

# PRAYING BY MEDITATING ON SCRIPTURE

Don Whitney has said that "Meditation is the missing link between Bible intake and prayer. The two are often disjointed when they should be united. Instead there should be a smooth, almost unnoticeable transition between Scripture input and prayer output so that we move even closer to God in those moments. This happens when there is the link of meditation in between."

## **Examples of Scripture:**

- Psalm 5:1 says, "Give ear to my words, O Lord, consider my sighing."
  - The word "sighing" in this verse can also be translated as the Word "meditation"; David is asking God to listen to his meditation)
- Psalm 19:14 says, "May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord, my Rock and my Redeemer."
- In each verse the Psalmist ask God to listen to his meditation. The Psalmist prayer is directly affected by his meditation if not the same as his meditation.

## **Application: (taken *Spiritual Disciplines of the Christian Life* (pg 72)**

- "The process works like this: After the input of a passage of Scripture, meditation allows us to take what God has said to us and think deeply on it, digest it, and then speak to God about it in meaningful prayer. As a result, we pray about what we've encountered in the Bible, now personalized through meditation. And not only do we have something substantial to say in prayer, and the confidence that we are praying God's thoughts to Him, but we transition smoothly into prayer with a passion for what we're praying about. Then as we move on with our prayer, we don't jerk and lurch along because we already have some spiritual momentum."

## **Importance of Praying by Meditating on Scripture:**

- Allows us to pray God's thoughts back to Him
- Keeps our minds from wandering
- Allows us to always have something to pray about

Bible commentator Matthew Henry said that "*David's prayers were not his words only, but his meditations; as meditation is the best preparation for prayer, so prayer is the best issue of meditation. Meditation and prayer go together.*"

Taken from *Spiritual Disciplines of the Christian Life* by Don Whitney, pages 65-83.