



**WILD &
REDEEMED
COACHING**

Scripture Meditation Guide



A Quick Note...

Hey, friend. Thanks for being here!

This meditation guide is designed to help you slow down and notice what God is speaking through His Word.

Each page invites you to meditate on Scripture, ask honest questions, and respond in prayer.

Feel free to use this at your own pace. There is no "right way."

As always, I encourage you to read the surrounding context of any verse the Spirit highlights. God meets us in His Word, and my hope is that this simple guide helps you experience His presence.

If you're new to this type of practice, welcome! And if you're asking, "How do I meditate on Scripture?" you're in good company. On the next page, you'll find an outline of what Biblical meditation is and isn't.

On the last page, I've included a couple resources from The Bible Project if you'd like to explore further.

My prayer for you is that this practice ignites a love for God's Word, deepens your relationship with Him, and sparks many invigorating conversations with friends to come.

Natalie
Identity Revival Coach



The Bible as Meditation Literature

Every piece of literature is a product of a specific culture at a certain point in time. The Bible is no different. When we approach Scripture as ancient Jewish meditation literature, we adopt a posture that slows us down and invites us to read with curiosity and openness.

Tim Mackie from The Bible Project talks about the intentional gaps woven into Biblical stories - spaces meant to invite the ancient reader to pause, ponder, and wrestle with the ambiguity of the text.

Jon Collins, co-host with Mackie, notes that a "successful" quiet time with Scripture isn't about walking away with a perfect insight or application. Instead, he suggests that the real fruit of meditation may be finding "a new ambiguity to wrestle with that week."

The Bible isn't a textbook we're supposed to analyze and memorize. It's alive. As Mackie said, Scripture invites us to "enter into the story of the ancient character," letting their world, questions, and experiences shape our reflection.

With that said... what is Biblical meditation?

Put simply, Biblical meditation is a practice of **filling** your mind with God's Word. It's not passive, but attentive, reflective, and relational.

A few essential elements:

- **Reading intentionally** creates space for the Spirit to highlight what matters for today.
- The Hebrew word *hagah* - "to meditate" - **includes speaking the text aloud** to focus the mind
- **Wrestling with big questions or ambiguities**, trusting that God meets us in the wondering

What Biblical Meditation Is Not:

- It's **not** about emptying the mind or repeating a phrase to achieve a mental state.
- It's **not** about forcing an application or trying to "hear something profound."
- It's **not** graded, evaluated, or measured.
- It's **not** a replacement for studying Scripture – it's a complement to it.

Why We Meditate on Scripture

- To slow down enough to hear God through His Word
- To allow truth to sink beneath the surface and reshape us
- To carry Scripture with us into the rhythms of daily life

Meditation creates space for God's Word to settle into your heart—sometimes bringing comfort, and other times stirring up questions you didn't expect. Both are a normal and meaningful part of the journey. As you return to Scripture with openness, this gentle rhythm slowly renews your perspective and deepens your relationship with Him, even when the process feels unclear.

Date:

M	T	W	T	F	S	S

Today's Scripture:

Read prayerfully. Invite the Spirit to speak. What stands out to you?

Explore the Text: What is the Scripture saying? What questions do I have?

Key Insight:

Write a prayer of response to God:



Additional Reflections

Date:

M T W T F S S

Today's Scripture:

[illegible]

Additional Reflections

Date:

M T W T F S S

Today's Scripture:

[illegible]

Additional Reflections

Date:

M T W T F S S

Today's Scripture:

Blank lined paper for writing.



Date: _____

M	T	W	T	F	S	S

Today's Scripture:

Explore the Text: What is the Scripture saying? What questions do I have?

Key Insight:



Additional Reflections

Date:

M T W T F S S

Today's Scripture:

Blank lined paper for writing.



Date: _____

M	T	W	T	F	S	S

Today's Scripture:

Explore the Text: What is the Scripture saying? What questions do I have?

Key Insight:



Additional Reflections

Date:

M T W T F S S

Today's Scripture:

Blank lined paper for writing.



Resources

PODCAST - "The Bible as Jewish Meditation Literature: Jewish Scripture Meditation vs. Modern Meditation"

An episode of The Bible Project Podcast. Tim Mackie and Jon Collins explore Scripture as ancient meditation literature, offering insight into how to linger with God's Word.

Listen Here:

<https://bibleproject.com/podcasts/how-read-bible-part-6-jewish-scripture-meditation-vs-modern-meditation/>

VIDEO - "Jewish Meditation Literature"

An animated video by The Bible Project summarizing the practice of Biblical meditation. Hosted by Tim Mackie and Jon Collins.

Watch Here: <https://bibleproject.com/videos/bible-jewish-meditation-literature-h2r/>

