

The Practice of Meditating On Scripture

Create a Space for Silence

In the name of the Father, and of the Son,
and of the Holy Spirit. (The sign of the cross, *Signum Crucis*)

Affirmation

It is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him. (Heb 11:6, NLT)

Lord, may I use Your mighty weapons, not worldly weapons, to knock down the strongholds of my own human reasoning and to destroy the false arguments in my mind. Help me destroy every proud obstacle in my life that keeps me from knowing You. Help me capture my own rebellious thoughts and teach them to obey Christ. So that I may become fully obedient to You, I surrender myself completely, trusting You to strike down and remove any remaining disobedience within my heart. (2 Corinthians 10:4-6, NLT)

Almighty God,
to whom all hearts are open,
all desires known,
and from whom no secrets are hidden:
cleanse the thoughts of my/our heart(s)
by the inspiration of your Holy Spirit,
that I/we may perfectly love you,
and worthily magnify your holy name;
through Christ my/our Lord. Amen.
(Alcuin of York, c. 735–804 AD, *Book of Common Prayer*)

Meditation

Fix your [mind] on what is true, and honourable, and right; [on what is] pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. (Php 4:8, NLT)

Give your body to God because of all he has done for you. Let it be a living and holy sacrifice —the kind he will find acceptable. This is truly the way to worship him. Don't copy the behaviour and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will, which is good and pleasing and perfect. (Rom 12:1-2, NLT)

Conclusion

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and of the Holy Spirit.
(The sign of the cross, *Signum Crucis*)