

*Focus!*  
Today's Reading  
Psalm 1:1-6



Over the years, "meditation" has been a buzzword in various religious circles. The problem, however, is that it may have vastly different meanings depending on the circle. Some "meditate" by assuming an odd sitting position and voiding their minds of all thought. Meanwhile, the kind of meditation depicted in the Bible is much different. It involves concentrated, focused attention given to the word of God. Meditation is another means by which you can experience "hang time" with God, and it is a practice of those who truly delight in the Scriptures.

Before we give more attention to the methodology of meditating on Scripture, notice the benefits. Verse one points out that you can expect *blessing*. That doesn't mean that everything will come up roses in your life, but it does indicate that there will be an overarching, abiding happiness. Secondly, you can expect *stability*. Instead of chaff that blows away,

you will be like a firmly planted tree. Thirdly, you can expect *fruitfulness*. Delighting in the Scriptures by meditating on them will allow you to be used of God and have an eternal impact. Those results of meditation provide good motivation to actually do it!

So what does it look like to meditate on the Scriptures? Meditation typically requires that you slow your pace. Rather than speeding your way through several chapters, you are pausing to take in detail from a shorter passage. Your objective is to better understand what God was saying to the original recipient(s) and, in the process, to uncover eternal principles that need to be incorporated into your life. Read the text aloud....several times. Use a study Bible or commentary to help you. Look for comparisons and contrasts, for word pictures, and for repetition of words or thoughts. A pencil or highlighter can be especially helpful. Test your grasp of the verse/passage by attempting to paraphrase the thoughts in your own words. All the while, keep in mind that meditation is not an intellectual exercise designed to merely increase knowledge. It is heart training designed to transform you.