



Series: Pathways: Practices for Spiritual Transformation  
Message: Meditation & Study  
Date: February 16 & 17, 2008  
Speaker: Pastor Steve Harling

*How can a young man keep his way pure? By living according to your word. I seek you with all my heart; do not let me stray from your commands. I have hidden your word in my heart that I might not sin against you.*

Psalm 119:9–11 (NIV)

*I meditate on your precepts and consider your ways. I delight in your decrees; I will not neglect your word...Open my eyes that I may see wonderful things in your law...My soul is consumed with longing for your laws at all times.*

Psalm 119:15–20 (NIV)

“I have never known someone leading a spiritually transformed life who had not been deeply saturated in Scripture.” —John Ortberg

## **Meditation and Study...**

*“Let the word of Christ dwell in you richly.”* Colossians 3:16 (NIV)

- Are not the same thing
- Are both practices that teach us that God still speaks and that He wants to speak to us personally
- Are both practices that transform us through exposure to the truth (John 8:32)

## **We learn to meditate by meditating.**

1. Quiet yourself.
2. Read a few verses.
3. Read it again slowly.
4. Engage the text.
5. Personalize it.
6. Make a mark.
7. Talk to God about it.