

## **Biblical Meditation Guide**

### INTRODUCTION to Biblical Meditation & Prayer Guide

Most people (myself included) find it difficult to pray consistently, but praying Scripture is an exciting way to pray and to learn WHAT to pray.

Scripture meditation helps us to know what God would have us pray, what He wants to give us and all the riches in Christ that are available to us. Praying Scripture is different because it's 2-way praying: God talks to us and then we respond to Him.

This prayer guide is based on praying through the statement of faith that comes with this booklet. If you have any reservations about signing the statement of faith, it's OK. Let's talk about it. I'll answer any questions you have and help you work it through.

Through biblical meditations of all kinds; prayer, quietness, reflection, etc...; we become deeply planted into Him as we continue to know Him better.

## **Week 1**

**Meditation:** The divine inspiration and final authority of the Bible as the Word of God

### **Day 1-** 2 Timothy 3:16

All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; so that the (woman) man of God may be adequate, equipped for every good work.

### **Day 2-** Psalm 119:105

Your word is a lamp to my feet and a light for my path.

### **Day 3-** 2 Timothy 2:15

Do your best to present yourself to God as one approved, a workman who does not need to be ashamed and who correctly handles the word of truth.

### **Day 4-** Proverbs 3:5-7

Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.

### **Day 5-** Psalm 19

The law of the LORD is perfect, restoring the soul; The testimony of the LORD is)sure, making wise the simple. The precepts of the LORD are right, rejoicing the heart; The commandment of the LORD is pure, enlightening the eyes. The fear of the LORD is clean, enduring forever;

The judgments of the LORD are true; they are righteous altogether. They are more desirable than gold, yes, than much fine gold; Sweeter also than honey and the drippings of the honeycomb.

Moreover, by them your servant is warned; in keeping them there is great reward.

Other references: Eph. 6:17, 2 Peter 1:21, Matthew 5:18

### **Quiet Heart Meditations:**

1. 2 Timothy 3:16 says that all Scripture is inspired by God. What do you think the words, "inspired by God" means?
2. Psalm 119:105 says that the Bible is the way we "see" our way through life. To what extent can a person rely on the "lamp"?
3. Psalm 19 says that the Bible is perfect. Do you believe it is perfect even though there may be parts of the Bible that you don't understand and/or disagree with?

### **Sample Prayer:**

Lord I ask that You teach me, reprove me and correct me from Your Word and train me for the good work you've assigned for me to do. Lord, show me which way to go and illuminate my path with Your words. Help me to be discerning, knowing that I have an adversary and knowing that I need the Sword of the Spirit, the Word of God. Your Words have great reward and will keep me from turning the wrong way. Help me to rightly discern truth as You lead me to Your Word regarding every circumstance or question. Lord I trust in You and not in myself. Help my faith to grow so that I believe and trust in You more and more as You show me Your faithfulness. I will take You at Your Word. Lord draw me to Your Word often so that my soul will be restored in You. Make me wise and make me excited about reading your word. Help me to desire You more than gold and let Your will taste better to me than food.

Your Prayer \_\_\_\_\_

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## **Week 2**

**Meditation:** The eternal God revealed in Holy Scripture as Father, Son and Holy Spirit

### **Day 1-** John 14:6-9

Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me. If you really knew me, you would know my Father as well. From now on, you do know him and have seen him."

Philip said, "Lord, show us the Father and that will be enough for us."

Jesus answered: "Don't you know me, Philip, even after I have been among you such a long time? Anyone who has seen me has seen the Father. How can you say, 'Show us the Father'?"

Ephesians 2:18

for through Him (Jesus) we both have our access in one Spirit to the Father.

John 8:24

I told you that you would die in your sins; if you do not believe that I am the one I claim to be, you will indeed die in your sins."

John 10:30

"I and the Father are One."

### **Day 2-** Colossians 1:16-17

For by him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things were created by him and for him. He is before all things, and in him all things hold together.

1 Corinthians 8:6

yet for us there is but one God, the Father, from whom are all things and we exist for Him; and one Lord, Jesus Christ, by whom are all things, and we exist through Him.

### **Day 3-** Is 7:14, Matthew 1:23

Therefore the Lord himself will give a sign: The virgin will be with child and will give birth to a son, and will call him Immanuel.

Footnotes:

a. Immanuel means God with us

Is 9:6

For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.

### **Day 4-** John 1:1-3, 14

In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made.

The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the One and Only, who came from the Father, full of grace and truth.

Other references to Jesus, the One and Only: John 1:14, John 1:18

### **Day 5-** John 15:26

Jesus said, "When the Counselor comes, whom I will send to you from the Father, the Spirit of truth who goes out from the Father, he will testify about me."

John 16:7

"Nevertheless I tell you the truth; It is expedient for you that I go away: for if I go not away, the Comforter will not come unto you; but if I depart, I will send him unto you."

John 16:12-13

"I have much more to say to you, more than you can now bear. But when he, the Spirit of truth, comes, he will guide you into all truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come."

**Quiet Heart Meditations:**

What feelings do you have when you read the John 14:6-9 where Jesus said, "I am the way and the truth and the life. No one comes to the Father except through me."

When people ask you the following two questions, what would you share with them?

1. What about those whose good deeds outweigh their bad deeds? Do they still need Jesus?
2. What about people who have never heard of Jesus? How do they find "the way"?

In John 16:12-13 Jesus said He would send the Holy Spirit to guide us into truth.

Do all people have the Holy Spirit living in them, even if they do not accept that Jesus is the only way?

Prayer:

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### **Week 3**

Meditation: The unique Deity of Jesus Christ, God's only Son, whose death and resurrection provide by grace through faith the only means of my salvation.

#### **Day 1- John 14:6**

Jesus said, "I am the Way, the Truth and the Life. No one comes to the Father but by me."

John 3: 36

"Whoever believes in the Son has eternal life, but whoever rejects the Son will not see life, for God's wrath remains on him."

#### **Day 2- John 4:25-26**

The woman said, "I know that Messiah" (called Christ) "is coming. When he comes, he will explain everything to us." Then Jesus declared, "I who speak to you am he."

Footnote:

"The Christ" (Greek) and "the Messiah" (Hebrew) both mean "the Anointed One"

#### **Day 3- John 5:24**

"I tell you the truth, whoever hears my word and believes him who sent me has eternal life and will not be condemned; he has crossed over from death to life."

#### **Day 4- John 1:32**

Then John gave this testimony: "I saw the Spirit come down from heaven as a dove and remain on him. I would not have known him, except that the one who sent me to baptize with water told me, 'The man on whom you see the Spirit come down and remain is he who will baptize with the Holy Spirit.' I have seen and I testify that this is the Son of God."

#### **Day 5- John 1:44-45**

Philip, like Andrew and Peter, was from the town of Bethsaida. Philip found Nathanael and told him, "We have found the one Moses wrote about in the Law, and about whom the prophets also wrote—Jesus of Nazareth, the son of Joseph."

Other References: Hebrews ;9:24-28;10:10,12,14; 1

### **Quiet Heart Meditations:**

John 5:24

"I tell you the truth, whoever hears my word and believes him who sent me has eternal life and will not be condemned; he has crossed over from death to life."

Can we KNOW FOR SURE that we will go to heaven when we die?

When does eternal life start?

### **Sample prayer:**

Lord, I pray that I'll see that You are the Way, the truth and the life. I believe that You are the only way. I don't understand with my natural mind, but I can feel Your presence and I love You. I love what You did for me. Lord I believe that You are the One True and Living God and that You always planned to bring me to You. Only because You say so, I take you at Your Word and believe that You alone have the power to give me eternal life and lead me to a closer relationship with You, Father. I know that there is now no condemnation for me, because I have crossed over into life. I want to be able to say that I've seen and testify that You are the Son of God. Lord, reveal Yourself to me.

Your Prayer:

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**Week 4**

**Days 1 through 5-** Prophecy fulfilled by Jesus in Isaiah

**Meditation:** The unique Deity of Jesus Christ, God's only Son, whose death and resurrection provide by grace through faith the only means of my salvation.

Isaiah 53:5-7

But He was pierced through for our transgressions,  
He was crushed for our iniquities;  
The chastening for our well-being fell upon Him,  
And by His scourging we are healed.  
All of us like sheep have gone astray,  
Each of us has turned to his own way;  
But the LORD has caused the iniquity of us all  
To fall on Him.  
He was oppressed and He was afflicted,  
Yet He did not open His mouth;  
Like a lamb that is led to slaughter,  
And like a sheep that is silent before its shearers,  
So He did not open His mouth.

**Quiet Heart Meditations:** Read Isaiah 53:5-7 below and write your first thought.

What stands out to you?

**Sample Prayer:** Father God, You have told us that we need to be "blameless" (Gen 17:1) and holy (Leviticus 19:2; 1 Peter 1:16; Matthew 5:4 I admit that I can't become perfect on my own, nor am I holy and in fact no one is perfect (Isaiah 53:6) except Jesus (2 Cor. 5:19). But I know that You loved me so much that you made a way for me to be close to You. (John 3:16+ )

You have made perfection and eternal life available to me as a free gift (Romans 6:23) and have not counted any of my wrong-doings against me (Is. 1:18; 2 Cor. 5:17, 19; Romans 8:1) (Ps. 51:7) because of Your grace (Eph 2:8,9) by sending Your Son, Jesus Christ, to pay the price for my sins by dying on the cross(Matthew 20:2). He was perfect and so He is the only One who could do that (Hebrews 7:27; Peter 3:1).

Your Prayer:

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## **Week 5**

**Meditation:** the unique Deity of Jesus Christ, God's only Son, whose death and resurrection provide by grace through faith the only means of my salvation.

### **Day 1-** Romans 5:8

But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us.

### **Day 2-** Romans 5:10

For if while we were enemies we were reconciled to God through the death of His Son, much more, having been reconciled, we shall be saved by His life.

### **Day 3-** Peter 3:18

For Christ also died for sins once for all, the just for the unjust, so that He might bring us to God, having been put to death in the flesh, but made alive in the spirit;

2 Cor. 5:21

God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.

### **Day 4-** Mark 2:17

Jesus said to them, "It is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners."

John 1:29, 35

The next day John saw Jesus coming toward him and said, "Look, the Lamb of God, who takes away the sin of the world!"

### **Day 5-** 2 Cor. 5:17

Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!

Ezekiel 36:26

I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.

Ephesians 5:14

For this reason it says, "Awake, sleeper, And arise from the dead, And Christ will shine on you."

Romans 6:4

Therefore we have been buried with Him through baptism into death, so that as Christ was raised from the dead through the glory of the Father, so we too might walk in newness of life.

John 3:3

Jesus answered and said to him, "Truly, truly, I say to you, unless one is born again he cannot see the kingdom of God."

Other references: John 3:7, 1 Peter 1:3, Peter 1:23

### **Quiet Heart Meditation:**

Romans 5:8

But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us.

It's clear from the Scripture above that we come to Jesus just as we are. Do you still feel like you have to "clean up your act" before coming to Jesus? What about alcoholics? What about homosexuals? Can they accept Jesus?

**Sample Prayer:**

Because of Your great love for me, You Yourself paid the penalty Your holiness required in order to bring me to You. Now I know You look on me through the blood of Jesus and see me as perfect and holy I come to You now just as I am, You've promised that once I accept "the Way" -Jesus' sacrifice that You would make me a new creation give me a new heart and awaken my spirit. Jesus, because You were raised from the dead, I also walk in newness of life and I believe my spirit has been re-born. You now have reconciled me to Yourself.

Your Prayer:

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## **Week 6**

**Meditation:** the unique Deity of Jesus Christ, God's only Son, whose death and resurrection provide by grace through faith the only means of my salvation.

### **Day 1-** John 1:12

But as many as received Him (Jesus), to them He gave the right to become children of God, even to those who believe in His name,

### **Day 2-** 1 John 3:1

How great is the love the Father has lavished on us, that we should be called children of God! And that is what we are!

### **Day 3-** John 15:15

"I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you."

### **Day 4-** 1 John 5:13

[ This Is Written That You May Know ] These things I have written to you who believe in the name of the Son of God, so that you may know that you have eternal life.

### **Day 5-** Psalm 23

A psalm of David.

The LORD is my shepherd, I shall not be in want.  
He makes me lie down in green pastures, he leads me beside quiet waters,  
He restores my soul. He guides me in paths of righteousness for his name's sake.  
Even though I walk through the valley of the shadow of death, I will fear no evil,  
for you are with me;  
your rod and your staff, they comfort me.  
You prepare a table before me in the presence of my enemies.  
You anoint my head with oil; my cup overflows.  
Surely goodness and love will follow me all the days of my life,  
and I will dwell in the house of the LORD forever.

### **Quiet Heart Meditations:**

In Week 5 of the study guide, you meditated on 2 Cor. 5:21

"God made him who had no sin to be sin for us, so that in him we might become the righteousness of God."

Now in Week 6, after thinking about it, have you received any special understanding about your righteousness in Christ?

### **Sample Prayer:**

Now I am your child and your friend because I believe you, Jesus, that You are God. You said You are and I receive You. Thank you for giving me eternal life that starts now and never ends. I know that I will walk with You in life, in death and thereafter always and that goodness and mercy will follow me all the days of my life and I will "dwell" with You now and forever.

Your Prayer:

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## **Week 7**

Meditation 4. The transforming presence and power of the Holy Spirit.

### **Day 1- Titus 3:5**

He saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit,

Revelation 3:20

"Behold, I stand at the door and knock; if anyone hears My voice and opens the door, I will come in to him and will dine with him, and he with Me."

### **Day 2- John 14:17**

"...that is the Spirit of truth, whom the world cannot receive, because it does not see Him or know Him, but you know Him because He abides with you and will be in you."

### **Day 3- John 4:23**

"But an hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for such people the Father seeks to be His worshipers. "God is spirit, and those who worship Him must worship in spirit and truth."

### **Day 4- Philippians 2:13**

for it is God who is at work in you, both to will and to work for His good pleasure.

Philippians 1:6

For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus.

### **Day 5- Ephesians 6:10-18**

The Armor of God

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

Stand firm then, with the belt of truth buckled around your waist,  
with the breastplate of righteousness in place,  
and with your feet fitted with the readiness that comes from the gospel of peace.  
In addition to all this, take up the shield of faith,  
with which you can  
extinguish all the flaming arrows of the evil one.  
Take the helmet of salvation  
and the sword of the Spirit,  
which is the word of God.  
And pray in the Spirit on all occasions with all kinds of prayers and requests.  
With this in mind, be alert and always keep on praying for all the saints.

### **Quiet Heart Meditation:**

Titus 3:5

He saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit,

Think on God's mercy in your life.

God bless you!

For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus. (Philippians 1:6)

Please sign the statement of faith and bring with you to the seminar. You can find the statement of faith on the website or use the one that came with your instructors packet. Be sure to keep a copy for your notebook.

Email: [Lmonica@sbcglobal.net](mailto:Lmonica@sbcglobal.net)

**Sample Prayer:**

Lord Jesus, You now indwell me by Your Holy Spirit, the Comforter, the Spirit of Truth, Your Spirit. I know You love me just as I am. I don't understand everything about You yet, but I trust You to teach me Your ways. Help my faith to grow and always remember Your promises so that I won't get discouraged. Lead me back to Your Word and to quiet times with You. I will trust in You, not leaning on my own understanding, and walk by faith, knowing that You are always working in me for my good. Help me to know You more. I draw close to You.

Your Prayer:

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