

UNDERSTANDING BIBLICAL MEDITATION

Mediation is thinking on scriptures by the help of the Holy Spirit.

The process of meditation: Ps.119:97, Ps.1:2

- . **Assimilation** [truth is heard—[this is the point of Knowledge](#)]
Rev.2:17, Acts 2:40-41; Acts 28:23.
- a. **Regurgitation** [it is brought back to the thoughts after the meeting]
Ps.119:9, 11, 15, 87-100, 148.
- b. **Mastication** [it is properly and personally thought upon— as to how it relates to one's personal life] James 1:21-23 AMPC, TPT; Gal.6:4 AMPC
- c. **Absorption** [it is now understood, and there is a resolve to practice for one's personal life—[this is the point of Understanding](#)]
Matt.7:21-27 NLT'96, Jn.13:17 AMP
- d. **Digestion** [it is now part and parcel of one's life, due to constant practice— [this is the point of Wisdom](#)]. James 1:25 AMP, Rom.2:13 AMP.