

# Scripture Meditation

This resource is designed to give you a framework for meditating on Scripture. Using the acrostic AEIOU, it leads you through ways to have the truths found in a passage of Scripture come alive in new ways. Remember: Christian meditation is about filling your mind with truths about God. It is not like Eastern meditation, which focuses on emptying your mind. Use this resource on your own, in pairs, or in a group Bible study.

**Example passage:** Psalm 100

**Your Paraphrase** (rewrite this passage in your own words):

**Ask Questions** (to get into the heart of what the text is saying):

**Emphasize Words** (repeat a phrase or verse, putting the emphasis on different words):

**Illustrate** (draw a picture of what the verse means to you):

**Other Scriptures** (what else does the Bible say about this?):

**Use** (how can I apply this verse to my life?):