

STAFF DISCIPLESHIP TRAINING

TOOL #1 – BIBLICAL MEDITATION

Month 1 – S (Spiritual)

PURPOSE

Biblical meditation is learning to **listen to God through His Word** so that our lives are transformed through obedience.

“Man shall not live by bread alone, but by every word that proceeds from the mouth of God.”

(Matthew 4:4)

DAILY COMMITMENT

- **Time:** 15–20 minutes
- **Frequency:** 5–6 days per week
- **Text:** One short Bible passage
- **Tool:** Bible + notebook

Faithfulness matters more than length.

THE STAFF BIBLICAL MEDITATION METHOD

8 SIMPLE STEPS: PRAK C PAP

1. **Pray** – Invite God to speak
2. **Read Slowly** – Observe carefully
3. **Ask Questions** – Understand context
4. **Identify Key Words** – Notice emphasis
5. **Connect Other Verses** – Let Scripture interpret Scripture
6. **Discover the Principle** – What God is teaching
7. **Personal Application** – What I must change
8. **Pray the Word** – Respond in praise, repentance, and faith

1 PRAY – Invite God to Speak

Begin with prayer:

“Lord, open my eyes, my mind, and my heart. Teach me through Your Word.”

2 READ SLOWLY – Pay Attention

Read the passage slowly (at least twice).

- Do not rush
- Notice what stands out

3 ASK QUESTIONS – Observe the Text

Ask:

- Who is speaking?
- To whom?
- Why?
- What is happening?
- What comes before and after?

4 IDENTIFY KEY WORDS – Go Deeper

Look for:

- Repeated words
- Commands
- Promises
- Actions
- Emotions

Ask: *Why is this word important?*

5 LINK WITH OTHER VERSES – Let Scripture Explain Scripture

- Link the passage with other Bible texts
- Let the Bible interpret itself

6 DISCOVER THE PRINCIPLE – What Is God Teaching?

Ask:

- What does this reveal about God?
- What does this reveal about me?
- Is there a promise, warning, or command?

7 PERSONAL APPLICATION – What Will I Do?

Ask:

- What does this verse reveal about me — my heart, my character, my weaknesses, my needs?
- What attitude or habit does God want to change in me?
- What goals or decisions must I realign or surrender to Him?
- Write down every change to apply and pray daily for strength.

Take concrete action: create a small, clear, and realistic project to apply God's Word.

Write **one clear application** and **one concrete action**.

8 PRAY THE WORD – Respond to God

Turn the passage into prayer:

- Praise God
- Confess where needed
- Trust in Christ's forgiveness (1 John 1:9)
- Claim God's promises

FINAL ENCOURAGEMENT

Start small. Stay faithful.

God works through **daily obedience**.