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# SIMPLE GUIDE TO MEDITATION

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Ask:

1. What does this passage teach me about:
  - a. God the Father?
  - b. God the Son?
  - c. God the Holy Spirit?
2. What good example is there in this passage for me to imitate?
3. What bad example (error) is there in this passage for me to avoid?
4. What is there in this passage for me to practice today?
5. What is there in this passage for me to thank the Lord for?

If you ask these questions, you can have/find something to meditate on every passage of the Bible. Lord, grant that it becomes a rule in our lives.