



Five Building Blocks for Meditating on a Bible Verse - AEIOU

One of the keys to a deeper understanding of what the Bible says comes from the spiritual discipline of meditating on the Scriptures. If that conjures up images of monk-like mystics staring off into space—think again. For the Christian trying to grasp the truth of the Bible it's more like “chewing” on a passage over and over—or thinking about that passage from different angles and perspectives. Here are a few building blocks that can help you meditate more effectively on the Word of God.

Ask questions. What is the context of this verse? What is being described in the verses surrounding this one? Are there words that need to be defined? Do the words have the same meaning now as they did when they were written?

Emphasize each word in the verse. Read the verse out loud and place emphasis on a different word each time. The results can be surprising!

In your own words. Restate the verse, putting it in your own words. It will help you to think about what the verse really means—and what it means for you.

Other verses. Can you find other verses that speak about the same topic? How do they complement or supplement what the original verse says?

Use it. There's a great quote that's been attributed to D.L. Moody that says, “The Bible was not given to increase our knowledge, but to change our lives.” Think about how you can apply this verse to your own life. You may even want to memorize the verse and ask God to show you how to live it out.

Practice **AEIOU**. Pick a short verse and try it out. Here are some samples:

Psalms 34:14 Depart from evil and do good; Seek peace and pursue it.

Psalms 37:31 The law of his God is in his heart, his steps do not slip.

Psalms 56:3 When I am afraid, I will put my trust in You.

Luke 19:10 For the Son of Man has come to seek and to save that which was lost.

John 17:17 Sanctify them in the truth, your word is truth.