

The Bible: More than Classical Literature; Less than 4th Member of Trinity Part 9: Meditation

Discussion Guide – March 9, 2025

⁹⁷ Oh, how I love your law!

I meditate on it all day long.

⁹⁸ Your commands are always with me
and make me wiser than my enemies.

⁹⁹ I have more insight than all my teachers,
for I meditate on your statutes.

Psalms 119:97-99

¹ Blessed is the one

who does not walk in step with the wicked
or stand in the way that sinners take
or sit in the company of mockers,

² but whose delight is in the law of the Lord,
and who meditates on his law day and night.

³ That person is like a tree planted by streams of
water,

which yields its fruit in season

and whose leaf does not wither—

whatever they do prospers. Psalm 1:1-3

Quotes:

“How will this passage nourish my growth as a follower of Jesus Christ? That is, “How will it transform me so that the truth of my being (the image of Christ) becomes the way of my being (the likeness of Christ)?” Brad Jersak

“In our reading and hearing of Holy Scripture we are, however, to bear in mind that the Word of God is not an object for us to take possession of by our methods. On the contrary, the Word of God takes possession of us, and we must surrender ourselves to it. This will happen if we do not limit ourselves to mere exegesis and study of the Word, but meditate upon it in such a way that it enters into us and dwells within us.” Dietrich Bonhoeffer

“Whereas interpretation and study is a form of knowledge with the mind, meditation is a form of knowledge with our heart and our spirit.” – Pastor Steve

Steps of meditation follow *Lectio Divina* (“divine reading”): *Lectio* (repetitive reading), *Meditatio* (letting the text speak to us), *Oratio* (prayer), *Contemplatio* (let scripture read you).

For more sayings of Jesus, visit michaelpahl.com/2025/03/03/this-is-jesus/

Discussion Questions

1. What approach do you typically use when reading the Bible—more study (interpretation) or meditation? How do you think this has shaped your faith?
2. Bonhoeffer warns that study alone can lead us to “possess” or control Scripture rather than letting it transform us. Have you ever experienced this in your own approach to the Bible? How might we guard against this tendency?
3. Bonhoeffer describes meditation as an encounter with God through Scripture. Have you ever had an experience where a passage of Scripture seemed to “take hold” of you? What was that like?

4. The story of Dr. Gerald Sittser memorizing Psalms as a child, only to have them return to him in a moment of deep tragedy, is powerful. Have you ever had Scripture “kick in” during a difficult time? If so, which passage was it, and how did it help?