



# The Phroneo Introduction to Bible Meditation

A free resource from [biblemeditation.org](https://biblemeditation.org)

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Here's a simple and repeatable way to get started and continue with Bible meditation.

## 1 Choose scripture

Pick a scripture on which to meditate. Often a verse or two is sufficient. If you're not sure which verses to use, try searching online for "Verse of the Day". There are several websites that offer a different Bible passage every day of the year. Or you might like to start with Psalm 119:11:

*I have stored up your word in my heart,  
that I might not sin against you.*

## 2 Still yourself

Settle your mind and heart. Breath in and out slowly a few times. Invite the Holy Spirit to speak to you, and pray Psalm 119:18:

*Open my eyes, that I may behold  
wondrous things out of your law.*

## 3 Read the passage

Read your chosen passage slowly and thoughtfully, several times, without rushing, with all your senses engaged. It is helpful to read aloud.

## 4 Answer questions

Answer questions about the passage. E.g.:

- What is being said here? (Put it in your own words.)
- What is the main idea or theme?
- What words or phrases stand out?
- What does this passage mean to *you*?

## 5 Reflect

We meditate to understand God better and to grow spiritually. Reflect on the following:

- What does the passage tell you about the character of God?
- How can you relate this passage to the life and work of Jesus?
- What might you change, to apply this passage to your life?



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### 6 Respond

Turn your reflections into prayer. For example:

- “Father, please help me trust this promise.”
- “Lord Jesus, please form this truth in me today.”
- “Holy Spirit, please give me wisdom to live this out.”

Meditation leads naturally to worship, confession, thanksgiving, and renewed obedience.

### 7 Apply

Answer one simple question:

“What is one concrete way I can act on this truth today?”

Small, specific steps are better than vague resolutions. Write it down if it helps – the act of writing reinforces the commitment.

### 8 Tips

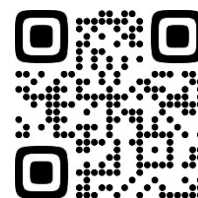
For fruitful meditation:

- Short passages are usually best.
- Consistency matters more than length.
- Repetition is powerful – return to the same verse for several days.
- Silence before and after allows the truth to sink in.
- Prayer can weave throughout the process, not only at the end.

### 9 Going deeper

There are many ways to go deeper with meditation. You will find resources to help you at BibleMeditation.org, including free worksheets for DIG (Digest, Interact, Give thanks) and Lectio Divina.

If you'd like a daily journal with verses set for every day of the year, try a **Phroneo Bible Meditation journal**. Find out more at [biblemeditation.org/journals](https://biblemeditation.org/journals) or scan the QR code on the right.



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