

# Spiritual Requirements

- **Conversion**
- **Illumination**
- **Mortification**

# Meditation

# Proverbs 2:1-6

A passage that keeps two key thoughts before us:

- You need to be *attentive* to wisdom – but --
- You also must *cry out* for discernment
- You must *seek* it the way you'd look for valuable coins – but --
- You still must know that we depend on the Lord to *give* it (*and know that He is willing*)
- You need to know that unless He gives it, seeking is vain – but –
- Know that *asking* Him to give it without putting *thinking* in won't be rewarded either

# Meditation

**1) Meditation consists of  
Active Reading**

# Meditation

**2) Meditation consists of  
Repeated Reading**

# Each verse as a “break”

it was seen in its height  
with the mass of its branches.  
12 But the vine was plucked up in fury,  
cast down to the ground;  
the east wind dried up its fruit;  
they were stripped off and withered.  
As for its strong stem,  
fire consumed it.  
13 Now it is planted in the wilderness,  
in a dry and thirsty land.  
14 And fire has gone out from the stem of  
its shoots,  
has consumed its fruit,  
so that there remains in it no strong  
stem,  
no scepter for ruling.

# Verses collected into paragraphs

...THE LORD.

27 "Therefore, <sup>y</sup>son of man, speak to the house of Israel and say to them, Thus says the Lord GOD: In this also your fathers blasphemed me, by <sup>z</sup>dealing treacherously with me. 28 For when I had brought them into the land that <sup>a</sup>I swore to give them, then wherever they saw <sup>b</sup>any high hill or any leafy tree, there they offered their sacrifices and there they presented <sup>c</sup>the provocation of their offering; there they sent up their pleasing aromas, and there they poured out their drink offerings. 29 (I said to them, <sup>d</sup>What is the high place to which you go? So its name is called Bamah<sup>1</sup> to this day.)

# Meditation

**3) Meditation consists of  
Muttering**



# Top-notch translations

- \*ESV (English Standard Version)
- \*NASB (New American Standard Version)
- \*NKJV (New King James Version)
- \*KJV (King James Version)
- \*HCSB (Holman Christian Standard Bible)
- \*ASV (American Standard Version – 1901)

# Meditation

**4) Meditation consists of  
Keeping Verses with you  
throughout the day**

# Meditation

**5) Meditation consists of  
Mingling Prayer with  
Bible Reading**

# Thomas Manton

*“Meditation is a middle sort of duty between the Word and prayer, and hath respect to both. The Word feedeth meditation, and meditation feedeth prayer. We must hear that we be not erroneous, and meditate that we be not barren. These duties must always go hand in hand.”*

# Questions from last week

- Bible reading before you were converted and afterwards. Tell us what the experience was like
- What does it look like, in practice, to rely on the Holy Spirit for help *seeing*?
- Recall attempts at Bible reading, while ignoring or leaving a sin habit unaddressed. How did the fruitlessness of your Bible study manifest itself? Likewise, when you were dead serious about putting sin to death – then, when you dug into the Word, what was it like?