

Methods of Meditation on Scripture

Summary of the methods of meditation on Scripture taught by Don Whitney

1. Repeat the verse or phrase with emphasis on a different word each time.

Whatever He says to you do it (John 2:5).

Whatever *He* says to you do it.

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Whatever He says to you *do it*.

2. Rewrite the verse or phrase in your own words.

3. Look for applications of this text – what should you do in response to it?

4. Formulate a principle from the text.

5. Pray through the text.

6. Ask the Philippians 4:8 questions.

What is *true* or what truth does it exemplify?

What is *honorable* about it?

What is *right* about it?

What is *pure* or how does it exemplify purity?

What is *lovely* about it?

What is *admirable or commendable* about it?

What is *excellent* about it?

What is *praiseworthy* about it?

7. Ask the “Joseph Hall” questions.

What is it (*define and/or describe* what it is)?

What are its *divisions or parts*?

What *causes* it?

What does it *cause* (its *fruits and effects*)?

What is its *place, location or use*?

What are its *qualities and attachments*?

What is *contrary, contradictory or different* to it?

What *compares* to it?

What its *titles or names*?

What are the *testimonies or examples of*

Scripture about it?

8. Discover a minimum number of insights into the text (set the number in advance).

9. Find a link or common thread between all the chapters of paragraphs you’ve read.

10. Use Meditation Mapping.

A. Put the verse(s), phrase, word or topic to be meditated upon in the *middle* of the page. (When possible, this should be done in picture form.)

B. Allow insights, ideas and thoughts to come *quickly and freely*.

C. Use *key words* to represent your ideas.

D. *Connect* your key words ideas to the central focus with lines.

E. Use as *few words* per line as possible.

F. *P-r-i-n-t* all the words for easier reading.

G. Use *color* for emphasis and recall.

H. Make frequent use of *symbols and pictures* in addition to words.

See: Buzan, Tony. *The Mindmap Book*. New York: Plume/Penguin, 1996.

Wycoff, Joyce. *Mindmapping*. New York: Berkley, 1991.