**Methods of Meditation on Scripture**

**Summary of the methods of meditation on Scripture taught by Don Whitney (**[www.BiblicalSpirituality.org](http://www.BiblicalSpirituality.org)**)**

**Begin by selecting a passage for meditation from your time of reading God’s Word. Choose a verse or phrase that attracted your attention, or a theme verse or key verse from the passage.**

**1. Emphasize different words in the text.**

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

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

**3. Formulate a principle from the text—What does it teach?**

**4. Think of an illustration of the text—What pictures or explains it?**

**5. Look for applications of the text—What should you do in response to it?**

**6. Ask how the text points to the Law or the Gospel.**

**7. Ask how the text points to something about Jesus.**

**8. Ask what question is answered or problem is solved by the text.**

**9. Pray through the text.**

**10. Memorize the text.**

**11. Create an artistic expression of the text—a song, poem, or sketch.**

**12. Ask the Philippians 4:8 questions of the text.**

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?

**13. Ask the “Joseph Hall” questions of the text.**

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?

**14. Set and Discover a minimum number of insights from the text (set the number in advance).**

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

**16. Ask how the text speaks to your current issue or question.**

**17. 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.

See: Buzan, Tony. *The Mindmap Book*. New York: Plume/Penguin, 1996.

Wycoff, Joyce. *Mindmapping*. New York: Berkley, 1991.