

2Pet 1:2-4  
2Pet 3:17-18  
James 4:17  
James 1:22-25  
Josh 1:8  
Jer 29:23  
Ps 39:3  
Ps 119:97-104  
Mt 7:7-8  
Acts 17:11  
John 16:13-14

Some how-to's that will help you:

1. Pick a time and place where you will not be interrupted or distracted.
2. Ask the Holy Spirit to help you meditate and teach you (*Ps 119:18 – “Open my eyes...”*)
3. Select a Scripture passage from the sermon.
4. Read the verses before and after to get the context.
5. Write the verse out —many times you will see things while doing that which you did not see when you read it.
6. Go through the verse emphasizing and thinking about (chewing on) a different word each time.
  - If you know these things, happy are you if you do them.*
  - If **you** know these things, happy are you if you do them.*
  - If you **know** these things, happy are you if you do them.*
  - If you know **these** things, happy are you if you do them.*
  - If you know these **things**, happy are you if you do them.*
  - If you know these things, **happy** are you if you do them... etc.*
7. It can be helpful to look up certain words in a concordance to get the flavor that the word adds to the text.
8. There may be cross references in your Bible to show other places in Scripture where that same or similar thought is expressed. You may have verses of your own come to mind—look them up or at least think about how they support or clarify the verse upon which you are meditating.
9. If you took notes during the sermon, perhaps reviewing what was said, or how this verse is used in the sermon may be useful.
10. At some point, it may be helpful to write out the verse in a paraphrase—say it in your own words—you are capturing what you got out of it.
11. Put the verse or new understanding into personalized prayer. (Praise, thanks, intercession, petition, rejoicing—whatever you feel to do)
12. What applications have come to mind? What applications were mentioned by the preacher?

Mt 28:19-20  
Rom 12:2  
2Cor 4:16  
Eph 4:22-24  
Col 3:10  
Titus 3:5-6