

Bible Study and Meditation

Christians often talk about the necessity of studying the Bible and it is, without a doubt, among the most necessary pursuits of mankind. If someone does not understand the book by which judgment will come, it will be impossible to correlate one's life to the dictates of that book. Sometimes, however, we both allow and perpetuate misconceptions about Bible study by the way that we approach the subject with people. Please take a moment and consider with me one area I think we often overlook: the relationship between Bible study and meditation.

I have become convinced that this area is where we have provoked the most misconceptions about Bible study. We have so fully tied study to reading that we make people believe if they are not reading their Bibles, they cannot be studying them. While it is true that there cannot be study of God's Word without reading, it is also true that an individual can, by meditating upon what has been read, be giving diligence to the word of God without currently reading words on a page.

The Bible gives us several passages to confirm this necessity. The Psalmist wrote, "O how I love Your law! It is my meditation all the day" (Psalm 119:97). Again, it is written, "But his delight is in the law of the Lord; and in his law he meditates day and night" (Psalm 1:2). The apostle Paul told Timothy to "give attention to reading," (1 Timothy 4:13), but two verses later he wrote: "Meditate on these things; give yourself entirely to them, that your progress may be evident to all" (1 Timothy 4:15).

There are some days my studies include very little actual reading of God's Word. Instead, my day is filled with consideration of what I have recently read and studied, what it means, how it applies to what I already know, the impacts it has on my life, and how best to implement what has been learned. If times of quiet meditation upon the things read is not encouraged as absolutely necessary to the Bible student as a part of their studies, many of the greatest applications and associations of God's Word and its impacts on life will be overlooked. Therefore, it is essential that we reinforce the value of time taken to meditate on the things of God's Word - not making all levels of study associated with reading.

Let us never downplay the importance of Bible study, for it has value beyond any physical measure. We must by equal measure, though, do everything we can to not give people misconceptions about what is involved in Bible study. It is not overly difficult, anyone can do it, but there must be the will, focus, and devotion to it in order to succeed. ~ Adam Cozort