

“The Word That Forms Us: Scripture Meditation as Spiritual Formation”

Scriptures: Psalm 1:1-3, 2 Timothy 3:16-17

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- Big Idea: Meditating on Scripture shapes our identity, fuels our faith, and forms us into Christlikeness during the Lenten journey.

INTRODUCTION:

Scripture meditation involves thinking deeply about what God has said to us in the Bible and preparing our minds and hearts for prayer. It is a vital practice for maturing in the Christian life and has transforming effects.

Spiritual formation is defined as the intentional process of growing in character and faith, aligning one's inner life and outward actions to reflect life in God.

It involves developing and deepening a person's spiritual connection, beliefs, and practices to mature in their relationship with a higher power.

Spiritual formation begins with the understanding that we are sinners in need of a Savior. Then, once saved, God calls us to change—to allow the Holy Spirit to begin working in our life so we can become more and more like him.

- Main Points:

I. Scripture is not just information, it is formation.

Psalm 1:1–2

¹ How blessed is the man who does not walk in the counsel of the wicked, Nor stand in the path of sinners, Nor sit in the seat of scoffers!

² But his delight is in the law of the LORD, And in His law he meditates day and night.

II. Regular meditation aligns our hearts with God's story.

Psalm 1:3

He will be like a tree firmly planted by streams of water,
Which yields its fruit in its season
And its leaf does not wither;
And in whatever he does, he prospers.

III. The Word sustains us in the wilderness and prepares us for resurrection life.

2 Timothy 3:16-17

All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; ¹⁷ so that the man of God may be adequate, equipped for every good work.