



# The Spiritual Discipline of Meditation: A Daily Devotion in the Scriptures

*Scott Doherty*

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Today, when we hear the word meditation we immediately associate the term with a New Age practice. Sadly, the spiritual discipline of meditating on the Scriptures has become uncommon among Christians while in contrast the blending of eastern mysticism with mainstream Christian thought has risen to prominence. True, biblical meditation on the Scriptures has been replaced with a self-centered and mystic spirituality. Overall this spiritual practice has faded with the Puritans. Disciplined meditation, understood in a biblical and meaningful way, brings blessing, joy, and spiritual growth. Many Christians read the Bible each day but don't meditate on it. A lack of meditation often results in lack of profit gained from devotions. Many times during devotions, without meditation, the Christian finishes in the same condition in which he started. This book was written with two purposes in mind. First, to teach people how to meditate on the Scriptures in a meaningful way, after the pattern of the Puritans. Second, a daily devotional format is purposefully used so readers will begin to discipline themselves in meditating on one passage of Scripture each day. Rather than just write about the Puritan form of meditation, this book provides practice through meaningful daily devotions. By the end of the book, after meditating for an entire year, the reader will be trained in one of the most important spiritual disciplines. The purpose of this book is to recover the lost spiritual discipline of meditation.

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