



# Lecture 3

## Meditating On The Word of God

### TAKING GOD'S WORD FROM OUR MINDS INTO OUR HEARTS

James 1:21 (Wuest translation)

**“Wherefore, having put away every moral uncleanness and vulgarity and wickedness which is abounding, in meekness receive the implanted Word which is able to save your souls.”**

James writes, “in meekness [humility] *receive the implanted Word...*” When you listen to a sermon, or read a verse of Scripture, the Word of God is not yet implanted in your heart. If we give the Word of God only a cursory glance, it is probably not even embedded in our minds. We need to study, give attention to - even memorise - the Word of God for it to become part of our thinking. Once it is in our minds, we then need to ‘chew’ (meditate) on it for it to become implanted in our hearts. It has been said that memorising Scripture gets the Word into our minds, while meditating on it moves it from our heads to our hearts.

It is the *implanted* Word that has the power to safeguard and bring healing and wholeness to our souls: **“receive the implanted Word which is able to save [sōzō] your souls.”** The Greek word *sōzō* means “to save, keep safe and sound,” and contains within it the concepts of healing, preservation, wholeness, peace and safety. Every Word of God that we implant in our hearts will bring supernatural healing, preservation, wholeness and peace to our souls. Never forget the Word of God is supernatural! When we invest time and effort into studying the Word and implanting it into our hearts, it will produce supernatural fruit in our lives.

Psalms 119:11 (AMPC)

**“Your word have I laid up [hidden, treasured] in my heart, that I might not sin against You.”**

### A PRACTICAL GUIDE TO MEDITATING ON SCRIPTURE

Unlike secular meditation that requires a person to “empty” their mind, meditating on Scripture requires you to dig in and **think deeply** on God’s truth until His truths completely transform the way you think. To meditate is to reflect on, to ponder, to mull over, to talk about, to re-read, to re-hear, to say to others, and to hear from the lips of others. (Deuteronomy 6:5-9)

Remember, our goal is to replace our natural, unspiritual and “carnal” thinking with God’s thoughts in order to gain new insights into God and His nature, who He wants us to be and how He calls us to live and act as believers. Meditate on God’s Word according to your needs. Note anything Scripture points out that is not true in your life and purpose with the Lord to “chew” on it until it becomes part of your life.

## SOME PRACTICAL SUGGESTIONS TO GET YOU STARTED

Psalm 1:2 (AMPC)

**"But his delight and desire are in the law of the Lord, and on His law (the precepts, the instructions, the teachings of God) he habitually meditates (ponders and studies) by day and by night."**

There is not one "formula" for meditating on the Word of God - what you meditate on and *how* you do it, will depend on your needs and personality. What matters most is that you *do* it! Here are some different ways we can meditate on the Word - if you're new to this, you won't necessarily know what "works" best for you so you might want to try a few of these. Keep in mind that **what matters most is that the Word is alive to you**. Cultivate a sense of expectation that the Holy Spirit *will* give you understanding and speak to you through the Word:

1. Choose a topic, related to a specific personal need or challenge you're facing, and find as many verses as you can relating to that one topic and study them.
2. Use the same passage of the Bible for your reading every day for a week. Soak yourself in it!

Here are some questions you might ask yourself as you **think deeply** about the Scripture you're meditating on:

- *What does this passage mean?*
  - *What does this verse tell me about the character of God?*
  - *What does this verse reveal about God's heart and desires for me?*
  - *What does this verse tell me about my new identity in Christ?*
  - *What can I be thankful for?*
  - *What does this verse tell me about people?*
3. Memorise a key verse from what you're reading, and repeat it to yourself as often as you can each day. (*You could even put the Bible verse to music, and sing it to yourself to help you remember it!*)
  4. Whenever you exercise or travel, meditate on the Bible verse. Speak it aloud and share it with others
  5. Turn the words of the Bible verse into a prayer. **When we pray the Words of God, we own them and reinforce them in our hearts and wills.**
  6. Speak the verse or phrase aloud and intentionally emphasise different words or phrases by your tone in order to gain new revelations as you do so.
  7. Take a verse that "stands out" to you or touches your heart, and personalise it. Remember, **the Word of God is His love letters to you** and there is nothing more intimate or personal than a love letter, written by our Heavenly Father and Saviour, *just for us*. **Allow what you're reading and thinking about to penetrate your heart** and stabilise your emotions.
  8. Take the Scripture into your will, drawing new conclusions and making new decisions and basing your actions upon it.

**God is longing for you to know Him more intimately and for you to experience and receive more of His love!** The more you read His love letters to you and think deeply about what He's speaking to your heart, the more you will experience His love and the wholeness and peace that comes as we humbly receive the "implanted Word".