



Giving Oneself to Studying and Meditating

Lesson # 2: How to Meditate

Learning Objectives

1. Each student will be introduced to the Six Step Method of Meditation.
2. Each student will learn how to apply the Six Step Method of Meditation.
3. Each student will have the opportunity to practice the method.

The Six Step Method...

I. Prepare your mind and your body...

We have already established the fact that meditation is an intentional exercise. Therefore, we must prepare our minds and our bodies deliberately as we attempt to meditate. In Genesis 24 and verse 63, we see that "*Isaac went out to meditate in the field at eventide...*" His actions were intentional and motivated by a specific purpose. He prepared by physically moving to an isolated location where he might find solitude. We must also find ways to prepare our hearts and our bodies to meditate.

Research as shown that most types of meditation have four elements in common:

1. A quiet location.

Many that meditate prefer a quiet place with as few distractions as possible. This can be particularly helpful for beginners. People who have been practicing for a longer period of time sometimes develop the ability to meditate in public places like waiting rooms, or buses. Genesis 24:63, Psalm 63:6

2. A specific, comfortable posture.

Meditation may be done while sitting, lying down, standing, walking, or in other positions.

3. A focus of attention.

Focusing one's attention is an important aspect of meditation. For example, the meditator may focus on a mantra (a specially chosen word

or set of words), an object or the breathe. For the Christian, the focus is the inspired word of God.

4. An open attitude.

Having an open attitude during meditation means letting distractions come and go naturally without stopping to think about them. It also means having an open mind to accept whatever instruction or principle that is established by God. 2nd Timothy 3:16, Psalm 34:18, 51:17

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Note: You must know yourself well enough to know what measure of effort it may take for you to focus your mind.

For example: breathing techniques, darkness, light, isolation, nature, etc.

II. Pray that the Holy Spirit will reveal God's truth to you...

We should never attempt to gain knowledge and understanding from God's word without first consulting Him and asking Him for guidance and for truth to be revealed. Philippians 4: 6

James 1:5- If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.

Matt 7:7-8- Ask and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: For every one that asketh recieveth; and he that seeketh findeth; and to him that knocketh it shall be opened.

III. Memorize the Scripture/ Read the Scripture...

When we memorize scripture we make it a permanent part of us and we are able to take it with us where ever we may go. It becomes readily available for further meditation and application.

Some may have trouble with memorizing scripture but there are certain methods we can employ to assist us with our memory.

- (1) repetition
- (2) create/ sing a song
- (3) creating mnemonics – devices designed to aid the memory
example: the four aspects of prayer are covered with the use of the letters A.C.T.S. = Adoration, Confession, Thanksgiving, Supplication

- (4) Using visual aids: Pictures, Cue Cards, Flash cards etc.
- (5) memory by association:
example remembering where you might have put your keys by associating it with your environment or some place recently visited
- (6) Talking with or explaining to others:
It has been said that the best way of ensuring that you understand something is to explain it to someone else.



IV. Consider the full meaning of each word...

Understanding words through word study, which includes understanding the meaning of a word in its original context, helps us as we consider the full meaning of a portion of scripture.

For example:

Matthew 4:4 " *But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.*"

Breakdown:

***Man** shall not live by bread alone:*

(anthropos) a human being whether male or female, generically means all human individuals, all mankind, humanity, {this implies universal application}

*man **Shall Not Live** by bread alone:*

1. a final, unequivocal decree, or command
2. to be among the living, to breathe, to have life
3. Not: with out having done something

*man shall not live by **Bread** alone: (artos)*

1. Food composed of flour mixed with water and baked,
2. Physical food of any kind

*man shall not live by bread **Alone**: (monos)*

alone (without a companion), forsaken, destitute of help, alone, only, merely, solely

In context, we interpret this portion of scripture to mean that all men, including male and female cannot live or continue to be sustained by physical food only. It implies that there is something else that is also essential to man's survival and well being, which is, of course, the unadulterated word of God.

V. Personalize the Scripture...

2nd Timothy 3: 16 -17 teaches us that " *All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, thoroughly furnished unto all good works.*" For instruction on righteous living we turn to God's holy manuscript. When we meditate we must consider the ways in which God speaks to us directly and individually. We must consider what the word of God is saying to us in context and what is it that we must do after understanding it. This can be achieved through personalizing the scriptures.

Three Examples:

(A)

Matthew 4: 4

But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

Matthew 4:4 Personalized

But he answered and said, it is written, **I** shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

(B)

Romans 6: 1-2

What shall we say then? Shall we Continue in sin, that grace may abound? God forbid. How shall we, that are dead to sin, live any longer therein?

Romans 6: 1-2 Personalized

What shall **I** say then? Shall **I** continue in sin that grace may abound? God forbid. How shall **I**, who am dead to sin, live any longer therein?

(C)

Psalm 1:1-2

*Blessed is the man that walketh
not in the counsel of the ungodly,
nor standeth in the way of sinners,
nor sitteth in the seat of the scornful.
2. But his delight is in the law of the
Lord; and in His law doth he meditate
day and night."*

Psalm 1:1-2 Personalized

Blessed **am I**, who walketh not
in the counsel of the ungodly,
nor standeth in the way of sin-
ners, nor sitteth in the seat of
the scornful. 2. But my delight
is in the law of the lord; and in
His law, I meditate day and
night.

VI. Consider ways to apply the scripture to my life...

The Six Step Method of meditation ends in a very thorough evaluation of our lives in light of what the bible says. We actually move in and out of our lives searching for ways to apply what the word of God is saying to us. The goal of this step is to cause us to take definitive action towards doing those things that would improve our walk with Christ. Besides, the book of James records that we should "*be **doers** of the word, and not hearers only, deceiving [our] own selves*" (James 1:22). Christ himself inquires in Luke 6 and 46, "*and why call ye me, Lord, Lord, and **do not** the things which I say?*" Sometimes, we may only have to ask ourselves a series of questions to accomplish this goal.

For example, let us look at **Psalm 1:1-2**.

*"1. Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.
2. But his delight is in the law of the Lord; and in His law doth he meditate day and night."*

Here are a few questions we can ask ourselves as we meditate.

1. How is my **walk**? Where am I **walking**? If my walk is ungodly, then where should I walk now?
2. Whom/ what can I identify as **ungodly**, in my life?
3. How is my **stand**? Where is my **stand**? Am I standing on God's word continually?
4. What does it mean to be **scornful**? Who are the **scornful**? Can I be counted among them?
5. Do I **delight** in the **law** of the Lord?
7. Do I **meditate** on God's word? How often or when do I meditate?
How can I arrange my schedule to make time to study and to meditate

daily?

These six steps can be utilized when considering larger portions of scripture such as parables or even entire chapters as long as the word of God is not taken out of context and its true meaning derived.

For example, let us apply step six as we consider the parable of the 'Good Samaritan' in Luke 10: 25-37.

Here are a few questions we can ask ourselves as we meditate.

1. Who would I act like in the story, the Levite, the Priest or the Samaritan?
2. How often do I 'pass by on the other side' when my neighbor has a need?
3. How far would I be willing to go in order to help my neighbor?
4. What are some ways in which I can show more mercy to my neighbor who is in need?
5. What can I do to be more compassionate like the Samaritan?
6. What would my Lord, Jesus Christ, do?

Consider the parable of the Sower in Matthew 13:18-23 (Luke 8:11-18, Mark 4:13-20). We must ask ourselves are we sowing and what type of soil are we?

VII. Self Reflection Assignment...



Choose 2 portions of scripture, just a verse or two. Carry out the sixth step method of meditation. Document steps 4-6 and turn your findings in next week.

Memory Verse...

Psalm 1:1-2

*"1. Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.
2. But his delight is in the law of the Lord; and in His law doth he meditate day and night."*

Please note: This Six Step Method has been adopted from Guy de Blank and the Chirstian Corner. It has been altered to best suit the objectives of this series of lessons on meditation.

References...

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2. The New Strong's exhaustive Concordance of the Bible
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5. National Center for Complementary and Alternative Medicine –
Meditation for Health Purposes
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