

## Develop Personal Spiritual Habits

### Session 1 – Introduction, Scripture Meditation, and Memorization

#### Introduction – The Pursuit of Godliness

- Hebrews 12:14 – “*Strive for peace with everyone, and for the holiness without which no one will see the Lord.*”
- 1 Timothy 4:7-8, “*Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.*”
- Don Whitney, “So the Spiritual Disciplines are those personal and interpersonal activities given by God in the Bible as the sufficient means believers in Jesus Christ are to use in the Spirit-filled, gospel-driven pursuit of godliness, that is, closeness to Christ and conformity to Christ.”

#### Christian Meditation (See the back for specific techniques)

- “Deep thinking on the truths and spiritual realities revealed in Scripture, or upon life from a scriptural perspective, for the purposes of understanding, application, and prayer.” – Dr. Donald Whitney
- Meditation is *filling your mind* with God and His truth, NOT emptying your mind
- Meditation is *constructive mental activity*, NOT mental passivity
- Meditation is *focusing your thoughts* on Scripture, NOT daydreaming
- Meditating on God’s Word helps you remember what you read!
- Meditating on God’s Word makes you more likely to do God’s Word (Joshua 1:8).
- Meditating on God’s Word is a blessing (Psalm 1:1-3).
- Meditating on God’s Word makes you wiser (Psalm 119:97-100).

#### Scripture Memorization

- Memorizing Scripture makes it available for the Spirit to bring to mind when you need it!
- It protects us from sin
- It prepares us for unexpected witnessing and counseling opportunities
- It provides us wisdom and guidance
- It makes Scripture available for meditation any time and any place

## METHODS OF MEDITATION

Choose a passage on which to meditate. Usually it will be the section, verse, phrase, or word that really captured your attention during your daily reading. Try one of the meditation techniques below with that passage. Try different techniques from day to day for variety!

### Suggested Meditation Techniques

**Emphasize Different Words in the Passage:** Repeat a single verse over and over. Each time you repeat the verse, over-emphasize a different word in the verse, beginning with the first word. Pause after each repetition to think about what that emphasis revealed to you.

**Rewrite the Passage:** Think carefully about how you would send an email or letter to a friend that captures the true meaning of this passage, but without using the words in the passage.

**Develop a Great Illustration or Analogy:** Think about the passage until you understand it so well you can come up with a great word picture illustrating or analogizing the meaning of the passage. The illustration could be based on a personal story, news item, quote, or another story in the Bible.

**List Applications:** Ask yourself how you're supposed to respond to the passage, what God wants you to do as a result of encountering this passage, and whether there is something you need to start, stop, confess, pray about, believe, or say to someone based on the passage. Then list more applications.

**Describe How the Passage Points to Jesus:** Consider how this passage points to Jesus. What does it say about who He is, what He did, or how Jesus is the opposite of what's in the passage? What does it say about our need for Jesus?

**Pray the Passage:** Use the words of the passage to guide and prompt your prayers about whatever is on your heart.

**Create an Artistic Representation of the Passage:** Express the meaning of this passage artistically via poetry, song, drawing, painting, or sculpture.

**Ask Philippians 4:8 Questions About the Passage:** What truth is exemplified in this passage? What is honorable, just, pure, lovely, commendable, excellent, or praiseworthy about this passage?

**Discover X Insights from the Passage:** Set a minimum number of insights (truths) you must glean from the passage and start writing down your insights. Don't stop until you hit your number. A higher number forces you to think more deeply about the passage!

**Explain How the Passage Speaks to Your Current Issue:** Did any part of the passage address the concern that's weighing most heavily on your mind today? Think deeply about what it said regarding your concern.

**Memorize the Passage:** Repeat the passage until you memorize it. Bring it to mind throughout the day.