

Methods of Meditation on Scripture

Summary of the methods taught by Don Whitney in his conference on meditation on Scripture

Repeat the verse or phrase with emphasis on a different word each time.

Whatever He says to you do it (John 2:5).

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Rewrite the verse or phrase in your own words.

Look for applications of this text – what should you do in response to it?

Pray through the text.

Ask the Philippians 4:8 questions.

What is **true** or what truth does it exemplify?

What is **lovely** about it?

What is **honorable** about it?

What is **admirable or commendable** about it?

What is **right** about it?

What is **excellent** about it?

What is **pure** or how does it exemplify purity?

What is **praiseworthy** about it?

Ask the “Joseph Hall” questions.

What is it (*define and/or describe* what it is)?

What are its *qualities and attachments*?

What are its *divisions or parts*?

What is *contrary, contradictory or different* to it?

What *causes* it?

What *compares* to it?

What does it *cause* (its *fruits and effects*)?

What its *titles or names*?

What is its *place, location or use*?

What are the *testimonies or examples of Scripture* about it?

Discover a minimum number of insights into the text (set the number in advance).

Find a link or common thread between all the chapters of paragraphs you’ve read.

Use Meditation Mapping.

- 1.) Put the verse(s), phrase, word or topic to be meditated upon in the *middle* of the page. (When possible, this should be done in picture form.)
- 2.) Allow insights, ideas and thoughts to come *quickly and freely*.
- 3.) Use *key words* to represent your ideas.
- 4.) *Connect* your key words ideas to the central focus with lines.
- 5.) Use as *few words* per line as possible.
- 6.) *P-r-i-n-t* all the words for easier reading.
- 7.) Use *color* for emphasis and recall.
- 8.) Make frequent use of *symbols and pictures* in addition to words.

See: Buzan, Tony. *The Mindmap Book*. New York: Plume/Penguin, 1996.
Wycoff, Joyce. *Mindmapping*. New York: Berkley, 1991.