Methods of Meditation on Scripture
Summary of the methods of meditation on Scripture taught by Don Whitney

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

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

2. Rewrite the verse or phrase in your own words.

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

4. Formulate a principle from the text.

5. Pray through the text.

6. 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?

7. 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?

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

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

10. Use Meditation Mapping.

   A. 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.)
   B. Allow insights, ideas and thoughts to come quickly and freely.
   C. Use key words to represent your ideas.
   D. Connect your key words ideas to the central focus with lines.
   E. Use as few words per line as possible.
   F. **P-r-i-n-t** all the words for easier reading.
   G. Use color for emphasis and recall.
   H. Make frequent use of **symbols and pictures** in addition to words.