



The Miracle of Meditation

Focus Meditating on the Word empowers us to do what it says because we are actually meditating on Jesus Himself.

Open What is the first thing you think of when you wake up in the morning?

Read To “meditate” means to ponder, to give serious thought and consideration to selected information. Meditation can also mean to review material by speaking it. Most of us are meditating on something whether we realize it or not. We could be meditating on a problem, a relationship, a dream or an opportunity. The Scripture repeatedly directs us to meditate on the Word of God and extends all kinds of promises to the believer who does. Something supernatural happens in us when we meditate upon God’s Word!

Talk

1. When you hear the word “meditate,” what immediately comes to mind? What does the Bible mean by “meditate”?
2. Read Joshua 1:8 and Psalm 1:2–3. What is promised to the person who chooses to regularly meditate on the Word of God?
3. 1 Peter 1:23 says that we are born again, “... *not of corruptible [perishable] seed but incorruptible, through the Word of God which lives forever and ever*”. Why do you think God likens the Word to a seed? What parallels are there between a seed and the way the Word works in our lives?

4. Read John 1:1–3. Considering this verse and any others that come to mind, why do you think “something supernatural” happens when we meditate on the Word?

Live

1. Practically, how do you meditate on the Word? What methods have you tried or are aware of? As a group, come up with some practical ways to make meditation a regular part of your individual lives.
2. Imagine what your life will be like when you regularly and purposefully meditate on the Word of God. Specifically, what do you expect will change?
3. Which of the ideas that you came up with in Question 1 will you begin to do this week?

Pray

Ask God to give each of you specific scriptures or themes in the Bible to begin to meditate on. Ask for His revelation and supernatural empowerment to do His will. Thank Him for the incredible power of His Word in your lives. Make a commitment to Him to make His Word a central part of your daily lives that you might know Him more intimately.