



Basic Lesson 1 Introduction

Biblical Meditation & Prayer

“My mouth shall speak wisdom, and the meditation of my heart shall give understanding. ”Psalm 49:3

This is the first of eight basic lessons that you may download to guide you through Biblical meditation and prayer by yourself or as part of a prayer group. Each lesson emphasizes a different principle giving you a basic understanding of Biblical meditation and how it relates to prayer. (Biblical references are NKJV unless noted.)

Biblical Meditation is a spiritual discipline found in the Old and New Testaments. (See Resources: ASKing with the Word of God)

Biblical Meditation starts with the premise that:

- The God of the Bible still speaks to His people through the Word
- Meditating on God’s Word gives insight into what is on the heart of God

Meditation is illustrated in the story of the two disciples from Emmaus, returning home saddened and bewildered by Jesus’ crucifixion. They met Jesus on the road but only recognized Him as they broke bread together. (Luke 24:31,35) In John 6 Jesus repeatedly refers to Himself as the bread.

“To revolve in the mind” is one definition of meditation in 1Timothy 4:15. It means to focus on a word, a phrase, to turn it over in your mind, to look at it from different perspectives. This gives you a deeper understanding of the Scripture and allows the Holy Spirit to speak to you through your thoughts and impressions. What you receive is the basis for your prayers.

Begin with praise and worship as part of Biblical meditation to become aware of the presence of God. Maintain this presence as you meditate.

Meditation can be practiced in this way:

- Use your Bible, read through the passage carefully.
- Take a silent time meditating on the passage.
- Go back and reread the passage, be alert, pondering the Word of God.
- Allow the Holy Spirit to direct you to focus on a portion of the Word.
- Ask:
 - What is God saying to me for prayer?
 - How do I apply this to my self?
 - What is my response to God?

Responding personally to God is an important part of Biblical Meditation.

We meditate before we pray:

- To seek the things on God’s heart rather than pray our own concerns.
- To bring us into a place of delegated authority before God where we represent Him with the prayers we receive and with “His Words in your mouth” in prayer. (Jeremiah 1:9)
- To come into a spiritual dynamic in the prayer time as you recognize the moving of the Holy Spirit’s leading and direction.

The following 8 Basic Lessons explain Biblical Meditation in the format of prayer:

[Basic Lesson 1, Introduction Biblical Meditation and Prayer](#) gives principles and understanding of meditation with prayer.

[Basic Lesson 2, Praise and Worship](#), begin with praise and worship as part of Biblical Meditation to become aware of the presence of God. Psalm 100.

[Basic Lesson 3, Definition of Biblical Meditation](#), experience meditation as Jesus breaking bread with the disciples in Luke 24:30.

[Basic Lesson 4, Hearing God](#), receive the Word like Mary sitting at Jesus' feet, Luke 10.

[Basic Lesson 5, Context](#), know the importance of context, e.g. Revelation 3:20 is only understood in the context of the surrounding two verses. More insight is gained through the full letter to the Laodicean church.

[Basic Lesson 6, Response to Biblical Meditation](#), make a personal response from Genesis 3, "Where are you?" and James 1, showing the transforming benefit of the response in converting your soul.

[Basic Lesson 7, Prayer Target](#), as you meditate keep your focus for prayer in mind; as you prepare to share your meditation with others or pray it out yourself, apply that meditation specifically **to** that prayer target.

[Basic Lesson 8, Authority in Biblical Meditation](#), the Word of God gives you authority to pray. Jeremiah 1 illustrates the place of submission and delegated authority in humbly receiving a word from God and speaking with "His Words in your mouth" as He directs.

Biblical Meditation is:

- sitting at Jesus' feet
- hearing God through His Word
- receiving His Word by faith
- responding, being a doer of the Word
- praying out what you received

Biblical Mediation results in:

- building faith
- revelation
- heart preparation
- healing
- strengthening
- relationship
- discipleship