

Methods of Meditation on Scripture

First, select a passage for meditation from your time in God's Word.

Choose a verse or phrase that attracted your attention, or
Choose the theme verse or a key verse from the passage

Repeat the verse or phrase with emphasis on a different word each time.

Whatever He says to you, do it (John 2:5).

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Rewrite the verse or phrase in your own words.

Look for applications of this text – what should you do in response to it?

Pray through the text.

Ask the Philippians 4:8 questions.

Ask the "Joseph Hall" questions.

Discover a minimum number of insights into the text (you set the number in advance).

Find a link or common thread between all the chapters or paragraphs you've read.

Use Meditation Mapping.