

# Verbal Repetition

As I have continued to explore and practice the means of grace, I have experienced a great benefit from verbally repeating some of the core teachings of the Bible. And I don't just *say* these teachings over-and-over-again—I've learned to *pray* them. And as I've prayed these teachings on a daily basis, my soul has been immensely gratified—not simply through the repetition of the phrases, but through my concentration on what the phrases *mean*. The power of verbal repetition was something the biblical authors knew very well, and many of the authors labored to construct their words around memorable phrases.

The obvious danger is that our repetition can become meaningless—or even worse, hypocritical! But that only heightens the need to *reflect on the meaning* of the phrases. So long as our verbal repetitions are consistent with the language and theology of Scripture, then there is no compelling reason to avoid the practice—especially since the biblical authors are constantly repeating themselves.

Here are a few of the many benefits of verbal repetition: (1) It can help to stimulate a deeper meditation on *who God is* (His attributes) and *what God has accomplished* (His acts of redemption). The Prophets and Apostles are constantly exhorting the people of God to *remember* and *proclaim* those two things: *who God is* and *what God has accomplished*. It is an immensely powerful practice. (2) Verbal repetition can also provide us with familiar, scriptural language for our own personal prayer life. When we consistently repeat the language of the Bible, then we will find ourselves using biblical language spontaneously in our own prayers. (3) Finally, in situations when we don't know what to pray (or in situations where we are too distressed to formulate our own words), then we can simply pray the content that we've already memorized—whether it's a personal prayer, a prayer for someone else, or a prayer offered on behalf of a group. For these reasons (and more!), memorization and repetition can greatly enrich our spiritual lives.

In my own endeavor to repeat the truths of God's Word over-and-over-again, these two resources came to fruition—i.e. the *Four Meditations* and the *Sabbath Reading*. I hope these resources will be of benefit to you as you continue to explore and integrate the means of grace in your own daily rhythms.