

BIBLE MEDITATION IN FIVE STEPS

(Taken from Mike Flynn, 'Holy Vulnerability' pages 61-63)

Pray, Read, Picture, Project, Resolve.

1. Pray.

Pray that the Lord will open you to His Word and open His Word to you. Pray to see Jesus in His Word.

2, Read.

Read a passage through two or three times so that the sequence of events is clear in your mind. This process works best with scenes from the historical books- Old Testament events, the Gospels, Acts—because events are digested more easily than concepts.

3. Picture.

Act like a TV camera and imagine what the scene must have looked like. See the events unfold as you would watch a film.

4. Project.

In this step, you project yourself into the roles of the persons in the story. Be Peter as he faces the fact that he has caught no fish. Hear Jesus as He checks in with the Father and tells Peter to let down the net. Be Peter as he lets down the net doubtfully at Jesus' instructions. Imagine what it feels like to be him. Observe the result. Feel Peter fall to his knees and bid Jesus get away from him. See Jesus smile, lift Peter to his feet and promise He will make him a fisher of men. Think the thoughts Peter might have thought.

Projecting is the heart of the process. At this stage the Spirit speaks to your heart and mind. I never understood Pharisees until I had stood in their boots a number of times and felt their feelings and thought their thoughts about Jesus. I never understood key factors in the viewpoint of God until I had tried to see with Jesus' eyes. The almost unrelenting challenge Jesus presented to His disciples—simply by saying what He said and doing what He did—was not real to me until I put myself face to face with Him in their heads.

5. Resolve.

The first four steps almost invariably teach you something that requires a resolution: to change an attitude, a priority, a behaviour, a belief, an opinion, a procedure or a relationship.

These five steps take about fifteen minutes to complete. If you want to gain the fullest benefit, take another fifteen minutes and write down what you have learned and resolved.