

# How To “Meditate” God’s Word

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**Joshua 1:8 KJV** - This book of the law shall not depart out of thy mouth; but thou **shalt meditate therein day and night**, that thou mayest observe to do according to all that is written therein: for **then** thou shalt make thy way prosperous, and **then** thou shalt have good success.

**MEDITATING THE SCRIPTURE IS A COMMAND, not a suggestion!** Meditating God’s Word is the MASTERKEY to success and prosperity. Yet most Christians are either untaught on the subject or afraid of the concept, thinking that the word “meditate” belongs to eastern mysticism, yoga, or is somehow related to occult practices. But in reality the new-agers and post-moderns have simply hijacked a Bible concept. All their foolish practices are nothing but counterfeits of true Bible meditation. The good news about a counterfeit, however, is that there must exist the real thing, and the real thing must be very powerful for anyone to have bothered to cleverly devise a counterfeit. When you study the meanings of both the Old Testament Hebrew and New Testament Greek words for “meditate”, you get the following derivations: “to imagine or image-in”, “to frame”, “to structure or build something”, “to mutter under ones lips”, and to “picture something.” **Hint: The easiest scriptures to memorize and thus to meditate, are the ones the Lord has recently lifted fresh out of your own Bible reading time... the ones with a ZAP or ZING on ‘em!**

**Psalms 1:2 KJV** - But his delight is in the law of the LORD; and **in his law doth he meditate day and night.**

**Ps 119:15 KJV** - **I will meditate in thy precepts,** and have respect unto thy ways.

**Ps 119:23 KJV** - Princes also did sit and speak against me: but **thy servant did meditate in thy statutes.**

**Ps 119:48 KJV** - My hands also will I lift up unto thy commandments, which I have loved; and **I will meditate in thy statutes.**

**Ps 119:78 KJV** - Let the proud be ashamed; for they dealt perversely with me without a cause: but **I will meditate in thy precepts.**

**Ps 119:148 KJV** - Mine eyes prevent the night watches, that **I might meditate in thy word.**

**1 Timothy 4:15 KJV** - **Meditate upon these things;** give thyself wholly to them; that thy profiting may appear to all.

## How?

- 1. MEMORIZE IT!** Building block method: one word, one phrase at a time, repeating it 6-12 times aloud, adding new words or phrases one upon another, then repeating again and again until you’ve got it all.
- 2. REPEAT WITH EMPHASIS!** Repeat it aloud to yourself emphasizing a different word or phrase each time and see where those different emphases take you in your thoughts.
- 3. PARAPHRASE IT!** Break it down into your own vernacular. Don’t be afraid to do this. You are not rewriting God’s Word when you do this. You are simply chewing on and digesting God’s thoughts.
- 4. PERSONALIZE IT!** Say it in a way that fits your PRESENT needs.
- 5. AMPLIFY IT!** Use other words to expand and color the thought. Use a dictionary if you wish or a thesaurus. Also amplify it with other scriptures that seem to fit with it.
- 6. MUTTER IT (WHISPER IT) BACK TO YOURSELF** over and over until it becomes a living thing on the inside!

## Example

**Psalms 28:7 KJV** - **The LORD is my strength and my shield; my heart trusted in him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise him.**

The Lord is my endless source of energy... the wellspring of life brimming over from heaven... yes, the Lord is like a nuclear reactor inside me, surging and glowing with supernatural power that never ends and is self-replenishing... His power is now surging and pulsating within me; and the Lord is now my force-field of protection from everything and everyone evil... nothing demonic or destructive can get through this force-field; my inner man depends exclusively on Him, rests and reposes itself in Him... He will come through for me: this I know and this I declare!; ...as a result I am now enjoying His constant help and instantaneous assistance in every matter: spiritual, physical, financial, social, martial, parental, emotional, mental, professional, and pastoral. All is well, I am one helped man! The Helper Himself is here; the Comforter has come! Therefore my heart celebrates over and over again this very moment; and with my own words set to melody, I will fearlessly and shamelessly celebrate Him aloud! Sing on, Dan, sing on! Sing out, my soul, sing out... right now! Shout! A shout will cure my doubt, and cure a pout! Resonate with high praise! God, You like it when I sing! So receive my song, Father, receive it. Harmonize with me, Lord, harmonize! For You alone are my strength and my shield! In Christ: I got power! I got protection! I got help! I got joy! I got a song! Not later – right now! O how I gotta praise Him!