

# Meditation

*I will meditate on your precepts  
and consider all your ways*

**—Psalm 119:5**

Meditation creates an emotional and spiritual place which allows Christ to construct an inner sanctuary in the heart. This kind of inner fellowship transforms the inner personality.

**- *Richard Foster***

Meditation is pondering over Scripture verses or passages in such a way that the written Word of God becomes the living Word of God applied to our hearts by the Holy Spirit.

**- *Dr Sian-Yang Tan***



*“He went out to the field  
one evening to meditate  
and as he looked up he  
saw camels approaching”*  
— Genesis 24:63

Suwach –

To muse; to commune; to speak.



*“Do not let this book of the Law depart from your mouth; meditate on it day and night so that you may be careful to do everything written in it . . . .”*

— Joshua 1:8

Dawgaw –

To moan; to utter; to devise;  
to imagine; to mutter.



meditation

*“My heart grew hot  
within me, and as I  
meditated the fire  
burned, . . .”*

— Genesis 24:63

Hawgheeg –

To whisper; to muse; to murmur.



*“to focus ones thoughts; to consider deeply; to reflect; to be absorbed in thought”*



Psalm 48:9

Within your temple of God, we **meditate**  
on your unfailing love

Psalm 119:15

I will **meditate** on your precepts and  
consider your ways

Psalm 119:27

... I will **meditate** on your wonders.



**M**editation

Psalm 119:48

I lift up my hands to your commands,  
which I love, and I **meditate** on your  
decrees.

Psalm 119:148

My eyes stay open through the watches of  
the night, that I may **meditate** on your  
promises.

Psalm 143:5

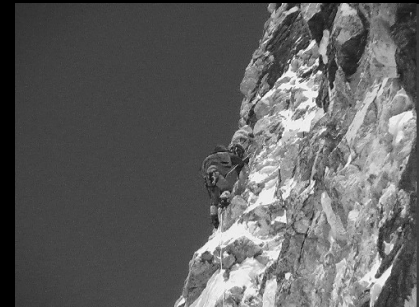
They will speak of the glorious splendour of  
your majesty, and I will **meditate** on your  
wonderful works.

# *Misconceptions of Meditation*

-It is NOT eastern meditation



-It is too difficult



-It is out of touch



# *Forms of Meditation*

## -Meditio Scripturarium



**M**editation

# *Forms of Meditation*

-Re - Collection



editation

# *Forms of Meditation*

-Creation



# *Forms of Meditation*

-Events



# *Donald Whitney's Approach*

1 Selecting a passage

2 Repeating it in different ways

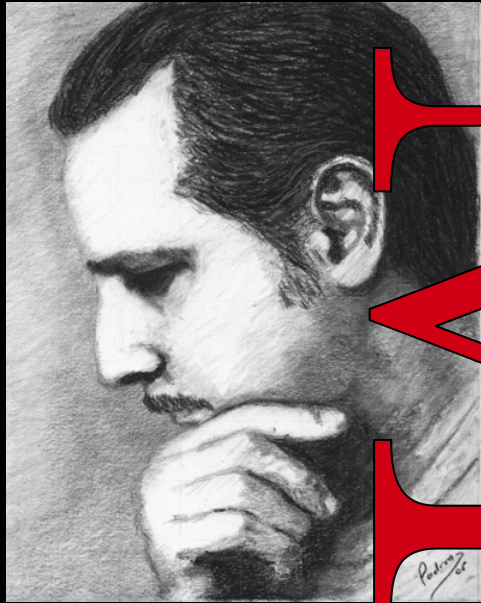
3 Rewriting it in your own words

4 Look for applications to your life

5 Praying through the text

6 Taking your time with the passage





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