

Practices for Life

Scripture Meditation

Defining the practice

Scripture meditation creates space for us to sit with God and reflect on his word for an extended period of time. In this type of reading, God speaks to us through a particular passage and we, in turn, are shaped by his message.

Why this is helpful

This practice invites us to be in God's presence as we listen for his voice and consider what he is saying to us personally. We focus on a relational experience of God rather than cognitively learning more about him. This practice moves our faith and devotion from our minds to our hearts as we savor the richness of his word.

How to practice

- Choose a text. Keep your selection short—a chapter or less. Sometimes just a few verses is enough. Pick a passage that is meaningful to you.
- Begin with prayer, asking God to speak to you through the text.
- Read the text slowly, aloud if possible or silently.
- Notice what captures your attention in the text, such as words or phrases, what questions it raises for you, and what God might be saying to you through it. Consider how the passage connects to your life.
- Read the text again, using a different translation from your first reading. Listen carefully for what God wants to reveal to you. Spend time in silent reflection.
- Close your time with prayer, thanking God for the time you've spent with him through his word.



For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

Hebrews 4:12 ESV

Things to consider

This practice is about listening to God. The Holy Spirit guides what you hear rather than your own intuition.

What you notice in the text should align with what is true about God in the rest of scripture.

If a particular passage seems lifeless to you, lay it aside for a season and choose something else.



Rhythm of frequency