

SIX WAYS TO MEDITATE ON A VERSE

Picture it! Visualize the scene in your mind. Write down what thoughts come.

Pronounce it! Say the verse out loud emphasizing a different word getting a new meaning each time

Paraphrase it! Rewrite the verse in your own words.

Personalize it! Replace the pronouns or people in the verse with your own name. Stick your name in a promise.

Pray it! Turn the verse into a prayer and pray it back to God.

Probe it! Ask the following nine questions called

S.P.A.C.E.P.E.T.S. QUESTIONS.

S - Is there a Sin to confess? As I'm looking at this passage of scripture do I see a sin here that I need to confess from my own life.

P - Is there a Promise to claim?

A - Is there an Attitude to change? Again, God is so faithful to show me attitudes of mine that are to totally out of line with his way of thinking and I need to change..

C - Command to Obey. Is there a command to obey? God does not give us options in His Word.

E - Example to follow. Is there an example to follow in this scripture?

P - Prayer to Pray.

E - Error to Avoid. Is there an error to avoid? Do you remember Ananias and Sapphira I do not want to lie to God.

T - Truth to believe. The same as with commands to obey, there are some difficult truths in scripture. We have the obligation and responsibility to believe them whether we understand them or not

S - Always look for Something to thank God for. There is always something in Scripture that you can praise the Lord for. It's either about Him, His character, something He's done for you or someone else. Cultivate that heart of gratitude as you read through scripture and meditate.

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