

between reading and acting is meditation, because it helps us understand Scripture and apply it to our lives. Psalm 1:1-2 says:

Blessed is the man
who does not walk in the counsel of the wicked
or stand in the way of sinners
or sit in the seat of mockers.
But his delight is in the law of the LORD,
and on his law he meditates day and night.
He is like a tree planted by streams of water,
which yields its fruit in season
and whose leaf does not wither.
Whatever he does prospers.

Meditating on God's Word is simply thinking about it with the desire to discover its truth and apply it to your life. For example, let's say you are reading Ephesians 4:1, which says,

"As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received." As you begin to meditate on the verse, you might begin thinking about your calling and the purpose God has planned for you. Maybe you aren't sure about your purpose, which causes you to ask God what it is. Or if you know what God has called you to do, you might start examining your life to see if you're living in a way that God would consider worthy. Just thinking about it may prompt you to renew your obedience to God's vision. There's no telling where God will lead you once you begin to think about His Word and apply it to your life.

Meditation has many benefits: It helps you examine your relationship with God, see yourself in a right way, and discover where you are in your spiritual journey. And, of course, it helps you better understand how to obey. The process can be painful or exciting, but it always brings you closer to God.