

Youth Mid-Week Lesson: Biblical Meditation

Theme: Thinking Deeply on God's Word

Audience: Middle & High School Students

Time: 50–60 minutes



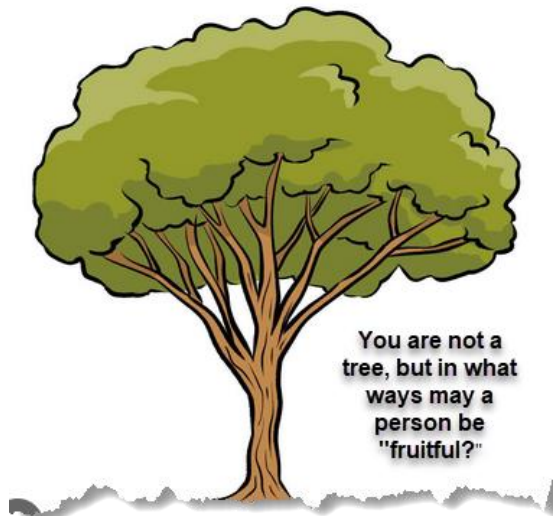
1. Opening Icebreaker (5 minutes)

- Ask: "What's something you can't stop thinking about lately? (Sports, a song, a friendship, grades, social media trend?)"
- Point: **We all meditate already—we just call it "thinking about something over and over." The real issue is *what* we meditate on.**

2. Scripture Foundation (10 minutes)

- Psalm 1:1–3 — the blessed person meditates day and night and becomes like a fruitful tree.
- Blessed is the man
who walks not in the counsel of the wicked,
nor stands in the way of sinners,
nor sits in the seat of scoffers;
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
that yields its fruit in its season,
and its leaf does not wither.
In all that he does, he prospers.



Joshua 1:8 — Joshua is told to meditate on the law to have strength and success. [This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful 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.] **We have more than the Law on which to meditate today. What Scripture would you be willing to think deeply about today?**

Discussion Questions:

- 1. Why do you think God connects *meditation* with *strength* and *fruitfulness*?**
- 2. How is biblical meditation different from the world's idea of meditation (emptying your mind, self-focus)?**
- 3. What might it look like to “meditate day and night” in 2025 as a student?**

Page | 2

3. Illustration (5 minutes)

- Tea Bag Analogy (Donald Whitney): Reading Scripture quickly is like dipping a tea bag once.**
- Meditation is letting it steep until the flavor fills the water.**
- Application: God's Word doesn't shape us by quick glances but by soaking in deeply. Would you be willing to carve out some time each day to read and think about a passage that could change the way in which you make decisions?**

4. Group Activity: “Chewing on Scripture” (10–12 minutes)

- Talk about what happens to the food when we chew—and swallow.**
- Hand out slips with short verses (examples: Philippians 4:6–7; Romans 12:2; John 15:5).**
- Philippians 4:6-7:** [⁶do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.]
- Romans 12:2:** [²Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.]]
- John 15:5:** [⁵I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.]
- Read the verse slowly 3 times.**

- **Ask them to:**
 - **Circle a key word. Discuss why the word “jumped out” at the student.**
 - **Paraphrase the verse in their own words.**
 - **Think: How does this apply to something in my life this week?**
 - **Share insights with all.**
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5. Real-Life Connection (10–12 minutes)

- **Ask: What kinds of things usually fill your mind (friends, sports, fears, pressure, phones)?**
 - **Challenge: What would be different if you let God’s Word run through your mind as much as those things?**
 - **Practical Ideas for Teens:**
 - **Set a verse as your phone lock screen.**
 - **Write a verse on an index card and keep it in your pocket.**
 - **Memorize one verse a week and think about it at the bus stop, before practice, or while lying in bed.**
 - **At week’s end, share with an adult how you feel it is changing your behavior or your “self-talk.”**
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6. Guided Meditation Practice (7–8 minutes)

- **Read Philippians 4:8 aloud:** “Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things...”
- **Lead them through slow reflection:**
 1. **Read it once. Silence for 30 seconds.**
 2. **Read it again. Ask: “Which word or phrase stands out?”**
 3. **Read it a third time. Ask: “What is God telling you personally?”**

Encourage them to write a one-sentence prayer in response.

7. Closing & Challenge (5 minutes)

- **Key Point:** Biblical meditation is not mystical—it's filling your mind with God's Word until it changes your life.
 - **Challenge:** Choose one verse this week to meditate on for 7 days. Write it where you'll see it often.
 - **Closing Prayer:** Ask God to help them hunger for His Word and let it “steep” into their hearts.
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Page | 4

