



Basic Lesson 3

Definition of Biblical Meditation

Some words appear in different colored font to give extra emphasis, encouraging further meditation.

A Picture of Biblical Meditation in Scripture
Luke 24:30

Basic Principle: Context is always important in meditation.

Read the Luke 24:13-48 account of the two disciples walking with Jesus on the road to Emmaus. Luke 24 begins after the resurrection. Two disciples are returning to their homes, and even though they heard the reports that Jesus was alive, they did not believe and were walking home discouraged on the third day. Jesus drew near and walked with them, but they didn't recognize Him at first.

This lesson is an example of meditation with the layout as a visual aid of what meditation might look like in small portions and how to do it, emphasizing certain words and using line breaks.

As they reached their village, Jesus would have continued on,

v29 “But they constrained Him, saying, ‘Abide (stay, remain) with us, for it is toward evening, and the day is far spent.’ And He went in to stay with them.”

Defining Biblical Meditation within this passage:

v30 “Now it came to pass as He (Jesus) sat at table with them, that He took bread, blessed and broke it, and gave it to them.”

v31 “Then their eyes were opened and they knew Him; and He vanished from their sight.”

This is a premier example of Biblical Meditation.

Jesus **takes** the **bread** of the **Word**,
blesses it,
breaks it, (reveals insights)
and **gives each a portion for prayer**, (receive)
and **makes Himself known through the Word**.

v32 “And they said to one another, ‘Did not our heart burn within us while He talked with us on the road, and while He opened the Scriptures to us?’

v33 “So they rose up that very hour and returned to Jerusalem, and found the eleven and those who were with them gathered together, (response)

v34 saying, ‘The Lord is risen indeed, and has appeared to Simon!’”
(This was revelation to them. Paul refers to this in 1 Corinthians 15:5, that Jesus was seen by Peter first before the other disciples.)

v35 “And they told about the things that happened on the road, and how He was known to them in the breaking of bread.”

v45 “And He opened their understanding that they might comprehend the Scriptures.”

This is after Jesus has just explained for the second time how He fulfilled all the Scriptures concerning Himself as Messiah. vv 27, 44

In meditation, Jesus gives individual portions of the Word to each one.

Don't refuse what you receive because of doubt and unbelief. (Matthew 7:8,9 Ask and receive.)

Your portion of the broken Word is the basis for your prayer.

This is a picture of meditation, Jesus is not physically there, but is spiritually real. You know His presence. He speaks through your thoughts and impressions. As you continue to meditate, your knowledge and intimacy with Jesus will increase.

This is one of the benefits of meditation.

Meditation requires a response.

You must apply (respond to) the Word **personally**. When God is speaking the Living Word to you, He expects a response. This is the life changing part of meditation.

To respond to Scripture, just come into honest agreement with the Word you received. Jesus will meet you where you are.

Respond as you receive, during the quiet time of meditation. For example, perhaps v29 was what God seems to be saying to you. He speaks through your thoughts and impressions about what you are reading.

v29 “Abide with us.” (the disciples asking Jesus to abide, to stay with them)

To abide with Him requires time seeking Him, staying in His presence.

Your response can range from a strong “YES!” to being lukewarm.

“Am I afraid I will not be able to do it?” or “Am I somewhere in-between?”

God knows where you are, and wants to draw you closer.

Benefit: The life changing part of meditation transforms your soul.

God knows where you are in your relationship with Him. He uses the Word to bring you to repentance when necessary, to transform your soul as your mind is renewed through the Word. This changes your desires and actions and brings you into maturity as you learn to respond to Him through the Word.

Response: These disciples walked seven miles back to Jerusalem to share,

v35 “They told how Jesus met them on the road and how they recognized Him in the breaking of bread.” There is a cost to the response.

Suggested Prayer Application:

- Read through the passage of Scripture, v13-48
- In a group, each read a verse,
- Take a silent time and look at the Word again,
- Ask and believe the Holy Spirit to lead you to your portion of the Word,
- Receive from the Word,
- Respond personally and pray out what you received.

In a prayer group, share *briefly* what each received to see the full prayer picture, then pray out what you received with others adding their prayer insight. Your response is between you and the Lord. Long sharings use up the prayer time.

Application: Pray through one prayer point at a time, then go on the next. Simply pray out was received.