

Just Sayin'

A Bible Study on Meditating on God's Word.

This Bible study was created to accompany the post, Just Sayin. If you have never meditated on God's Word, look out! Prepare to be changed!

Day 1 Read Joshua 1:8, Psalm 1:2, 119:14-16, 99

1. What are some of the results from meditating on God's Word?

Day 2 Pick a scripture passage you would like to study. Navigators, a Christian ministry that exists to make Christ known suggests using this easy acronym to guide you through the steps for meditation. They are the vowels, A E I O U.

- A. ASK questions about the passage.** (You can sort through the information in a passage by asking who, what, when, where, why, and how questions about it.)

Day 3 Using the passage you selected, do the following:

- E. EMPHASIZE** various words as you read out loud.

- I. IN your own words.** (Paraphrase) Exciting insights come from rewriting a verse or passage in your own words.

Day 4

- O. OTHER passages.** (Cross references) Try to think of other passages that relate directly to the meaning of the verse you are meditating on.

Day 5

- U. USE the passage.** (Application) Relate the verse to your own circumstances.