

CHRIST THE WAY:
SCRIPTURE MEDITATION & MEMORIZATION

The Word of God is “living & active” (Hebrews 4:12). This means the Bible will inspire us in different ways at different times. As a result, there is no single practice or formula for unlocking the truths of Scripture. Today’s practice is simply an exploration into a set of techniques & tools designed to help make Scripture a more active part of our faith.

Why is meditating & memorizing Scripture important?

Jesus is the same yesterday, today, and tomorrow (Hebrews 13:8). If our objective is to imitate Jesus, it logically makes sense to study the Scriptures he studied (Old Testament), to meditate on his direct words, & to explore the words of individuals who have written down their 1st & 2nd hand experiences with Jesus (New Testament). Meditating on & memorizing Scripture is a fundamental practice for gaining intimacy and proximity to the person of Jesus & the love of God.

Secondly, meditating & memorizing Scripture is a command found throughout the Bible (Joshua 1:8; Psalms 1:1-3). If we want a balanced faith, we don’t have the luxury of picking and choosing the commands we follow. I like this summary of what Daniel Hill wrote in *Life to the Fullest* – “one of the reasons we are experiencing a lack of spiritual vitality is because we have a fragmented, imbalanced view of faith.” Meditation & memorization of Scripture is fundamental to a balanced faith.

John 10: 3-5

“He calls his own sheep by name and leads them out. When he has brought out all his own, he goes on ahead of them, and his sheep follow him because they know his voice. But they will never follow a stranger; in fact, they will run away from him because they do not recognize the stranger’s voice.” - Jesus

<u>PROCESS & QUESTIONS</u>	<u>NOTES</u>
<p>How do you pick a verse?</p> <ul style="list-style-type: none"> • INSPIRATION - Read your Bible • TOPIC - Seek out specific verses 	<p>What grabs your attention, stirs your curiosity, emotion or questions? These feelings are often the Holy Spirit</p> <p>Where do you need guidance? (Relationships, generosity, patience, parenting, faith, fear...)</p>

<p>FEEL (Gut reaction to the Text)</p> <ul style="list-style-type: none"> • Read the Scripture (Slowly & Out Loud), Break it into sections, Repeat • Probe – Why is this getting my attention? 	<p>What questions surface?</p> <p>What emotions are you feeling?</p> <p>What thoughts/connections are you making in your head? (Life experience, Other People, Other Bible Verses)</p>
<p>CONTEXT (Understand what’s going on around the Text)</p> <ul style="list-style-type: none"> • Read before and after the verse(s) • Who’s the author? Who’s the primary audience? What’s the primary message? • What’s going on around the text? (Layer of Physical, Spiritual, Political, Emotional) • What are the different perspectives/characters to read the verse through? 	<ul style="list-style-type: none"> • Read John 9:13 – 41; John 10:1 – 21 • Pharisee, Formerly Blind Man, Disciples/Followers, Sheep/Shepherd, You
<p>MEDITATION (Takes time)</p> <ul style="list-style-type: none"> • Know your ideal environment for meditation, but don’t limit your meditation to these environments only • Read it through different perspectives (Layering) • What stands out to you? • What Questions are you hearing? • What Revelations are you receiving? 	<ul style="list-style-type: none"> • Different Perspectives <ul style="list-style-type: none"> ○ Pharisee, Disciples, Sheep, YOU • Belonging, Intimacy, & Safety <ul style="list-style-type: none"> ○ Jesus knows me “by name”; I’m one of His ○ Jesus “ahead” of me, setting the WAY for me ○ Jesus protecting me & my community ○ Brings a sense of Peace • Self-Doubt <ul style="list-style-type: none"> ○ Do I know Jesus’ “voice”? ○ Do I know the Stranger’s “voice”? ○ How do I distinguish between the voices?

<p>STUDY (Outside resources/knowledge)</p> <ul style="list-style-type: none"> • Seek out trusted resources <ul style="list-style-type: none"> ○ Redemption Resource Page ○ Books, Podcasts, Bible Commentary • Discuss with trusted people (Community Group) 	<p>Recommendation is to seek outside resources after you've had the opportunity to wrestle with and explore the text yourself. Helps avoid creating any unintended biases or quenching of the Spirit.</p> <ul style="list-style-type: none"> • Built into the Formation Method practice of Community Groups • Our job to identify questions & bring them to our Groups
<p>OWNERSHIP & RETENTION</p> <ul style="list-style-type: none"> • Meditation takes time; Not a one-time process <ul style="list-style-type: none"> ○ Keep coming back to the Text ○ Bring others into the process ○ Slow learning leads to deep understanding • Commit to Memorizing <ul style="list-style-type: none"> ○ What's your best way to memorize? ○ Read it, Write it, Speak it, Discuss it 	<p><i>"The rabbis required a demonstrated ability to not just memorize but also to interact with the text, to give insightful commentary on it, and to engage in spirited question-and-answer sessions."</i> – Daniel Hill</p> <p>The goal is not to regurgitate Scripture, It's about depth</p>
<p>APPLICATION</p> <p>Objective of meditating & memorizing:</p> <ul style="list-style-type: none"> • To encourages us • To prepares us encourage others 	<ul style="list-style-type: none"> • Truth can be spoken without <ul style="list-style-type: none"> ○ Stating that you're sharing a Bible verse ○ Quoting a verse word for word