



FLOURISH COMMUNITIES

Meditating and Memorization

Spiritual formation practices provide meaningful ways for you to abide in God and be transformed by Him.

Meditation and Memorization are invitations to stop, pay attention, and behold God.

Meditating on Scripture is a reflective and a relational process. We can meditate on Scripture passages, the life of Jesus, creation, art, and music. Attending carefully to God and committing His Word to memory places a rich storehouse of truth into our souls. The Holy Spirit will bring these to remembrance as He is transforming us daily. The practice of rehearsing and repeating Scripture keeps us in an attitude of confident faith. Meditation and Memorization are powerful spiritual formation practices which help us take Kingdom realities deeply into our spirits and anchor us to our awesome God.

Try It - Choose ways that help you be with the Lord. Which ways fit you best, and help you return to this practice?

- Find a Scripture passage you feel would be a good choice for you to meditate on and memorize. Write it down. Get your body into a comfortable position and put all distractions aside. Read through your passage, noticing when a word or phrase stands out to you as significant. Pause and let this phrase settle into your mind and heart, don't rush. Allow yourself the time to be unhurried and undistracted. Take this phrase with you through your day.
- Go on a walk through a place you enjoy in nature. Ask God to speak to you, and notice what He is saying. Stay with those thoughts as you walk, focusing on the topic God is communicating. Don't let your mind wander to other thoughts, stay present to how your body, mind, and spirit are connected to your meditation.
- Choose a worship song and listen to it several times in one sitting. Which words are particularly meaningful for you? As you listen and sing, notice the parts that are easy to remember and those you need to review and practice. How is God using this memorized song in your life?
- Memorize a portion or a chapter of a favorite Psalm or chapter of the Bible. Read it aloud, write it out by hand, and verbalize it several times. Listen to it read aloud for you (www.biblegateway.com). Repeat daily until you have committed the passage or entire chapter to memory. How is God using this practice in your life?
- Choose a prayer in the Bible and write it down. Pray it for yourself, then for a loved one. (Eph 3:16-19)
- Choose a Psalm and read it aloud several times. (Psalm 33, Psalm 143, Psalm 121). Notice the truths, images and emotions tied to the Scripture and stay present to the Lord about those. What specifically are you lingering on? What do you want to memorize and take with you into your day?
- Choose a person in the Bible and read through his or her life, praying about their story (Ruth 1-4). What are the connections with your own story? Do the same practice a few days later and notice what is again important to you. Memorize what is important and carry that truth with you throughout your week.

"The Word of Scripture should never stop sounding in your ears and working in you all day long, just like the words of someone you love. And just as you do not analyze the words of someone you love, but accept them as they are said to you, accept the Word of Scripture and ponder it in your heart, as Mary did. That is all. That is meditation...Do not ask, 'How shall I pass this on?' but 'What does it say to me?' Then ponder this Word long in your heart until it has gone right into you and taken possession of you." – Dietrich Bonhoeffer

Ideas taken from *Spiritual Disciplines Handbook: Practices That Transform Us*, by Adele Ahlberg Calhoun, and *Journaling as A Spiritual Practice*, by Helen Cepero