

Incorporating Meditation into Your Time with Jesus

Lectio – Reading

Understand the passage

- Read slowly through the whole passage.
 - a) When a thought, phrase, or word captures your attention, stop and dwell on it. Underline or note each.
- Read a second time and ask: “What truth is the author getting across here?” Ask what it says about:
 - a) who God is
 - b) who we are
 - c) who Christ is and what he did
- Read a third time. List each:
 - a) example to follow
 - b) command to obey
 - c) promise to claim

Meditatio – Reflecting

Meditate and listen for the voice of God

Choose the two or three most important insights or verses from your reading and ask:

- Adoration – How does this lead me to adore and praise God? a) What attribute of God does it show?
- Confession – How does this lead me to confess or repent to God?
 - a) What wrong thoughts, feelings, and behavior happen in me when this is forgotten?
- Thanksgiving – How can I thank Jesus for being the ultimate answer to this sin?
 - a) How is this sin being caused by an inordinate hope for something to give me what only Jesus can really give me?
- Supplication – What does this lead me to petition God for? a) What do I need from God if I am to realize this truth in my life?
- Why might God be showing me this today?

Oratio – Praying

On the basis of your meditation, speak very directly to God about what you are learning and hearing

- Pray every one of the meditations — Adoration, Confession, Thanksgiving and Supplication — back to him.

Contemplatio – Sensing

Often, though not always, during reading, reflecting or praying, you begin to get a “sense on the heart” of the reality of God and his presence.

- You may receive strong assurance of belonging to him. Stop and enjoy him!

ディボーションノート

Devotion Note

聖書箇所 Scripture
タイトル Title
LECTIO 聖書を読み理解しましょう Reading~Understand the passage
内容 Content
聖句や洞察 Verse of Insight 2つか3つの最も重要な聖句や洞察 – Two or three most important insights or verses
MEDITATIO 黙想して神の声を聞きましょう Reflecting~Meditate and listen
頌 栄 Adoration 神をほめたたえて賛美すること – How does this lead me to adore and praise God?
告 白 Confession 神に罪を告白して悔改めること – How does this lead me to confess or repent to God?
感 謝 Thanksgiving この罪に対する福音の答えのゆえにイエスに感謝すること – How can I thank Jesus for being the ultimate answer to this sin?
祈 願 Supplication 神に願い求めるべきこと – What does this lead me to petition God for?
適 用 Application 神はなぜ今日これを私に示したのか – Why might God be showing me this today?
ORATIO 祈りましょう – Praying
祈 り Prayer 他に祈るべきこと(祈りの課題)