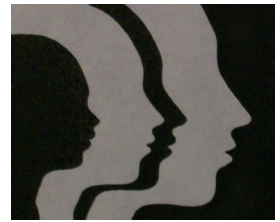


# Meditation

Meditation can be deeply meaningful as it takes God's Word from our head to our heart and into the fabric of our will. While there are many ways to meditate, here is a very simple three-step process — MIND — HEART — WILL — taken from my book, *The Soul at Rest: a Journey into Contemplative Prayer* (Baker Books).

## MIND

Open your Bible to the passage you plan to meditate upon. Offer yourself to the Lord, asking Him to be your personal teacher today. Read through the passage or verse a couple of times. Then do the following: Consider the broad scope of the passage — what does it mean within its context? What truths are seen here? What are some of the related verses (Use your cross-reference to look these up). Turn the truths you are learning over and over in your mind until something specific seems to grab your attention. Try to tune into this mentally, much like tuning a radio dial until the sound is clear.



## HEART

Now you want to look more intently at the truth you have discovered. Ask: *Lord, what are you saying to me?* Wait upon Him. When you feel He has spoken, take some time to ponder what He has said. Let the reality of God's Word saturate your heart as you simply ENJOY the wonder of what you are seeing. Give thanks or worship the Lord for who He is in light of this. Let these things warm your heart. Spend most of your time here — it is never enough to *know* truth — we want it to captivate us, which is a work of the Holy Spirit and takes time.



## WILL

Meditation culminates in a decision, a commitment or a confession. Consider: How will your life change in light of what you have seen? What will be different about today? What would hinder you from living this out? Offer yourself to the Lord and ask Him to deepen your grasp of what He has shown you. Make a plan to re-visit these things as you go throughout the day. (You might jot them down on a sticky note and put it on your steering wheel or bathroom mirror or plan to share them with someone else. Be sure to write them out in your notebook/journal. )

