

Lesson C15

Prayer Life and Meditating on God's Word

How would you rate your prayer life?

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Non-existent Poor Okay Good Awesome Prayer Warrior

One way to energize your prayer life is to _____ the _____!

Let the words of _____ become the words of your prayers.

1. Open your Bibles to **Psalm 23**. Read the first five words: “**The Lord is my shepherd...**”

What goes through your mind as you think of “the Lord as your shepherd”? Write a few thoughts down here:

Here are some more ideas:

- Thank Jesus for being your shepherd.
- Ask Him to shepherd your family that day, to guide, protect, and provide for them.
- Pray that He will make your family members His sheep; that they will look to Him as their shepherd.
- Ask Him to shepherd you through the decision you must make about your future.
- Pray for Him to bless the undershepherd (pastor) at your church, that Jesus shepherds him as he shepherds the church, etc.

When nothing else comes to mind, go to the next line—“I shall not want”—and continue to pray allowing that line of scripture to guide you.

2. What do you think of when you pray “**I shall not want**”? Write a couple of thoughts below:

Praying with Scripture means to simply go through the passage, line-by-line, praying what you find in the text or what it brings to mind. If nothing comes to mind, or if you don't understand the verse, go to the next. You might choose to linger long on one verse. Conversely, there may be only a handful of matters that prompt prayer as you go through many verses. Nothing says you have to pray over every verse.

Where do I start in the Bible?

The _____ are the best place in Scripture from which to pray Scripture. The Psalms were songs inspired by God for the purpose of being reflected in song back to God. Moreover, there's a Psalm for every sigh of the heart. The entire range of human emotion is recorded in the 150 Psalms. Some great Psalms to start out with are Psalm 1, 8, 23, 25, 27, 32, 37, 40, 46, 51, 62, 71, 84, 86, 91, 95, 96, 100, 103, 118, 121, 130, and 139.

Perhaps the second-best place in Scripture from which to pray Scripture is the New Testament _____. These are so densely packed with truth that virtually every verse suggests something to pray about. Start with Philippians, Ephesians, Colossians and Galatians.

You can also pray through the narrative passages of Scripture – the _____ of Matthew, Mark, Luke and John. Instead of looking at each verse almost microscopically, in a narrative passage it's usually easier to consider it paragraph-by-paragraph, looking for the “big ideas” of the story.

Meditating on the God's Word

3. When you think of “MEDITATION,” what do you think of? Write your response below:
4. So what is Biblical meditation? One Hebrew word for “meditate” is “*hagah*” which means to speak, utter, study, rehearse, and muse over something _____. A second Hebrew term is “*siyach*” which is translated “meditation” which can be either internal musings or spoken aloud.

Both terms mean to _____ something until barriers to understanding have been eliminated and to return repeatedly to a subject to carefully consider it. Both involve dwelling on, thinking on, remembering, and considering the truths of God's Word.

Biblical meditation involves reading, contemplating, personalizing, visualizing, and praying God's Word. It focuses on a word or phrase and examines it from different perspectives.

It is like placing the Word under a microscope instead of viewing it through a telescope.

5. According to Colossians 3:16, what is the goal of meditating on God's Word?

Meditation is reviewing God's Word by mulling it over in your mind.

You are not thinking your thoughts, but you are reflecting on _____ thoughts.

Meditation is not simply an academic exercise. It is meant to be _____, meaning that it will change your life.

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God-- this is your spiritual act of worship. ² Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is-- his good, pleasing and perfect will. **Romans 12:1-2**

Andrew Murray describes meditation as "*holding the word of God in your heart and mind until it has affected every area of your life.*"

6. The first and primary purpose of meditation is come to _____ God more intimately:

²³ This is what the LORD says: "Let not the wise man boast of his wisdom or the strong man boast of his strength or the rich man boast of his riches, ²⁴ but let him who boasts boast about this: that he understands and knows me, that I am the LORD, who exercises kindness, justice and righteousness on earth, for in these I delight," declares the LORD. **Jeremiah 9:23-24**

7. A second purpose of meditation is to come to know the _____ of God.

As you linger in His presence and meditate on Him, His Word, and His works, you will come to know His voice just as you come to recognize the voices of good friends. The Bible verifies that believers can know the voice of God. Jesus said:

"I am the good shepherd; I know my sheep and my sheep know me--I have other sheep that are not of this sheep pen. I must bring them also. They too will listen to my voice, and there shall be one flock and one shepherd...My sheep listen to my voice; I know them, and they follow me. **John 10:14, 16, 27**

When Should I Spend Time with God?

Although every believer should have a specific quiet time each day in which to fellowship with the Lord, prayer and meditation can also be worked into your daily routine. Here are some suggestions:

- A. When you wake up in the _____.
- B. During your _____ to school.
- C. When you _____.

D. Before _____ . Take a few minutes to meditate on the Lord, His Word, and His work through you and in you that day. God commanded Joshua: Do not let this Book of the Law depart from your mouth; meditate on it day and night... **Joshua 1:8**

E. When you _____ at night.

My eyes stay open through the watches of the night, that I may meditate on your promises. **Psalm 119:148**
I remember. In the night I meditate in my heart; I ponder and my spirit broods: **Psalm 77:7**
On my bed I remember you; I think of you through the watches of the night. **Psalm 63:6**

F. Any _____ and any _____ .

Where can I go from your Spirit? Where can I flee from your presence? ⁸ If I go up to the heavens, you are there; if I make my bed in the depths, you are there. ⁹ If I rise on the wings of the dawn, if I settle on the far side of the sea, ¹⁰ even there your hand will guide me, your right hand will hold me fast. **Psalm 139:7-10**

8. Prayer and Meditation is important at _____ times such as the following:

A. Facing an important _____ : Meditate on the promises of guidance from the Lord.

B. Going through _____ difficulties: Meditate on the promises of provision and Biblical guidelines for handling finances.

C. _____ : such as the loss of a loved one, a divorce, and other great losses: Meditate on verses of comfort.

D. Difficult _____ : Whether you are lonely, fearful, angry, sad, etc., peace results when you meditate on the Lord (Isaiah 26:3). Meditate on verses dealing with anger, bitterness, hatred, and unforgiveness.

E. _____ : Pray and meditate on verses on how to deal with temptation.

F. During _____ : Times of change can be stressful—moving to a new location, leaving home to go to college, a new job, or a new church.

Preparing for Devotional Time with the Lord

1. Find a quiet place where you can be alone
2. Consider playing soft Christian music and lighting a candle
3. Silence. Silence your phone, the television, and other distractions.
4. Make sure you have the following supplies:
 - a. Your Bible
 - b. A journal for writing and/or drawing
 - c. Pens or pencils

Scripture Meditation

This resource is designed to give you a framework for meditating on Scripture. Using the acrostic AEIOU, it leads you through ways to have the truths found in a passage of Scripture come alive in new ways. Remember: Christian meditation is about filling your mind with truths about God. It is not like Eastern meditation, which focuses on emptying your mind. Use this resource on your own, in pairs, or in a group Bible study.

Example passage: Psalm 100

Your Paraphrase (rewrite this passage in your own words):

Ask Questions (to get into the heart of what the text is saying):

Emphasize Words (repeat a phrase or verse, putting the emphasis on different words):

Illustrate (draw a picture of what the verse means to you):

Other Scriptures (what else does the Bible say about this?):

Use (how can I apply this verse to my life?):