

BIBLICAL "M&M's"

Moo, Meditate. Moo, Memorize.



"This book of the law shall not depart from your mouth, (phrase 1: bite) but you shall meditate on it day and night" (phrase 2: bite) (Joshua 1:8).

Biblical meditation is based on a cow chewing it's "cud": (phrase by phrase, bite by bite).



1. READ aloud phrase 1 (first bite) Joshua 1:8.
2. REFLECT: (Chew) Think deeply, slowly what you read.
PRAY: "Father, Reveal what I need to see to Know you & Grow in my relationship to you.
3. RESPOND: Swallow this into your heart to not just know about God, (information) but to know Him grow in your intimate relationship with Him (formation). Repeat with 1-3 using phrase 2
4. REST: Take a few moments of silence to rest or "abide" in what God has shown you in these two phrases or "bites". This is the "4R's" of Meditative Bible Reading and is how God wants you to read His word!

MEMORIZE

“Thy word have I hid in my heart that I may not sin against thee.” PS. 119:11 KJV. Many people think they cannot memorize scripture. However faithfully using the following phrase by phrase procedure guarantees memorization.

“Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God - - - this is your spiritual act of worship.” Romans 12:1,

This verse has at least 5 phrases.

1. Write the first phrase.
2. Without looking write the phrase, then say it aloud.
3. Continue writing and saying the phrase until you can write it from memory including the reference.

Continue this process until you can write all of the phrases in the verse from memory. Daily review verses. This will enable you to continue remembering all that you have memorized.

Note that both meditating on and memorizing God’s word is based on a phrase by phrase method which assures a daily diet of feasting on the Bread of Life. Memorization of and Meditating on God’s word are the sweet, Biblical “M & M’s” which, as a Jesus follower, you will learn to delight and savor.

The Memorization of and Meditating on God’s word are Biblical “M & M’s” which, when grasped by your mind begins the renewing necessary for transforming our character and conduct into the holiness (separation from the world) which God desires for us. Romans 12:1. They melt in your mind, heart, not your hand.

The Rhythmic Community Project
“READING GOD’S WORD HIS WAY”
The Association of Wellness Educators
The Christian Clinic
421 W. Wade Ave.
Mountain Home, AR 72653
870-425-5010
www.MHChristianClinic.com