

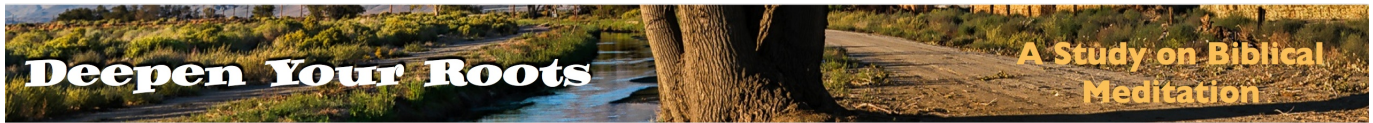
Exercise #4: OXPET

Practicing Biblical Meditation

Paul J. Bucknell

Directions: Review OXPET's five approaches to biblical meditation. In your own words, describe what each letter and term means.

Letter	Approach	Your Description
O	Opposite	
X	eXpand	
P	Personal	
E	Emphasis	
T	Translation	



Apply OXPET — Psalm 119:174

I long for Thy salvation, O LORD, and Thy law is my delight.
Psalm 119:174

Directions: Apply each OXPET approach to enhance the meaning and application of Psalm 119:174. You do not have to force every approach; use each one thoughtfully and record what you discover.

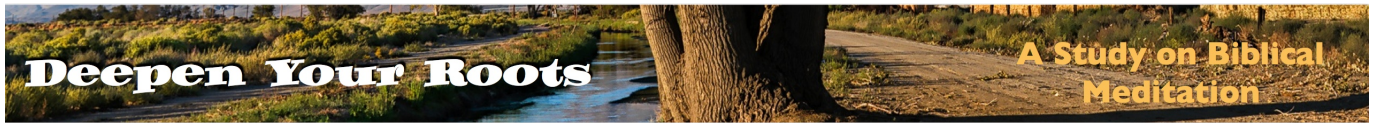
O — Opposite

X — eXpand

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Review Your Practice

1. Name one way the OXPET method helped you understand or apply the passage.

2. What frustrations did you encounter, if any?
