

## Meditation in Scripture

**Objective:** Meditation, as described in the Bible, is the act of reflecting deeply on God's Word and aligning one's thoughts with His truth. Unlike modern secular meditation, which often focuses on emptying the mind, biblical meditation involves filling the mind with God's Word, wisdom, and promises. This study explores how meditation in Scripture influences spiritual growth, mental well-being, and even scientific understanding of mindfulness and focus.

### Key Components

<p><b>Science (S): Psychology of Meditation</b></p> <p><b>Objective:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Explore how biblical meditation impacts stress levels, cognitive function, and emotional well-being.</li><li><input type="checkbox"/> Study mindfulness and how reflecting on Scripture aligns with principles of focus and mental clarity.</li><li><input type="checkbox"/> Analyze the role of deep breathing and prayer in calming the nervous system.</li></ul>	<p><b>Scripture Focus:</b> <i>Psalm 19:14</i> (NIV)</p> <p><i>"May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer."</i></p> <ul style="list-style-type: none"><li>● <b>Reflection:</b> How does meditation impact our mood and stability throughout day? How can we use our ability to meditate as a thermometer of our stress level?</li></ul>
<p><b>Technology (S): Using Technology to Create Habits</b></p> <p><b>Objective:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Understand how technology aids in Scripture meditation and memorization.</li></ul>	<p><b>Scripture Focus:</b> Proverbs 4:23 (NIV)</p> <p>"Above all else, guard your heart, for everything you do flows from it."</p> <ul style="list-style-type: none"><li>● <b>Reflection:</b> How can technology be used both as a distraction and tool to meditate on scripture? What habits can we establish to use technology</li></ul>

<ul style="list-style-type: none"> <li><input type="checkbox"/> Examine Bible apps and tools that provide guided meditation on Scripture.</li> <li><input type="checkbox"/> Explore digital resources that aid in focused reflection on God’s Word.</li> </ul>	<p>sufficiently to schedule time to meditate?</p>
<p><b>Engineering (E): Enjoying Safe Spaces</b></p> <p><b>Objective:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Study the design of quiet spaces for prayer and meditation.</li> <li><input type="checkbox"/> Examine how architecture influences spiritual reflection and mindfulness in religious settings.</li> <li><input type="checkbox"/> Discuss the historical development of prayer spaces, such as monasteries and chapels.</li> </ul>	<p><b>Scripture Focus:</b> 1 Corinthians 3:16 (NIV)</p> <p>“Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst?”</p> <ul style="list-style-type: none"> <li>● <b>Reflection:</b> How are different frameworks created to employ different meditation styles?</li> </ul>
<p><b>Arts (A): From Thought to Art</b></p> <p><b>Objective:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Explore how Christian music, Psalms, and hymns aid in meditation.</li> <li><input type="checkbox"/> Examine the role of iconography, illuminated manuscripts, and artwork in guiding scriptural reflection.</li> <li><input type="checkbox"/> Analyze Biblical poetry (Psalms, Proverbs) as a tool for meditative thought.</li> </ul>	<p><b>Scripture Focus:</b> <i>Colossians 3:16</i> (NIV)</p> <p><i>"Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts."</i></p> <ul style="list-style-type: none"> <li>● <b>Reflection:</b> Art is used as a form of expression for storytelling, entertainment and community. How does art inspire your meditation on scripture? What are some ways we can incorporate art as a form of inspiration for meditation?</li> </ul>

<p><b>Math (M): Counting the Cost of Leadership</b></p> <p><b>Objective:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Study the rhythms of meditation, such as breathing techniques that follow numerical patterns.</li> <li><input type="checkbox"/> Analyze the symmetry and repetition in Biblical poetry and Hebrew parallelism that aid memorization and reflection.</li> </ul>	<p><b>Scripture Focus:</b> <i>Ecclesiastes 3:1 (NIV)</i></p> <p><i>"There is a time for everything, and a season for every activity under the heavens."</i></p> <ul style="list-style-type: none"> <li>● <b>Reflection:</b> Sometimes our days are filled with tasks and obligations that make it hard to enjoy free time. How can we prioritize meditation as a need versus a want?</li> </ul>
<p><b>Social Studies (SS): Jesus' Meditation Practices</b></p> <p><b>Objective:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Compare Christian meditation with historical meditation practices across different cultures and religions.</li> <li><input type="checkbox"/> Discuss how meditation played a role in the spiritual lives of biblical figures (e.g., David, Jesus, Paul).</li> <li><input type="checkbox"/> Examine the impact of meditation on leadership and wisdom, drawing from biblical examples.</li> </ul>	<p><b>Scripture Focus:</b> Luke 5:16 (NIV)</p> <p><i>"But Jesus often withdrew to lonely places and prayed."</i></p> <ul style="list-style-type: none"> <li>● <b>Reflection:</b> What does Jesus teach us about meditation? How can we take charge in creating spaces that harbor wisdom, leadership and positive thinking.</li> </ul>

**Key Takeaways**

Meditation in the Bible is a powerful tool for spiritual and mental renewal. By focusing on Scripture, believers can develop a stronger connection with God, increased wisdom, and emotional stability. Through this study, we see that biblical meditation is not about emptying the mind, but about filling it with truth, righteousness, and faith.