

How to Meditate on the Bible Replacing the Lies with the Truth

*“But His delight is in the law of the Lord, And in His love he meditates day and night. He will be like a tree firmly planted by streams of water, which yields its fruit in its season and its leaf does not wither. And in whatever he does, he prospers. **Psalms 1:2-3)NASB95)***

WHY MEDITATE ON SCRIPTURE?

1. It is the key to becoming like Christ.

*“...Your life is shaped by your thoughts.” **Proverbs 4:23***

*“...Be transformed by the **renewing** of your mind.” **Roman 12:2***

*“As we...**contemplate** the Lord’s glory, we are being transformed into his likeness...” **1 Corinthians 3” 18***

2. It is the key to answered prayer.

*“If you live your life in Me, and My words live in your hearts, **you can ask for whatever you like**, and it will come true for you.”*

John 15:7

3. It is the key to successful living.

“...Meditate on (the Word) day and night, so you may be careful to do everything written in it. Then you will be prosperous and successful.”

Joshua 1:8

SIX WAYS TO MEDITATE ON A VERSE

- 1. Picture it!** Visualize the scene in your mind.
- 2. Pronounce it!** Say the verse aloud, each time emphasizing a different word.
- 3. Paraphrase it!** Rewrite the verse in your own words,
- 4. Personalize it!** Replace the pronouns or people in the verse with your own name.
- 5. Pray it!** Turn the verse into a prayer and say it back to God.
- 6. Probe it!** Ask the following nine questions...

Is there any ...

- **Sin to Confess?**
- **Promise to Claim?**
- **Attitude to Change?**
- **Command to keep?**
- **Example to follow?**
- **Prayer to pray?**
- **Error to avoid?**
- **Truth to believe?**
- **Something to thank God for?**