

Meditating on Scripture

Meditation is the practice of focused thinking. There's nothing mystical or magical about it. Rather, it is immensely practical. Focusing your thoughts on truth from Scripture (even for a short time) has the following benefits:

- Relieves tension.
- Changes your thought patterns.
- Reveals God's Truth.
- Clears your mind.
- Builds your faith.
- Helps you memorize Scripture.

How to have a 5-minute-meditation.

Start by choosing a meditation from the list on the opposite side of this sheet.

Minute 1: While counting slowly, inhale with your nose, and exhale with your mouth. Use the first minute to set the pattern for your breathing during the meditation. Focus on your breathing.

Minutes 2, 3, and 4: Continue the same breathing pattern while meditating on each of the three verses in the meditation.

Minute 5: End with a brief prayer about what God revealed to you during your meditation.

Here are some suggestions for your meditation:

- Relax your jaw and shoulders.
- Close your eyes after you memorize each verse.
- Repeat the text in each cell six to eight times.

MEDITATION 1

| MINUTE | Inhale | Exhale |
|--------|--|--|
| 1 | Count Slowly 1...2...3...4 | Count Slowly 5...6...7...8 |
| 2 | Let not your heart be troubled... | ...neither let it be afraid. <small>John 14:27 NKJV</small> |
| 3 | I know the plans I have for you... | ...plans to give you a hope and a future. <small>Jeremiah 29:11 NIV</small> |
| 4 | Be strong and courageous... | ...for the Lord your God goes with you. <small>Deuteronomy 31:6 NIV</small> |
| 5 | In your own words, say a brief prayer to thank our Lord for His words of COURAGE in scripture. | |

MEDITATION 2

| MINUTE | Inhale | Exhale |
|--------|---|--|
| 1 | Count Slowly 1...2...3...4 | Count Slowly 5...6...7...8 |
| 2 | Don't fret or worry. | Instead of worrying, pray. <small>Philippians 4:6 MSG</small> |
| 3 | It's wonderful what happens... | ...when Christ displaces worry in your life. <small>Philippians 4:7 MSG</small> |
| 4 | Give thanks to the Lord... | ...for He is good. <small>Psalms 107:1 NKJV</small> |
| 5 | In your own words, say a brief prayer to thank the Lord for His Word. | |

MEDITATION 3

| MINUTE | Inhale | Exhale |
|--------|---|---|
| 1 | Count Slowly 1...2...3...4 | Count Slowly 5...6...7...8 |
| 2 | The Lord is my shepherd... | ...I shall not want. <small>Psalms 23:1 NKJV</small> |
| 3 | I will fear no evil... | ...for you are with me. <small>Psalms 23:4 NIV</small> |
| 4 | I will dwell in the house of the Lord... | ...forever. <small>Psalms 23:6 NIV</small> |
| 5 | In your own words, say a brief prayer to thank the Lord for His Word in the Psalms. | |

MEDITATION 4

| MINUTE | Inhale | Exhale |
|--------|--|--|
| 1 | Count Slowly 1...2...3...4 | Count Slowly 5...6...7...8 |
| 2 | The peace of God, which transcends all understanding... | ...will guard your hearts and minds in Christ Jesus. <small>Philippians 4:13 NKJV</small> |
| 3 | I have learned the secret of being content... | ...in any and every situation. <small>Philippians 4:12 NIV</small> |
| 4 | Shalom... | ...my peace I give to you. <small>John 14:27 NKJV</small> |
| 5 | In your own words, say a brief prayer to thank the Lord for His words of PEACE in scripture. | |

