

How to Meditate on the God of the Word

There are many ways to meditate on the Scriptures. One method I have found helpful comes from the Protestant Reformer, Martin Luther. Luther was getting a haircut when his barber asked, “Master Luther, how do I pray?” Luther wrote his barber a 40-page letter later turned into a booklet called, “A Simple Way to Pray.” It is an excellent method for meditation, which connects the two primary spiritual disciplines of Bible reading and prayer.

First, we prepare ourselves to spend time with God. We do this by quieting our souls. Breathing exercises are a helpful in settling our minds and centering our thoughts. Ask God’s Spirit to illuminate our mind, warm our spirit and mold our will. God’s Spirit’s work in us prepares us to seek and savor God’s Word.

Secondly, read a short passage slowly. If you are reading larger passages, I encourage you to isolate a passage for meditation. Slow reading is reading with the heart. Read a brief passage several times and if possible read it audibly. As we read, record key words, ideas or simply what strikes us in the passage.

Thirdly, try to summarize the main teaching of the passage. I urge us in our daily reading to read less and think more. The purpose of reading about God in the Bible is to talk with God in prayer.

Fourthly, write down the basic teaching of the passage or insights gleaned from it and use it to lead us into prayer. Consider employing the A.C.S. process. What does the passage teach us about how can we love and adore God? (**Adoration**) What does the passage teach us about our inward struggle and sin? (**Confession**) What does the passage teach us about what we need? (**Supplication**) Write down the adorations, confessions and supplications.

Fifthly, use the A.C.S. as the basis of our prayer.

Lastly, take a word, thought or theme from your daily reading and use it as a source of encouragement through your day.