

How to Meditate on the Word

I. COURAGE AND OBEDIENCE ARE STRENGTHENED THROUGH MEDITATION

⁸***This Book of the Law [the Scripture] shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. (Josh. 1:8)***

II. OUR INHERITANCE: GOD'S POWER ON OUR HEART AND MIND

¹⁶***"This is the covenant (promise) that I will make with them... "I will put My laws (Word) into their hearts (emotions) and in their minds (understanding) I will write them..." (Heb. 10:16)***

A. ***Mind:*** God promises to release the spirit of revelation to our mind until we progressively gain living understanding of His Word. We are promised enough insight to succeed in the assignment that God has given us in this life. ***Heart:*** God promises to empower our emotions until we feel the power of His Word with new holy desires. God promises to write His Word on our heart and mind (2 Cor 3:3) as He wrote the ten commandments on tablets of stone (Ex. 31:18).

³²***Did not our heart burn (with desire) within us...while He opened the Scriptures to us?...45 He opened their understanding, that they might comprehend the Scriptures. (Lk. 24:32, 45)***

B. God writes His Word on our heart as we live by it. We are to live by or be spiritually healthy in our heart by feeding on God's Word which is the holy transcript of His heart. Our heart lives and becomes strong and healthy by feeding on God's Word in spirit and truth. The opposite is also true. Our heart dies and becomes weak and sick without feeding on God's Word. The most substantial way in which we feed our spirit and bolster our spiritual strength is by feeding on God's Word in spirit and truth (each applies this differently). Many are spiritually in the ICU with a sick heart and a diminished spiritual appetite. The "voice of the Spirit and the Word" is stronger than the "voice of sinful lust."

⁴***He (Jesus) said, "It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'" (Mt. 4:4)***

C. Prayer, fasting, meditation on the Word, and obedience positions our heart before God to freely receive. These activities do not earn us God's favor. ***Analogy:*** we put our cold heart before the bonfire of God's presence by seeking Him in the Word in spirit and truth. God opens His Word to us progressively (little portions) and in accordance to the time we feed our spirit on His Word.

III. ENCOUNTERING GOD: PRAY-READING THE WORD (COMMUNING WITH THE WORD)

A. It is not enough to study the Bible—we must talk to God as we study. Bible study is meant to lead us to conversation with God by giving us the "conversational material" for our prayer life. It provides the language we use as we talk to Him. Using the Bible and speaking the Word back to God makes prayer easy and enjoyable. It "turns up the volume" in our conversation with God.

³⁹*You search the Scriptures [Bible study], for in them you think you have...life; these are they which testify of Me.* ⁴⁰*You are not willing to come to Me [talk to Me] that you may have life. (Jn. 5:39-40)*

- B. Jesus called us to abide in Him. The foundation of this reality means talking with Him. We do this best as we pray-read the Word, which is simply speaking its truths back to Him as we read it. (*Free notes: How to Meditate on the Word and How to Pray-Read the Word see MikeBickle.org*)
- ⁵*He who abides in [talks to Me] Me, and I in him [I abide or talk to you], bears much fruit; for without Me you can do nothing...⁷If you abide in [talk to Me] Me, and My words abide in you, you will ask what you desire, and it shall be done for you. (Jn. 15:5-7)*
- C. We offer the following suggestions as a method of “prayer-reading.” As you read through the Bible or teachings notes on the Bible, we suggest that you pray the Bible passages back to God. This will help you to practically give your heart to God and to receive from Him.
- D. Two broad categories of truth related to pray-reading the Word (meditating on Scripture):
1. Scriptures that focus on promises “**to believe**” in God’s Word. For example, use Scriptures that declare that God loves, forgives, leads, protects, or provides for us, etc.
 2. Scriptures that focus on exhorting us “**to obey**” God’s Word. For example, use Scriptures that command us to bridle our tongue, serve others and give time and money to God, etc.
- E. We actively dialogue with God by praying promises from His Word that we are **to believe**.
1. First, **we thank God** for a particular truth. We turn these truths into simple declarations of thanksgiving or trust. For example, say: “Thank you that You love me, that you forgave me.” Or declare: “I trust that You will lead, provide, and protect me.” When the Lord says in Song 4:9, “You have ravished My heart,” we respond by thanking Him for this.
 2. Second, **we ask God to reveal (release)** particular truths to us. Ask God to release a spirit of revelation (Eph. 1:17). For example, pray: “Father, reveal to me the certainty of Your provision; how much You love me, forgive me; how I have ravished Your heart.” Or, “Father, release Your promised guidance, provision, and protection,” etc. When Lord says in Song 4:9, “You have ravished My heart”, we respond by asking for more insight.
- F. We actively dialogue with God by praying truths back to Him that exhort us **to obey** His Word.
1. First, **we commit ourselves to obey God** in the specific way set forth in a biblical passage. Make declarations of resolve to obey the Word as you read passages about obedience. For example, declare: “I set my heart to love You and obey You with my speech, time, money, etc.” Or “I set my heart to love you like David, to endure hardship like Paul.”

³⁷***You shall love the LORD your God with all your heart... (Mt. 22:37)***

²***If anyone does not stumble in word, he is...also to bridle the whole body. (Jas 3:2)***

- a. When the Lord exhorts the bride in Song 2:8-10 to arise in order to follow Him to the mountains, leaving the comfort zone behind. Take time to speak the intent of your heart to obey this passage. These sweet resolutions to obey will strengthen our heart.
- b. “I set my heart to pray like Daniel or do miracles like Paul in the Book of Acts.”

2. Second, ***we ask God to empower us to obey*** a particular truth seen in Scripture. ***Ask God for help*** to give you wisdom, motivation, and power to obey in specific areas. For example, pray: “Father help me to love You, to bridle my speech, to use my time and money in full obedience.” “Father, strengthen me by your grace to love you like David.

- a. When the Lord exhorts the bride in Song 2:8-10 to arise in order to follow Him to the mountains, leaving the comfort zone behind. Take time to specifically ask the Lord to empower your heart to obey this passage.
- b. “Father, lead me away from temptation” (Mt. 6:13), or “deliver me from the works of the evil one” (Jn. 17:15).

G. Two ways to focus our mind in seeking God: God on His Throne (Rev. 4) and God in our spirit

¹⁴***The love of God, and the fellowship of the Holy Spirit be with you all (2 Cor. 13:14, NAS)***

³⁸***Out of his heart [belly, KJV] will flow rivers of living water... (Jn. 7:38)***

H. ***Linger in God’s presence:*** in dialoging with God in the Word. Take time to ***linger*** as you speak slowly to God (include declaring your love and praise, praying with your spirit and being quiet).

I. ***Journaling:*** take time to record thoughts and prayers as you “pray-read” through Scripture. This helps us capture the truths that the Spirit gives us and to grow in our prayer dialogue with God. The anointing of the Spirit in you is your best teacher. When you pray the Word in spirit and truth, you and the Spirit work together to provide you with a tailor made teaching in the Word.

²⁷***The anointing which you have received from Him abides in you, and you do not need that anyone teach you; but as the same anointing teaches you concerning all things... (1 Jn. 2:27)***

IV. EXAMPLES OF PRAY-READING THE WORD

A. Jesus promises to reveal the Father’s personality to us as the way to impart love in us for God.

²⁶***I (Jesus) have declared to them Your name (Father’s), and will declare it, that the love with which You loved Me may be in them, and I in them. (Jn. 17:26)***

1. **Pray:** “I thank You for Your commitment to declare (reveal) the Father’s heart to me, release more.
 2. **Pray:** “I thank You for imparting Your love to my heart, please release more.
- B. God promises to show His power to those who are loyal to Him. **Pray:** “I thank You committing to show Yourself strong in me, release it. I set my heart to be loyal to the Spirit’s leadership in all that I do with my speech, eyes, actions, time and money. Help me to walk this out.”
- ⁹ ***For the eyes of the LORD run to and fro throughout the whole earth, to show Himself strong on behalf of those whose heart is loyal to Him. (2 Chr. 16:9)***
- C. Jesus promises to manifest His presence to those who obey His commandments.
- ²¹ ***He who has My commandments and keeps them, it is he who loves Me. And he who loves Me will be loved by My Father, and I will love him and manifest Myself to him... (Jn. 14:21)***
1. **Pray:** “I thank You for committing to manifest Your presence to my heart, release it more. I set my heart to keep (obey) Your Word in my speech, time, money, etc. Holy Spirit, help me to do this.”
 2. **Note:** the Father loves everyone in the sense of valuing, caring for and pursuing them. However, He only loves the lifestyle, choices, sacrifices and fruit of those who pursue 100-fold obedience.
- D. We are called to obey the Holy Spirit’s leadership in what we look at. **Pray:** I set my heart to not look on anything that quenches the Holy Spirit. Holy Spirit, help me to do this with consistency.
- ¹ ***I have made a covenant with my eyes; why should I look upon a young woman? (Job 31:1)***
- ³ ***I will set nothing wicked before my eyes... (Ps. 101:3)***
- E. We are called to obey the Holy Spirit’s leadership in our speech. God promises that our whole body (our human passions) will be bridled as we obey the Spirit in our speech. **Pray:** “I set my heart to keep (obey) Your Word in my speech. Holy Spirit, help me to do this with consistency.”
- ³ ***Set a guard, O LORD, over my mouth; keep watch over the door of my lips. (Ps. 141:3)***
- ²⁹ ***Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers. 30 Do not grieve the Holy Spirit... (Eph. 4:29-30)***
- ² ***If anyone does not stumble in word, he is a perfect man, able also to bridle the whole body (human passions)...6. The tongue is so set among our members that it defiles the whole body, and sets on fire the course of nature; and it is set on fire by hell. (Jas 3:2-6)***
- ¹⁴ ***Let the words of my mouth...meditation of my heart be acceptable in Your sight (Ps. 19:14)***

¹⁴ *Do all things without complaining and disputing, that you may be blameless. (Phil. 2:14)*

¹⁸ *In everything give thanks...¹⁹ Do not quench the Spirit. (1 Thes. 5:18-19)*

- F. God promises to save or deliver those who lay aside filthiness as they meditate on His Word. **Pray:** “I thank You for desiring to deliver my soul from filthiness in me, please release it. I set my heart to lay aside all filthiness and to implant your Word in my heart with meditation and meekness. Please help me to do this with consistency.”

²¹ *Lay aside all filthiness and overflow of wickedness, and receive with meekness the implanted word, which is able to save (liberate, deliver) your souls. (Jas 1:21)*

- G. God promised that we are a new creation based on giving us the gift of God’s righteousness. **Pray:** “I thank You and declaration my trust that you have given me the righteousness of God, please reveal it to me more by the spirit of revelation. I declare, that all things are new and the old things of my guilt has passed away in Your sight.”

If anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new...²¹ For He (Father) made Him (Jesus) who knew no sin to be sin for us, that we might become the righteousness of God in Him. (2 Cor. 5:17-21)

V. THE POWER OF GOD’S WORD IN SPIRITUAL WARFARE

- A. The principle is that the Holy Spirit hovers and waits to move in power wherever the Word is spoken by those in covenant with the Father.

² *The earth was without form, and void; and darkness was on the face of the deep. And the Spirit of God was hovering over the face of the waters. ³ Then God said, "Let there be light"; and there was light. ⁴ And God saw the light, that it was good... (Gen. 1:2-4)*

- B. Jesus creates, sustains and governs everything under the Father’s authority by speaking God’s Word (Heb. 1:3; Col. 1:17). Jesus was the One who spoke God’s Word to create in Gen. 1. We find the phrase “And God said” 10 times (vv 3, 6, 9, 11, 14, 20, 24, 26, 28, 29) along with “Let there be...” 8 times (vv 3, 6, 9, 11, 14, 20, 24, 26). We see the Spirit’s work in the phrase, “It was so” 7 times (vv 3, 7, 9, 11, 15, 24, 30) and “God made” 7 times (vv 4, 7, 12, 16, 21, 25, 27).

- C. Jesus gave us a model of how to do spiritual warfare as He spoke the Word in power to drive Satan back. When Jesus was tempted in the wilderness, He used the Word to strike like a sword cutting into Satan’s domain. This was a clash of powers that sent Satan reeling into retreat. Satan had never confronted a Man saturated in God’s Word and moving in such authority (Mt. 4:3-11). When we speak the Word to Satan, then it strikes him as a sharp sword that injures his kingdom.

¹³ *Take up the whole armor of God, that you may be able to withstand in the evil day....¹⁷ take...the sword of the Spirit, which is the Word of God... (Eph. 6:13-17)*

- D. We must fill our hearts with the Word as a lifestyle as well as use the Word in an intentional way during a time of temptation and/or oppression. We fill our heart for strength and then use the Word like bullets in a gun.