



UNITY: THE FORGOTTEN TREASURE

ETC Course Handout - Lesson 13

Biblical Meditation

Course Section	Section 2 - A Reconstruction of Our Theological Conclusions
Book Connection	Chapter 11 - Meditation and Speculation (continued)
Lesson Aim	Practice a form of biblical meditation that deepens delight in God's truth while reducing confidence in unnecessary speculation.

Key Scriptures

Psalm 1:1-3; Psalm 43:3-4; Matthew 4:4; 1 Corinthians 8:6.

1. Meditation Begins With Revelation

- Biblical meditation does not empty the mind; it fills the mind with God's words and works.
- The goal is to understand, treasure, worship, and obey what God has revealed.

Notes:

2. Separate the Text From Your Reflections

- Our reflections can be valuable, but they remain reflections.
- Naming the difference protects Scripture's authority and keeps us teachable.

Notes:

THINK ABOUT IT

What changes when a Bible discussion begins with worshipful observation rather than immediate debate over conclusions?

3. Prioritize Chief Truths

- Meditation should repeatedly bring us back to the great truths of God, Christ, the Gospel, faith, love, holiness, and hope.
- Chief truths create common ground for worship and fellowship.

Notes:

4. Minimize Opinions, Maximize Love

- When we recognize the limits of our conclusions, we have less reason to boast and more reason to love believers who reason differently.

Notes:

5. Meditate Together

- Shared meditation allows Christians to enjoy God's Word together before rushing to defend competing systems.

Notes:

Study & Application

Use these after the lesson and related book reading. The complete chapter study-question set remains in the textbook.

1. What is the positive purpose of biblical meditation?

2. Why is it important to label our reflections as reflections rather than as the Word itself?

3. How can meditation on chief truths strengthen unity?

4. Choose one short passage and write two observations from the text before writing any theological deductions.

KEY TAKEAWAY: Biblical meditation keeps believers close to God's words, humble about their own conclusions, and free to delight in truth together.

Next: Complete the 7-question Lesson 13 online quiz.