

Bible Study Tools

Week 5 – Spiritual Disciplines: Scripture Meditation & Praying the Bible

1. Scripture Meditation

What is Scripture Meditation? “Scripture meditation is _____ thinking on the _____ revealed in Scripture for the purposes of _____, application, and _____.”

What does the Bible say about meditation?

Joshua 1:8 – Meditation → _____ → God’s Blessing

How do I meditate on Scripture?



12 WAYS TO MEDITATE



PRACTICE – SCRIPTURE MEDITATION

Romans 12:1-2

Journaling Notes:

2. Praying the Bible

The Problem: We pray the same _____ about the same _____

The Solution: We you pray, pray through a _____ of _____

The Benefits:

1. Your mind _____ less
2. Your prayers are more about _____, less about _____
3. You are praying God's _____
4. You will pray for things off your _____
5. You will think more _____ about the _____
6. Your prayer becomes more _____