

JFN Empower – Module 4 P2 (9 March)
Lesson 2: Studying and Meditating on God’s Word

Summary of last week and short questions and answers discussion:

Introduction:

Psalm 119: 162, *‘I rejoice at Your word as one who finds great treasure’* -NKJV

The Bible is the constitution of heaven and a vital part of knowing God and His will for our lives. We cannot thrive spiritually without God’s Word, nor can we live purposefully for His glory without it! Jesus made it clear that our fruitfulness is directly connected to our level of intentionality in believing and obeying God’s Word. He illustrated this in the Parable of the Sower (Matthew 13:3–9, 18–23). He explained that when the Word is sown into good soil — a receptive and obedient heart — it produces a harvest:

“But he who received seed on the good ground is he who hears the word and understands it, who indeed bears fruit and produces: some a hundredfold, some sixty, some thirty” (Matthew 13:23).

Sadly, the Word does not always bear fruit because distractions, persecution, hardness of heart, and the cares of this world choke or steal it. Therefore, true fruitfulness comes when we intentionally receive, believe, and live out or *do* God’s Word.

A truly fruitful life begins with a heart shaped and strengthened by the Word of God. Just as fruit cannot grow without nourishment, our faith cannot mature without Scripture shaping us from the inside out. This is why studying and meditating on God’s Word is so vital. Paul reminds us in 2 Timothy 3:16 (NLT) that:

“All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right.”

Without the Word, we lack the very tools God uses to equip, guide, and empower us to live out a faith that works—faith that produces results, takes action, and ultimately bears lasting fruit in our lives.

How to Study God’s Word

Growing in our understanding of Scripture requires intentional habits and practical tools. The following practices help us study the Bible with clarity and depth:

- Reading — Use a structured Bible reading plan rather than opening the Bible at random. A plan helps you work systematically through Scripture and ensures you receive the full counsel of God's Word. A variety of reading plans can be found at: <http://www.ligonier.org/blog/bible-reading-plans/>
- Research — When something in the passage is unclear, take time to investigate. Consider purchasing a good study Bible or a reliable commentary from your local Christian bookstore. These resources provide historical background, context, and explanations that enrich your understanding.
- Reflecting on Sermons — Take notes during sermons and revisit the Scriptures preached in your personal study time. The messages we hear each week are an important part of our spiritual growth and help deepen our grasp of God's Word. Make every effort not to miss a Sunday.
- Using Bible Tools — Online platforms such as biblegateway.com offer free access to multiple translations, commentaries, and study notes. Reading a passage in different translations often brings fresh insight and clarity.
- Exploring Original Languages — The Old Testament was written in Hebrew and the New Testament in Greek. Using Bible software or online tools to look up the meaning of key Hebrew or Greek words can greatly enhance your understanding of a passage.
- Joining a Cell Group — Being part of a small group gives you the opportunity to ask questions, discuss sermons, and explore Scripture with others. These conversations are often invaluable for shaping our understanding of God's Word and learning to discern His voice.

Meditating on God's Word

Josh. 1:8, *'This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.'*

Biblical meditation, as described in Joshua 1:8, centers on the Hebrew word Hagah — a rich and active word that goes far beyond silent thinking. The Hebrew word **Hagah** means to murmur, utter, meditate, or speak aloud. Biblical meditation therefore involves vocalising God's Word — not merely reading it silently, but expressing it with intention and sound. The word (hagah) itself is considered an *onomatopoeia*, meaning it sounds like its action. It carries the sense of a low murmur or even the growl or roar of a lion — “ha...gah!” —

suggesting depth, intensity, and audible declaration of Bible passages! Meditating the word of God means:

- To ponder deeply — Reflecting intentionally and thoughtfully on what God has said.
- To mutter repeatedly — Speaking the Word again and again until it fills the heart and mind.
- To declare boldly — Roar like a lion! The word can describe the low growl or roar of a lion, suggesting intensity and passion.
- To internalise through repetition — Turning the written Word (logos) into a living, personal word (rhema).
- Therefore, biblical meditation is not passive or mystical. It is: Reading the Word, Speaking the Word, Praying the Word, Applying the Word, Obeying the Word

According to Joshua 1:8, this kind of Hagah-meditation leads to obedience, courage, fruitfulness, and true success. It enables us to live from every promise of God and positions us for His manifested work in our lives.

Logos and Rhema

Understanding the difference between logos and rhema deepens our grasp of how God speaks and works in our lives and how we can experience the power of God's words in our mouths!

Logos refers to the written Word of God—Scripture itself (Hebrews 4:12). Rhema, on the other hand, is the spoken, revealed, or “now” word that the Holy Spirit brings alive to our hearts (Ephesians 6:17). Scripture also reveals that Jesus is the Logos, the eternal and living Word of God:

“In the beginning was the Word, and the Word was with God, and the Word was God... and the Word became flesh” (John 1:1,14).

At creation, when the Father said, “Let there be light” (Genesis 1:3), that spoken command was rhema, and Jesus—the living Word—brought into existence what the Father declared (John 1:3; Colossians 1:16–17). The Holy Spirit then moved to manifest that creative word into the natural realm (Genesis 1:2). In the same way, when we speak and pray the Word of God in alignment with His will, the logos becomes rhema in our mouths—activated, empowered, and made alive by the Spirit to produce results (Isaiah 55:11).

As we reflect on the logos and rhema of God's Word, we're reminded how vital it is to let Scripture shape every part of our lives. Because the written Word (logos) becomes living and active in us through the Spirit (rhema), we are called to love God's Word, learn it deeply, live it daily, and lend (share) it to others by speaking and sharing it with boldness (Deuteronomy 6:6-7; Joshua 1:8; Matthew 28:19-20). When we treat the Word this way, it not only transforms us but also becomes a life-giving seed that bears fruit in the lives of those around us (Luke 8:11; Colossians 3:16).

Love, learn, live, and share the word

James 1:22-25. *'22 But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves. 23 For if you listen to the word and don't obey, it is like glancing at your face in a mirror. 24 You see yourself, walk away, and forget what you look like. 25 But if you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it.'* NLT

Heb. 4:2. *'For indeed the gospel was preached to us as well as to them; but the word which they heard did not profit them, not being mixed with faith in those who heard it.'* NKJV

A life of faith grows strong when we actively mix the Word of God with faith, allowing Scripture to shape our thoughts, actions, and daily decisions. One practical way to be doers of God's word and mixing it with faith, is by committing ourselves to four key responses to God's Word:

- Love the Word — Cultivate a deep affection for Scripture by valuing it as God's voice to you. When your heart delights in the Word, obedience becomes a joyful response rather than a burden (Psalm 119:97).
- Learn the Word — Study the Bible intentionally so that you understand its meaning, context, and application. As you grow in knowledge, your faith becomes anchored and mature (Proverbs 2:1-5; 2 Timothy 2:15).
- Live the Word — Put Scripture into practice in your daily life. Faith becomes real when it shapes your choices, attitudes, and behaviour (James 1:22; Matthew 7:24-25).
- Share the Word — Let the truth you've received flow to others through conversations, encouragement, teaching, and testimony. Sharing the Word strengthens your own faith and builds up those around you (Colossians 3:16; Romans 10:17). Sharing the Good News is crucial since it leads to the salvation of people. This is our basic ministry of reconciliation (2 Cor. 5: 17-20).

Questions to Ponder

1. Read and study Matthew 13:1–23. What does this parable mean to you personally, and why is God’s Word essential for living a fruitful life? Jesus teaches that the seed of the Word can produce thirty-, sixty-, and even a hundred-fold fruit—does this promise excite you, and can you identify any fruit growing in your life right now?
2. List six practices that help us study the Bible with clarity and depth.
3. Write a short paragraph explaining what it means to meditate on God’s Word. Do you regularly practice biblical meditation in your own life?
4. Explain the difference between logos and rhema. Give one biblical example to support your explanation.
5. Name four key responses that help us become doers of God’s Word.
6. Take some time to read and reflect on Hebrews 4:12.