**Bible Meditations**

These passages are based upon the format used by Ignatius. I have changed some of what he did & then added in a lot more. They are not dated so that you don’t feel under pressure & can complete them in your own time. The difference between a monk doing these daily & the busy life means you may not get to these daily, but the more regular you can do them the better as they build. I suggest using the Bible Meditation outline to make the most of your time with God.

The Catholic approach to spirituality tends to legalism & rigidity; we want freedom that leads to intimacy. There were also Bible passages selected which were texts out of context, & I have also tried to bring more balance – eg I don’t believe the Bible teaches poverty is necessary to be close to God.

**Bible Meditation Outline**

If the passage is not already written out for you, write out the passage on a pad of paper so that you can underline it and make notes. The timings below are a suggestion, and the contents are all optional – see what works for you.

Ready: (3 minutes)

* Find a place where you can be quiet and undisturbed.
* Get comfortable & relax. Use a relaxation method such as listening to your breathing, let it slow down & relax.
* Sit in silence and ask God to meet you during this time.

Read: (5 minutes)

* Read the verses slowly, taking in each word.
* Read a second time.
* Try making it personal by inserting your name into the text.
* To what are you drawn? Underline or note anything that catches your attention. See if you can move from head information to engaging your heart/soul.

Reflect: (10 minutes)

* Reflect on the word or phrase that caught your attention.
* Make notes on anything that grabs your attention or any thoughts that come to mind. Be aware of emotions, thoughts, memories, etc.
* Where do you feel resistance?
* How is God inviting you?
* Re-write: write out the verses again in your own words.

Respond: (10 minutes)

* What do you want to say to God & what is he saying to you?
* Writing out your thoughts helps you slow down, to listen carefully, & to crystallise what you & God are saying.
* Take the time necessary to sit and listen for God's response.

Rest: (5 minutes)

* Rest in God's presence.

Return:

* As you go through your day, keep returning to the passage and what God said to you.

Once you got used to using this structure, you may develop your own way of doing things. I suggest that from time to time you come back to the outline above as a way of refreshing what you do.

Using the first 3 weeks: you may find it helpful to repeat each week several times until you have fully grasped and taken hold of the truth each passage proclaims. It may also be helpful to return to these at a later date.

The Review days are also important, and will help you to see patterns of how you are feeling or what the Holy Spirit is saying.

**God loves you**

Week 1

Day 1 – 1 John 4:19 & Psalm 107:43

Day 2 – Ephesians 3:17

Day 3 – Ephesian 3:18-19

Day 4 – Romans 5:6-8

Day 5 – Psalm 103:1-5

Day 6 – Psalm 103:6-14

Day 7 – Review the previous days

**God really loves you!**

Week 2

Day 1 – Mark 1:40-41

Day 2 – Romans 8:38-39

Day 3 – Psalm 51:1

Day 4 – John 10:14-15

Day 5 – Psalm 59:16-17

Day 6 – Jeremiah 31:3

Review the previous days

**God really, really loves you!**

Week 3

Day 1 – 1 Corinthians 13:4-7

Day 2 – 1 John 4:16

Day 3 – Isaiah 43:1-2

Day 4 – Isaiah 43:3-4

Day 5 – Zephaniah 3:17

Day 6 – John 15:9-11

Day 7 – Review the previous days

Are you satisfied that you’ve truly entered the Father’s love for you? If so, continue on to Identity; if not, repeat the first 3 weeks. You can always return to the first 3 weeks again later.

**Identity**

God can speak to you about almost anything from these passages, but I suggest you ask him about your identity.

Week 1  
Day 1 - 1 John 3:1-3  
Day 2 – Ephesians 2:4-6  
Day 3 – 1 Peter 2:9-10  
Day 4 – John 3:16-17  
Day 5 – Genesis 1:27-28

Day 6 – Romans 8:14-17

Day 7 – Isaiah 54:10

Day 8 – Review the previous days  
  
Week 2  
Day 1 – Read Ephesians chapters 1

Day 2 – Ephesians 1:3-4

Day 3 – Ephesians 1:5-6  
Day 4 – Ephesians 1:7-8  
Day 5 – Ephesians 1:9-11  
Day 6 – Ephesians 1:17-18

Day 7 – Ephesians 1:19-23

Day 8 – Review the previous days

Week 3

Day 1 – Read Ephesians 2

Day 2 – Ephesians 2:1-5

Day 3 – Ephesians 2:6-7

Day 4 – Ephesians 2:8-10

Day 5 – Ephesians 2:13

Day 6 – Review the previous days

**Created**

Day 1 – Genesis 1:1-3 & 27

Day 2 – John 1:1-5

Day 3 – Psalm 19:1-4

Day 4 – Psalm 139:1-6

Day 5 – 2 Corinthians 5:14-15 & 17

Day 6 – Review the previous days

**Praise**

Day 1 – Psalm 96:1-6

Day 2 – Psalm 103:1-5

Day 3 – Romans 11:33-36

Day 4 – Revelation 4:1-6

Day 5 – Revelation 4:7-11

Day 6 – Review the previous days

**Reverence**

Day 1 – 1 Chronicles 16:8-13

Day 2 – 1 Chronicles 16:23-27

Day 3 – 1 Chronicles 16:28-30

Day 4 – Revelation 1:12-18

Day 5 – Review the previous days

**Service**

Day 1 – Matthew 20:28

Day 2 – John 13:12-17

Day 3 – Romans 12:1-2

Day 4 – Philippians 2:3-8

Day 5 – Ephesians 2:10

Day 6 – Review the previous days

**Contentment**

Day 1 – Philippians 4:11-13

Day 2 – Matthew 6:19-23

Day 3 – Matthew 6:24-25

Day 4 – Matthew 6:31-33

Day 5 – Review the previous days

Day 1 – Psalm 63:1 Psalm 42:1-2 Philippians 3:8

Day 2 – John 21:15-17

Day 3 – 1 John 2:15-17

Day 4 – Psalm 23:1

Day 5 – Review the previous days

**Rest**

Day 1 – Psalm 62:1-2, 5-8

Day 2 – Psalm 131:1-3

Day 3 – Genesis 2:1-3

Day 4 – Hebrews 4:1-3

Day 5 – Mark 6:30-31

Day 6 – Matthew 11:28-30

Day 7 – Review the previous days

**Wisdom**

Day 1 – Proverbs 3:5-8

Day 2 – Proverbs 3:9-10

Day 3 – Proverbs 3:11-12

Day 4 – Proverbs 3:21-26

Day 5 – Proverbs 4:23-27

Day 6 – Proverbs 6:16-19

Day 7 – Review the previous days

**Possessions**

Day 1 – Matthew 6:24 & 6:33

Day 2 – Matthew 19:29

Day 3 – 1 John 2:15 & 5:21

Day 4 – Matthew 7:7-8

Day 5 – Matthew 7:9-11

Day 6 – 1 Chronicles 4:10

Day 7 – Review the previous days

**Various**

Day 1 – Read John 10 a couple of times

Day 2 – John 10:1-5

Day 3 – John 10:9-11

Day 4 – John 10:14-16

Day 5 – John 10:17-18

Day 6 – John 10:27-30

Day 7 – John 10:37-38

Day 8 – Review the previous days

Day 1 – Read John 14 a couple of times

Day 2 – John 14:1-3

Day 3 – John 14:6-7

Day 4 – John 14:9-11

Day 5 – John 14:12-14

Day 6 – Review the previous days

Day 1 – John 14:15-17

Day 2 – John 14:18-21

Day 3 – John 14:23-26

Day 4 – John 14:27-29

Day 5 – Review the previous days

Day 1 – Read Ephesians 3&4

Day 2 – Ephesians 3:14-17

Day 3 – Ephesians 3:18-19

Day 4 – Ephesians 3:20-21

Day 5 – Ephesians 4:1-3

Day 6 – Ephesians 4:11-13

Day 7 – Review the previous days

Day 1 – Ephesians 4:14-16

Day 2 – Ephesians 4:17-24 – then meditate on v20-24

Day 3 – Ephesians 4:25-29

Day 4 – Ephesians 4:30-32

Day 5 – Review the previous days

Day 1 – Psalm 23:1-3

Day 2 – Psalm 23:4-6

Day 3 – Psalm 61:1-4

Day 4 – Psalm 61:5-8

Day 5 – Psalm 118:5-7

Day 6 – Review the previous days

Day 1 – Lamentations 3:22-26

Day 2 – Psalm 91:1-2

Day 3 – Psalm 112:6-7

Day 4 – Psalm 116:7-9

Day 5 – Psalm 84:10-11

Day 6 – Psalm 56:3-4

Day 7 – Review the previous days

Day 1 – Read Romans

Day 2 – Romans 1:16-17

Day 3 – Romans 2:1-4

Day 4 – Romans 3:21-22

Day 5 – Romans 3:23-25a

Day 6 – Review the previous days

Day 1 – Romans 5:1-2

Day 2 – Romans 5:3-5

Day 3 – Romans 5:6-8

Day 4 – Romans 5:9-11

Day 5 – Review the previous days

Day 1 – Romans 6:1-6

Day 2 – Romans 6:5-7

Day 3 – Romans 6:8-11

Day 4 – Romans 6:12-14

Day 5 – Review the previous days

Day 1 – Romans 6:15-18

Day 2 – Romans 6:19-23

Day 3 – Psalm 36 – read the whole Psalm & then meditate on v5-8

Day 4 – Psalm 111– read the whole Psalm & then meditate on v2-3

Day 5 – Psalm 149 – read the whole Psalm & then meditate on v4-5

Day 6 – Review the previous days

Day 1 – Read Romans 7&8

Day 2 – Romans 8:1-2

Day 3 – Romans 8:3-4

Day 4 – Romans 8:5-8

Day 5 – Romans 8:9-11

Day 6 – Review the previous days

Day 1 – Romans 8:12-14

Day 2 – Romans 8:15

Day 3 – Romans 8:16-17

Day 4 – Romans 8:18-22

Day 5 – Review the previous days

Day 1 – Romans 8:23-25

Day 2 – Romans 8:26-27

Day 3 – Romans 8:28-30

Day 4 – Romans 8:31-32

Day 5 – Review the previous days

Day 1 – Romans 8:33-34

Day 2 – Romans 8:35-37

Day 3 – Romans 8:38-39

Day 4 – Re-read Romans 7&8

Day 5 – Review the previous days

Day 1 – Read Romans 10 & then mediate on v9-13

Day 2 – Romans 10:14-15

Day 3 – Read Romans 12 & then mediate on v1-2

Day 4 – Romans 12:3-5

Day 5 – Romans 12:6-8

Day 6 – Review the previous days

Day 1 – Romans 12:9-10

Day 2 – Romans 12:11-13

Day 3 – Romans 12:14-18

Day 4 – Romans 12:19-21

Day 5 – Read Romans 13 &14

Day 6 – Review the previous days

Day 1 – Read 1 John chapters 1-5

Day 2 – 1 John 1:1-4

Day 3 – 1 John 1:5-7

Day 4 – 1 John 1:8-10

Day 5 – Review the previous days

Day 1 – 1 John 2:1-2

Day 2 – 1 John 2:3-6

Day 3 – 1 John 2:7-8

Day 4 – 1 John 2:9-11

Day 5 – 1 John 2:12-14

Day 6 – Review the previous days

Day 1 – 1 John 2:15-17

Day 2 – 1 John 2:18-23

Day 3 – 1 John 2:24-25

Day 4 – 1 John 2:26-27

Day 5 – 1 John 2:28-29

Day 6 – Review the previous days

Day 1 – 1 John 3:1-3

Day 2 – 1 John 3:4-6

Day 3 – 1 John 3:7-8

Day 4 – 1 John 3:9-10

Day 5 – Review the previous days

Day 1 – 1 John 3:11-13

Day 2 – 1 John 3:14-15

Day 3 – 1 John 3:16-17

Day 4 – 1 John 3:18-22

Day 5 – 1 John 3:23-24

Day 6 – Review the previous days

Day 1 – 1 John 4:1-3

Day 2 – 1 John 4:4-6

Day 3 – 1 John 4:7-8

Day 4 – 1 John 4:9-12

Day 5 – 1 John 4:13-16

Day 6 – Review the previous days

Day 1 – 1 John 4:17

Day 2 – 1 John 4:18-19

Day 3 – 1 John 4:20-21

Day 4 – Review the previous days

Day 1 – 1 John 5:1-5

Day 2 – 1 John 5:6-12

Day 3 – 1 John 5:13-15

Day 4 – 1 John 5:16-19

Day 5 – 1 John 5:20-21

Day 6 – Review the previous days

**Thanksgiving**

Day 1 – Psalm 106:1-2

Day 2 – Psalm 118:5-7 & 19-21

Day 3 – Deuteronomy 8:10

Day 4 – Read 2 Samuel 22 & then meditate on v 2-4

Day 5 – Review the previous days

**Praise**

Day 1 – 1 Chronicles 16:8-11

Day 2 – 1 Chronicles 16: 23-27

Day 3 – Read1 Chronicles 29 & then meditate on v 20

Day 4 – Revelation 5:9-10

Day 5 – Revelation 5: 11-14

Day 6 – Review the previous days

Day 1 – Read Isaiah 43 & then meditate on v 1-4

Day 2 – Read Isaiah 58 & then meditate on v 6-9

Day 3 – Read Isaiah 60 & then meditate on v 1-3

Day 4 – Read Isaiah 61& then meditate on v 1-3

Day 5 – Read Isaiah 64 & then meditate on v 1-4

Day 6 – Review the previous days

Day 1 – Read 2 Samuel 22 & then meditate on v 2-4

Day 2 – 2 Samuel 22:31-33

Day 3 – 2 Samuel 22:34-37

Day 4 – 2 Samuel 22:47-49

Day 5 – 2 Samuel 22:50-51

Day 6 – Review the previous days

Day 1 – Read Ephesians 5 & then meditate on v 1-2

Day 2 – Ephesians 5:15-17

Day 3 – Ephesians 5:18-20

Day 4 – Read Ephesians 6 & then meditate on v 10-12

Day 5 – Ephesians 6:13-14

Day 6 – Ephesians 6:15-17

Day 7 – Review the previous days

Day 1 – Philippians 4:4-5

Day 2 – Philippians 4:6

Day 3 – Philippians 4:7

Day 4 – Philippians 4:8-9

Day 6 – Review the previous days

**Creation**

Day 1 – Psalm 8

Day 2 – Psalm 104

Day 3 – Genesis 1:26-2:9

Day 4 – Romans 8:18-25

Day 5 – Psalm 33

Day 6 – Jeremiah 18:1-6

Day 7 – Review the previous days

**Prayer**

Day 1 – Luke 11:1-4

Day 2 – Luke 11:5-8

Day 3 – Luke 11:9-13

Day 4 – James 5:13-18

Day 5 – Psalm 63:1-8

Day 6 – Isaiah 55:1-13

Day 7 – Review the previous days