



Is Biblical Meditation for us Today?
The Pursuit of His Presence Sermon Series (Part 2) – Meditating
Sunday Sermon
Sermon Notes, Sermon Outline and Small Group Study Guide

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Sunday Sermon, May 17, 2026 – Sermon Outline

Reference:

Chapter 6 in the free APC Book: GOD’S WORD – THE MIRACLE SEED

MEDITATION – IN BOTH TESTAMENTS

The Bible speaks to us about meditating in both the Old and New Testaments. Most of us are familiar about meditation as seen in the Psalms. In Psalms we read about meditating on God, His Word, His Works. We have “meditation” presented to us in the New Testament as well. In the New Testament this idea is captured with words such as think, meditate, ponder.

Philippians 4:8

Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—**meditate** on these things.

1 Timothy 4:15

Meditate on these things; give yourself entirely to them, that your progress may be evident to all.

Luke 2:19

But Mary kept all these things and **pondered** them in her heart.

ENCOUNTERING AND COMMUNING WITH GOD THROUGH BIBLICAL MEDITATION

As we study about “The Pursuit of His Presence”, we must recognize and understand that meditating on God, His Word and His work is a way to encounter and commune with God. It is a way to experience and stay in His presence.

Psalms 63:1-6

1 O God, You are my God; Early will I seek You; My soul thirsts for You; My flesh longs for You In a dry and thirsty land Where there is no water.

2 So I have looked for You in the sanctuary, **To see Your power and Your glory.**

3 Because Your lovingkindness is better than life, My lips shall praise You.

4 Thus I will bless You while I live; I will **lift up my hands** in Your name.



5 My soul shall be satisfied as with marrow and fatness, And my mouth shall praise You with joyful lips.

6 When I remember You on my bed, I meditate on You in the night watches.

The Psalmist expresses His desire and pursuit of God in many ways: seeking, thirsting, longing, looking, expecting to see/encounter God's power and glory.

He then describes what he does as he pursues God: praise, bless, lift up my hands, remember and meditate.

We wish to highlight "I remember you", "I meditate on you". Remembering and meditating on God is then one of the ways that we pursue God expressing our seeking, thirsting, longing, looking, expecting to see/encounter God's power and glory. And we know, when we seek Him, we will find Him.

Hence, developing this practice of Biblical meditation is so important for all of us as believes. Let's try to learn some practical ways to do this.

BIBLICAL MEDITATION

Hebrew words for "meditate" in the Old Testament

haga = to murmur, mutter, ponder, meditate. The word originally describes low speech, murmuring, growling, uttering sounds softly, rehearsing something repeatedly.

siyach = to muse, reflect, converse, ponder. This word emphasizes thoughtful reflection and inward conversation.

bin = to consider, discern. Sometimes translated as meditate in the sense of careful understanding.

Greek words for "meditate" in the New Testament

meletaō = to practice, cultivate, give attention to. The word means practice diligently, carefully attend to, cultivate through repetition.

logizomai = to reckon, consider, think deeply.

symballō / dialogizomai = Used for pondering inwardly.



We must recognize that Biblical meditation is not just a mental exercise. It is connected to what we say and what we become. Biblical meditation includes reciting Scripture aloud, whispering Scripture to oneself, repeating it continually verbally or inwardly, pondering on it, visualizing it in our mind's eye (imagination) and reflecting on how to obey it. It engages the mind, the mouth and the imagination and results in life change or life transformation.

WAYS TO PRACTICE BIBLICAL MEDITATION

Here are some practical ways we can work on developing the discipline of Biblical meditation:

1. SCRIPTURE REPETITION THROUGHOUT THE DAY

Choose one verse (or verses) in the morning and quietly repeat it throughout the day.

Psalm 1:2

But his delight is in the law of the LORD, And in His law he meditates day and night.

Psalm 119:97

Oh, how I love Your law! It is my meditation all the day.

John Cassian also known as John the Ascetic (approx. AD 360 – 435), was a Christian monk and theologian, was among the Desert Fathers of the 3rd and 4th Centuries. He described meditation as constant rumination on Scripture - carrying verses in the heart all day long. He especially emphasized: short repeated prayers, continual prayer, Scripture recollection, interior attentiveness to God. His writings influenced centuries of Christian devotional practice.

2. MEDITATIVE JOURNALING

After reading Scripture, write your reflections as a journal or conversationally with God.

Guigo II was a monk who lived in France in the 12th century, famous for describing *Lectio Divina* ("Divine Reading"). He described four stages in the contemplative life:

1. Reading
2. Meditation
3. Prayer
4. Contemplation

In Guigo's four stages one first **READS**, which leads to think about (i.e. **MEDITATE** on) the significance of the text; that process in turn leads the person to respond in **PRAYER** as the third stage. The fourth stage is when the prayer, in turn, points to the gift of quiet



stillness in the presence of God, called CONTEMPLATION. His famous statement: *“Reading without meditation is dry; meditation without reading is erroneous...”* He viewed meditation as chewing and digesting Scripture until it inflames love for God.

3. SCRIPTURE MEMORIZATION WITH REFLECTION

Memorization involves repetition. Memorization becomes meditation when you ponder deeply on what you memorize. You can use different methods to memorize Scripture. Write it on small cards and use the cards repeatedly. Or, turn to the verse or verses in the Bible repeatedly.

Psalm 119:11

Your word I have hidden in my heart, That I might not sin against You.

Psalm 119:15

I will meditate on Your precepts, And contemplate Your ways.

Jerome (approx. AD 347–420) was a 4th-century scholar and priest who created the Vulgate, the definitive Latin translation of the Bible that became the standard text for the Roman Catholic Church. Jerome translated most of the Old Testament from Hebrew and the New Testament from Greek, completing the massive undertaking over many years while living in Bethlehem. Jerome stressed continual immersion in Scripture: *“Anyone who is assiduous in reading the Word of God... afterwards is happy because the bitter seeds of the reading produce sweet fruits in the soul.”* He believed meditation transforms the inner life through long familiarity with God’s Word.

4. MEDITATING DURING DAILY WORK

Biblical meditation does not require seclusion in some quiet corner. You can meditate in Scripture while cooking, driving, coding, walking, exercising, doing housework.

The Psalmist mentions difficult situations and yet he chose to meditate in God’s Word during those times:

Psalm 119:23

Princes also sit and speak against me, But Your servant meditates on Your statutes.

Psalm 119:78

Let the proud be ashamed, For they treated me wrongfully with falsehood; But I will meditate on Your precepts.



Anthony the Great (approx 251–356 AD), also known as Anthony of Egypt, was a foundational figure in early Christian monasticism who left a wealthy life to live as a hermit in the Egyptian desert. One of the earliest Desert Fathers (3rd–4th century). He withdrew into solitude to devote himself to Scripture, prayer, and contemplation of God. The Desert Fathers often memorized Scripture and continually recited it during manual labor and prayer. Their key emphasis was continual remembrance of God, inner stillness, fighting temptation through meditating on Scripture. Anthony taught that the mind becomes purified when fixed on God continually.

5. WORD MEDITATION BEFORE SLEEP

The Psalms repeatedly mention meditating at night (Psalm 63:6). Read a Scripture portion and start pondering on it before you go to sleep.

Psalm 4:4

Be angry, and do not sin. Meditate within your heart on your bed, and be still. Selah

Psalm 63:6

When I remember You on my bed, I meditate on You in the night watches.

COMMUNAL MEDITATION

Jewish and Christian believers commonly read Scripture aloud publicly, listened repeatedly, reflected communally. Meditation was often communal rather than purely private.

This is something we can practice in our Life Groups, as we contemplate, discuss, share, reflect on Scripture texts in small group.

Malachi 3:16

Then those who feared the LORD spoke to one another, And the LORD listened and heard them; So a book of remembrance was written before Him For those who fear the LORD And who meditate on His name.

As they spoke to one another about the Lord and His name they were meditating on Him!

MAJOR DIFFERENCES BETWEEN BIBLICAL MEDITATION AND SOME MODERN IDEAS

Some modern meditation systems emphasize seeking mental emptiness, detachment from thought, altered consciousness, self-focused awareness or mindfulness.



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Biblical meditation is very different and leads us to fill the mind with God's truth. It involves remembrance and reflection, often includes speaking Scripture aloud, leads to obedience and life transformation, and is relational toward God.

Biblical meditation is not emptying the mind but filling the mind with God's revelation.

Biblical meditation is relational and revelation centered.

Biblical meditation is not passive mysticism but an active engagement with God's Word, God's works, and God Himself.

SUMMARY

We have outlined a few ways we could practice Biblical meditation. There may be other ways you can develop to practice contemplation, recitation, reflection on God, His Word and His Works. As we do this, we are expressing our pursuit of God, and we will surely stay in His presence and encounter Him powerfully.

GOSPEL AND SALVATION CALL

SUPERNATURAL MINISTRY TIME

Minister as the Spirit leads



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LIFE GROUP STUDY GUIDE

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This is a simple guide for use in Life Group discussions. Our objective is to focus on the application of the Sunday sermon - how each one is becoming a doer of the Word and building their life on God's Holy Word. The Life Group meeting would normally last for 1.5 to 2 hours. Each Life Group would have up to 12-15 people.

Preparation

Life Group Leader: To prepare for the Life Group meeting, you can listen to the Sermon or review the Sunday Sermon notes. Please do not make your life group read through the complete sermon notes during the life group. All you need to do is have individuals read the Scriptures listed below and then open for a time of discussion, sharing and learning using the questions given below. All these are available in the "All Peoples Church Bangalore" mobile App or online at our [sermons page](#). Pray for the Life Group meeting and invite the work and ministry of the Holy Spirit.

Welcome

The Life Group meeting may commence with a time of prayer, worship, and a fun activity.

LISTEN to God's Word

Read the following Scripture references: *Psalm 63:1-6; Psalm 119:97; Malachi 3:16*

INVESTIGATE God's Word Together

Life Group is a discussion-based, participatory meeting with everyone given the opportunity to share their learning. Please discuss a few of these together, giving time for people to share their insights. We encourage each one individually to make notes of their personal learning during the Group discussion.

1, Based on the meaning of the Hebrew and Greek words used for meditation, write a 1-2 sentence definition of Biblical meditation.



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2, Share your own experience (or plan to do so) in practicing one or more of these ways to develop the discipline of Biblical meditation on God, His Word and His works. You can also add to this:

Ways to practice Biblical meditation

- 1. Scripture repetition throughout the day*
- 2. Meditative journaling*
- 3. Scripture memorization with reflection*
- 4. Meditating during daily work*
- 5. Word meditation before sleep*

3, Discuss how “communal meditation” – meditating together on the Lord – especially in a Life Group setting can be practiced effectively based on Malachai 3:16, and some benefits you may have personally experienced when in a Life Group setting.

Each one can take a few (3 minutes max) to share one or two key insights and how they see themselves applying it to their specific life situations. Encourage each one to participate and share.

FELLOWSHIP by sharing your life and spiritual journey

Each one takes a few (3 minutes max) to share anything from their walk with God, something God has been teaching them, a testimony of answered prayer or a specific challenge that they would like prayer for. Encourage each one to participate and share.

ENCOURAGE each other by praying and ministering to one another

Get into small groups of two or three and take turns to thank God and pray for each other in the light of what was learnt today. Listen to the Holy Spirit. Expect the gifts of the Holy Spirit to flow, bringing healing, releasing miracles, prophecy, etc.

Regroup and pray together for:

- 1, families to be protected and strengthened*
- 2, a mighty outpouring of God's Holy Spirit on us as a church and through us to bless many others in our city and nation. Nothing but a mighty work of God's Spirit can change our city and nation.*
- 3, for the BUILD TO IMPACT project - for all details to go well as we plan and build our Bible college and church facilities to serve the Lord and people.*

Close by thanking God together.



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USEFUL RESOURCES

Watch our online Sunday Church service live stream every Sunday at 10:30am (Indian Time, GMT+5:30). Spirit filled, anointed worship, Word and ministry for healing, miracles, and deliverance.

YOUTUBE: <https://youtube.com/allpeopleschurchbangalore>

WEBSITE: <https://apcwo.org/live>

Our other websites and free resources:

CHURCH: <https://apcwo.org>

FREE SERMONS: <https://apcwo.org/resources/sermons>

FREE BOOKS: <https://apcwo.org/books/english>

DAILY DEVOTIONALS: <https://apcwo.org/resources/daily-devotional>

JESUS CHRIST: <https://examiningjesus.com>

BIBLE COLLEGE: <https://apcbiblecollege.org>

E-LEARNING: <https://apcbiblecollege.org/elearn>

WEEKEND SCHOOLS: <https://apcwo.org/ministries/weekend-schools>

COUNSELING: <https://chrysalislife.org>

MUSIC: <https://apcmusic.org>

MINISTERS FELLOWSHIP: <https://pamfi.org>

CHURCH APP: <https://apcwo.org/app>

CHURCHES: <https://apcwo.org/ministries/churches>

WORLD MISSIONS: <https://apcworldmissions.org>

BELIEVERS BIBLE COMMENTARY: <https://believersbiblecommentary.com>

SERMON OUTLINE

Meditating on God is one of the ways we pursue God and His Presence expressing our seeking, thirsting, longing, looking, and expecting to see/encounter God's power and glory. And we know, when we seek Him, we will find Him. Biblical meditation includes reciting Scripture aloud, whispering Scripture to oneself, repeating it continually verbally or inwardly, pondering on it, visualizing it in our mind's eye (imagination) and reflecting on how to obey it. It engages the mind, the mouth and the imagination and results in life change or life transformation. We share ways to practice Biblical meditation: 1. Scripture repetition throughout the day, 2. Meditative journaling, 3. Scripture memorization with reflection, 4. Meditating during daily work, 5. Word meditation before sleep. We also share about Communal meditation. This sermon includes free audio (mp3) and video of this powerful, motivational, expository teaching, free printable PDF sermon outlines, sermon notes and small group study guide with discussion questions and presentation slides. All resources (sermon PDF, sermon MP3, sermon video, sermon presentation) are free for use in personal study, small groups, Bible study prayer groups, local churches, conferences, Bible colleges, etc.



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KEYWORDS

Biblical meditation, meditating on God, meditation on God's Word, Christian meditation, sermons, sermon notes, sermon outline, free sermon notes, free sermon outlines, Bible study resources

REFERENCES/CITATIONS

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Thayer's Greek Definitions. Published in 1886, 1889; public domain.

Strong's Hebrew and Greek Dictionaries, Strong's Exhaustive Concordance by James Strong, S.T.D., LL.D. Published in 1890; public domain.

Vine's Complete Expository Dictionary of Old and New Testament Words, © 1984, 1996, Thomas Nelson, Inc., Nashville, TN

Mounce Concise Greek-English Dictionary. Edited by William D. Mounce with Rick D. Bennett, Jr. (1993)

Word Pictures in the New Testament. Archibald Thomas Robertson. Published in 1930-1933; public domain.

Word Studies in the New Testament. Marvin R. Vincent, D.D. (1886).

Free Bible software and AI tools are also used as Bible study aids, from time to time.