



MODUAL: BELIEVER

COURSE: Interacting with God's Word

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Steps to Meditating God's Word

1. Find a quiet place.

Please read the following and ask God to show you how and where to pray and meditate (P & M) His Word. You can P & M, as you walk, have your morning coffee, or drive your car. Any time and place is fine.

As you read the following examples, "listen" for God's still small voice.

Examples

Susanna Wesley lived in eighteenth-century England. She had nineteen children. Two of these children were John and Charles Wesley. One became a preacher and theologian while the other wrote hymns we still sing today. Together they were instrumental in the revivals which produced the Methodist Church.

Susanna didn't have the luxury of a quiet time or place to pray. But this didn't stop her. The whole family knew that when momma sat at the kitchen table and put her apron over her head she was praying and not to be disturbed. You might call her the "undercover" hero of this great legacy.

I love to compare this story with David's (shepherd and king) story. He was the youngest in his family and therefore was delegated to sheep herding. He had abundant quiet time. His P & M time with the Lord, as a shepherd boy, qualified him to be anointed as king.

2. Think about God and His Word.

An analogy

The process of meditation can be explained by looking at how a cow chews its cud.

Cows are ruminant animals along with deer, camels, buffalo, goats, sheep, and giraffes. They chew their food twice and use their four stomachs to digest their food over an eight hour period. This guarantees that they are content, healthy, and happy, plus it enables them to build muscle and produce more milk.

Meditating God's word enables us to be content, healthy, happy more productive. God is so good. Remember it's neither by our power nor our might but it's by the power of the Holy

Spirit. He is the only one who can change and transform us into His image. He has all the ways and means we need.

Zechariah 4:6 (AMP)

As you read a scripture, or listen to a song, **give yourself time to think about it. You might consider coming back to it four different ways throughout the day.**

- a. What is it saying in the literal sense?
- b. What is it saying to you personally?
- c. What is it showing you about God and His ways?
- d. What is it suggesting you do?

You might also **check out the verse in different translations.** The easiest way to do this with the Bible Gateway app. This wonderful program enables you to read a verse in numerous translations, highlight passages, take notes, do research and even hear the bible being read to you.

Remember your goal is to hear God's voice of love to you, and to get His richest wisdom and revelation for your life.

Happy meditating!!

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