

## MEMORIZING AND MEDITATING ON SCRIPTURE

Psalm 119:9-11 ...*Your word I have hidden in my heart, that I might not sin against You.*

1. Begin by selecting a scripture to memorize such as: *Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'" Matthew 4:4* (Quoting Deuteronomy 8:3 in response to the devil's temptation in the wilderness.)
2. Understand the context of the Scripture, what is before it and what follows it. Break it into logical phrases and begin to memorize each phrase in the context of the verse.
3. Then describe the general overall meaning and why God through the writer wrote that Scripture. A proven technique is to create a very vivid, active (exaggerated) scene with the major parts of the verse.
4. Write out the Scripture several times, saying it out loud and emphasize a different word each time.
  - Man does not live on bread alone... Man does not live on bread alone...
5. Think about the meaning of each word.
  - Man: Every man; all mankind. This is a universal principle. Everyone is included.
  - Man does not: A final decree. No one will change it. A firm negative.
  - Man does not live: Living is more than just existing. There is physical life and spiritual life. God made us to enjoy the pleasures of life in His presence. Christ came to give us eternal life and abundant physical life. God is life and He made life.
6. Use the Scripture in prayer to God. As you pray, ponder each word for personal application.  
Example:
  - Man does not live on bread alone... "Lord, You want me to discover Your life. It is far richer and fuller than I can comprehend. You want to live Your life through me! You want to see through my eyes, speak through my mouth, love through my heart and work through my hands."
  - But on every word comes from the mouth of God. "I must learn to gain nourishment from every part of Your Word."
7. By memorizing God's Word, you "hide" His Word in your heart (Psalm 119:11). This enables the Holy Spirit to use it as needed.



Joshua 1:8 *Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.*

**After you have memorized God's Word, it is easier to meditate on it because you always have it with you.** The word "meditate" in this scripture is the Hebrew word, "haghah" meaning to murmur, muse, muter, to whisper and to speak. It describes a low moaning sound like that of a dove (Isaiah 38:14; 59:11) or the growling of a lion which has trapped its prey (Isaiah 31:4). It can also be compared to the way cows "ruminate" the food they eat. Here are a few characteristics of meditation.

1. Meditation is a positive "murmuring" of Scripture to yourself. It is to repeat Scripture to yourself.
  - Psalm 1:2 *...on His law he meditates day and night.*
2. Meditation is reflecting upon the words of Scripture, to think deeply on its meaning.
  - Psalm 119:15 *I meditate on your precepts and consider your ways.*
3. Meditation is communing with God in the language of His own written Word.
  - Psalm 119:48 *I lift up my hands to (for) your commands, which I love, and I meditate on your decrees.*
4. Learn to meditate on God's Word throughout the day.
  - Psalm 119:97 *Oh, how I love your law! I meditate on it all day long.*
5. Meditation brings wisdom and understanding.
  - Psalm 119:97-100 *Oh, how I love your law! I meditate on it all day long. Your commands make me wiser than my enemies, for they are ever with me. I have more insight than all my teachers, for I meditate on your statutes. I have more understanding than the elders, for I obey your precepts... I gain understanding from your precepts; therefore I hate every wrong path.*
6. Meditate when you doubt that His promises will ever come to pass.
  - I Kings 8:56 *Praise be to the LORD, who has given rest to his people Israel just as he promised. Not one word has failed all of the good promises he gave through his servant Moses.*
7. Meditate on Scripture when people wrong us without just cause.
  - Psalm 119:23 *"Though rulers sit together and slander me, your servant will meditate on your decrees."*
8. Meditation is an act of obedience to His Word.
  - Joshua 1:8 *"Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it."*

*How can a young man cleanse his way? By taking heed according to Your word. With my whole heart I have sought You; Oh, let me not wander from Your commandments! Your word I have hidden in my heart, that I might not sin against You. — Psalm 119:9-11*