Read and Reflect

“Study this Book of the Law continually. Meditate on it day and night so you may be sure to obey all that is written in it. Only then will you succeed.” Joshua 1:8

God commands us to meditate on his Word. The idea behind the word “meditate” is to “chew the cud.” Only after a cow eats the grass three times is her body able to digest it. If she ate it only once, the grass would simply pass right through. But after three times, her body is nourished. The food actually becomes part of her.

That is what God wants to happen to his Word. When we meditate on the Word, it becomes part of us. It’s exciting when God shows you something new in Scripture. But if you only think about it that one time, it won’t do much for you. You need to go back and reflect on that truth again and again in order for it to really nourish your soul.

That’s why it’s so good to keep a spiritual journal. By writing down the things that God is teaching you, you can go back and look at them again and again. Journaling allows you to “chew the cud” spiritually. And when you feel “dry” in your relationship with God, it’s amazing how reading through your journal will refresh and nourish your soul. As you read back over what God has revealed to you in the past, it will remind you of important truths you’ve forgotten.

But meditating on God’s Word isn’t enough. We have to apply it to our lives! Remember what Joshua 1:8 says... “Study this Book of the Law continually. Meditate on it day and night so you may be sure to obey all that is written in it. Only then will you succeed.”

Knowing the truth isn’t enough. We have to live the truth. James 1:22 says, “Do not merely listen to the word, and so deceive yourselves. Do what it says!”

Here’s a helpful way to think about applying God’s truth to your life. As you read the Bible, keep the acrostic SPACE in mind. Ask yourself these questions...

S – is there a sin to confess?
P – is there a promise to claim?
A – is there an attitude to change?
C – is there a command to obey?
E – is there an example to follow?

Once you understand what God is saying to you, then you can obey him and apply his truth to your life. In other words, when you have a clear sense of what God is telling you, then you can obey James 1:22... “Do not merely listen to the word, and so deceive yourselves. Do what it says!”