer**—this is a prayerful reflection of a biblical text or theme/use of something you can see, taste, touch, hear or smell (Lecto Divina - place yourself into the passage).
- **Create declarations based on Scripture to meditate on.**
- **Close your eyes, imagine yourself doing the things you read about in Scripture.**
- **Declare out loud who you are and what God says about you according to Scripture.**

- **In your daily encounter, stop when something stands out and meditate on what God is imparting into your heart.**
- **Try to intentionally insert Scripture you have memorized into every day conversation. This is how you apply Scripture into your daily life.**
- **Think and direct your mind towards God and the things of God. Philippians 4:8-9 tells us to think about what is true, honorable, just, pure, lovely, commendable, if there is any excellence, things that are worthy of praise. Think on these things and put into practice what the Holy Spirit tells you.**

Encouragement

Give yourself freedom to pause when you are reading Scripture. It is not about how much you read, but how God is speaking to you. One verse has unlimited revelation that He wants to reveal to you. In Ezekiel 3, Ezekiel is commanded to eat the scroll. Likewise, when you are meditating on God’s word, you are eating His words to fill your belly, digest it, and allow it to transform you. Meditation is like eating healthy. Your mind gets renewed as you reflect on Scripture, but eating one healthy meal doesn’t make you healthy unless you continue to make it a practice. Keep returning to God and His Word, continue to take every thought captive and align it with Christ. Ask the Holy Spirit to help you make your thoughts like His.

	SCRIPTURE	BOOKS	
	Joshua 1:8, Psalm 1, Psalm 62, Psalm 119, Isaiah 55, Jeremiah 15:16, Timothy 4:15, Matthew 6: 5-8, Colossians 3:1-13, Philippians 4:8	Sanctuary of the Soul: Journey Into Meditative Prayer by Richard J. Foster Ancient Paths by Corey Russell	