



Scripture Meditation

“The goal [of meditation] is not for you to get through the Scriptures. The goal is to get the Scriptures through you.”

—John Ortberg

Uniqueness. The fundamental difference between Biblical meditation and the meditation associated with Eastern mysticism is that the latter entails emptying the mind. Biblical meditation involves filling the mind with Scriptures and truths that point to God.

Logistics. Find a set time and place to meditate, perhaps during your devotions. Start small with just a minute or two, then gradually increase. Have a chair or spot that is your “go-to” for meditating on Scripture.

Preparation. Ask God to help you focus on Him and His Word.

Undoubtedly, when we try to meditate, our minds will be filled with other things we need to do or think about. Instead of giving these things your attention, try writing a “To-Do list” as a side note to help your mind find peace and focus on the Scripture. As soon as a stray thought or worry comes, write down the task that needs to be done and go back to your meditation. Afterwards, you can be sure to give attention to those things you wrote down.



This resource is designed to give you a framework for meditating on Scripture. Using the acrostic AEIOU, it leads you through ways to have the truths found in a passage of Scripture come alive in new ways.

Christian meditation is about filling your mind with truths about God. It is not like Eastern meditation, which focuses on emptying your mind. Use this resource on your own, in pairs, or in a group Bible study.

Example passage: Psalm 100

Your Paraphrase (rewrite this passage in your own words):

Ask Questions (to get into the heart of what the text is saying):

Emphasize Words (repeat a phrase or verse, putting the emphasis on different words):

Illustrate (draw a picture of what the verse means to you):

Other Scriptures (what else does the Bible say about this?):

Use (how can I apply this verse to my life?):