

SMPL (Study. Meditate. Pray. Live)

Meditating on the Bible

SMPL is biblical meditation that blends the ancient practice of the prayer of recollection (re-collecting your fragmented and distracted thoughts to focus on Jesus) with other forms of thought-based biblical meditation like “TACS” (teaching, adoration, confession, and supplication).

Notes on meditation

- Biblical meditation, unlike some forms of eastern meditation, does not attempt to empty the mind, but rather to fill it and guide it with biblical truths and into a relationship with Jesus.
- Psalm 1 describes how meditating on the law of the Lord (the Bible) day and night will help us become like trees planted along a riverbank. We become stable, rooted, and have an overwhelming sense of peace and well being, regardless of the rainfall and circumstances. This is contrasted with chaff that is easily scattered by the wind. One little gust of difficulty blows it away.

Psalm 1

1 Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers. **2** But they delight in the law of the Lord, meditating on it day and night. **3** They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do. **4** But not the wicked! They are like worthless chaff, scattered by the wind. **5** They will be condemned at the time of judgment. Sinners will have no place among the godly. **6** For the Lord watches over the path of the godly, but the path of the wicked leads to destruction.

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- Meditation can be seen as the gateway between Bible study and prayer. Study of the Bible shows us what God is saying to us. It is a living and active power. As we meditate, we take his word into our hearts and lives and in prayer we respond to him.
 - The benefits of meditation are cumulative over time. It is best experienced as an ongoing daily practice.
 - Meditation brings us to taste and delight in the Lord, praising, giving thanks, and experiencing conviction and repentance.
 - To learn more about how Teresa of Avila practiced the prayer of recollection, check out this [explanation](#).
 - To learn more about thought-based biblical meditation, check out these resources from Timothy Keller.
 - Sermon: [Disciplines of Grace: Meditation](#)
 - Youtube video: [Meditation](#) thoughts from Psalm 1
 - Book: [Prayer: Experiencing Awe and Intimacy with God](#)