

Bible study on Meditation and Memorization of Scripture

Captain Jan Pemberton

Cascade Division

Divisional Women's Ministries Secretary

Instructions:

This Bible Study contains questions about the study of Meditation and Memorization of Scripture. Take your time as you read each question and read the passage of scripture for that corresponding question in the Bible. Read and study each answer in the Bible and then write an answer in your own words.

Overview:

Memorizing Scripture and Christian meditation is similar and components of one another. Before your time in meditative prayer, you can study a passage of scripture many times and, through the process, keep a list of questions you want to take to the Lord during your time together, such as finding the greater meaning of the text you just read and open your heart to the Holy Spirit to speak and minister to you.

1. Read Psalms 1:1-6.
 - a. How can we delight in God's instructions?
 - b. How can meditating on scripture help us pursue righteous living?
2. Read Psalms 119:15-16
 - a. What is the benefit of reading and meditating on God's word?
 - b. How can these verses grow us closer to God?
3. Read Psalms 119:97-99.
 - a. How often are we to meditate on scripture?
 - b. When we read this scripture, what happens to us?
4. Read Psalm 143:5.
 - a. Why should we ponder the work of the Lord?
5. Read Joshua 1:8.
 - a. When should we meditate on God's word?
 - b. What happens to us if we meditate on God's word?
6. Read Philippians 4:2-9.
 - a. What urging or encouragements, do you notice in these verses?
 - b. What are we to think about according to these verses?
 - c. Why is it good to keep God's word in your heart?
7. Read 1 Timothy 4:13-15.
 - a. Where should we read scripture, and until when?
 - b. What should we do with this gift God has given us?
 - c. Why should we meditate on God's Word?

8. Read Romans 12:2
 - a. What happens to our minds when we read and study God's word?
 - b. In learning His will, should we test God?

9. There is an Acronym called **PROBE**. How can we use these in our lives in memorizing God's word to share with others?
 - a. **Pray**
 - b. **Repent**
 - c. **Obey**
 - d. **Believe**
 - e. **Express**

10. Read the verses below. How can these verses give you strength and purpose and connect you with the Lord?
 - a. John 3:16
 - b. Jeremiah 29:11
 - c. Matthew 6:33
 - d. Matthew 28:18-20
 - e. Joshua 1:7-9
 - f. Philippians 4:13
 - g. 2 Corinthians 5:16-20
 - h. Psalm 23:1
 - i. Proverbs 3:5-8
 - j. Romans 8:26-28

When we are introspective about our time in the Word of God and with our time in prayer and allow the Holy Spirit to guide our time with the Lord, we can feel rejuvenated in our minds, bodies, and our souls. When we take the time to reflect upon the verses God has put before us in our devotions, mentioned in a Bible study or in a sermon, we need to do our own study in order to learn more about what God meant in those verses. If we have questions, we need to go to our Officers and ask questions because that is the only way we learn. We must do our research. Look in commentaries and the works of John Wesley and other theologians in the Wesleyan-Holiness tradition. We need to be people who hunger and thirst for God's word, and through diligent study and guidance of the Holy Spirit, we will see what the Lord has in store for us.

Memory Verse

Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the LORD, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers. Psalm 1:1-3