

BIBLICAL MEDITATION



These are Hebrew and Greek words for the word *meditation*, as used in the Bible. Ask Holy Spirit to help you meditate on the truth of the Word of God as you try these various methods.

Hagah – to reflect, to mutter, to ponder, to make a quiet sound as you repeat Scripture to yourself.

Higgayown – a murmuring sound or musical repetition of Scripture

Siyach – to have a conversation with the Father about His Word. This word also carries the idea of chanting while walking – a pilgrimage with God into His Word.

Siychah – prayerful reflection upon Scripture

Meletao – to care for or attend to; to carefully revolve the Scriptures in one's mind

1. Psalm 1:2-3
2. Joshua 1:8
3. Psalm 19:14
4. Psalm 39:3
5. Psalm 49:3
6. Psalm 63:6
7. Psalm 77:11-12
8. Psalm 104:34
9. Psalm 119:11
10. Psalm 119:14-16
11. Psalm 119:23
12. Psalm 119:47-48
13. Psalm 119:55
14. Psalm 119:78
15. Psalm 119:97-99