



MEDITATION SUBJECTS + BEEKE'S 9-MINUTE PLAN



Select a Suitable Subject

Select just **one** verse, phrase, or doctrine that is specific, timely, and personally relevant to focus your heart and mind.

Topic	Scripture References
God's Mercy	Ps. 103:8–13; Micah 7:18–19
Christ's Sufferings	Isaiah 53:3–6; 1 Peter 2:24
Providence in Trials	Romans 8:28; Genesis 50:20
God's Glory	Exodus 33:18–23; Rev. 4:11
Sin's Deceitfulness	Jeremiah 17:9; Hebrews 3:13
The Fear of God	Proverbs 1:7; Isaiah 66:2
Heaven	Rev. 21:1–4; John 14:2–3
Hell	Matthew 10:28; Rev. 20:14–15
Death & Life's Brevity	Ecclesiastes 7:2; James 4:14
Judgment Day	2 Cor. 5:10; Hebrews 9:27
Love of Christ	Rom. 8:35–39; John 15:9–13
Christ's Intercession	Hebrews 7:25; Romans 8:34
Repentance	Psalm 51:1–12; Acts 3:19
Lukewarmness	Rev. 3:15–20; Hosea 6:1–3
Thankfulness	1 Thes. 5:18; Psalm 136:1

Psalm Topic	Scripture References
God as Refuge	Ps. 46:1–2; Ps. 91:1–2
God's Steadfast Love	Ps. 136:1–9; Ps. 103:11–18
God's Faithfulness	Ps. 89:1–8; Ps. 119:90
Crying Out in Distress	Ps. 13:1–6; Ps. 77:1–12
God's Righteous Judgment	Ps. 9:7–10; Ps. 96:10–13
Confession & Forgiveness	Ps. 32:1–5; Ps. 51:1–12
Thirsting for God	Ps. 42:1–5; Ps. 63:1–8
Fear of the LORD	Ps. 111:10; Ps. 34:9–11
The Word of God	Ps. 1:2; Ps. 119:9–16, 105
The Kingship of Christ	Ps. 2:6–12; Ps. 110:1–4



Beeke's "9-Minute Meditation Plan"

Use this simple format to build the daily habit of Christian meditation:

- **3 Minutes: Scripture Reading**

- Pray for the Spirit's aid.
- Read your selected passage and context slowly, aloud if possible.
- Linger over phrases.
- Look up cross-references if needed.

- **3 Minutes: Meditation**

- Ask questions of the text, like:
 - What does this reveal about God or myself?
 - What affection should it stir? (love, sorrow, joy, fear, etc.?)
 - What sin or duty does this touch?
 - What command or promise does this highlight?
 - How does this apply to my life today?

 Optional: Journal Your Insights

Today's Topic: _____

Key Verse: _____

Main Takeaway: - _____

Affections Stirred (check all that apply): ☐ Love for Christ ☐ Hatred of sin ☐ Gratitude ☐ Awe / Fear of God
☐ Joy / Peace ☐ Brokenness / Repentance ☐ Other _____

Personal Response:

- I will _____
- I need to confess _____
- I will pray about _____

- **3 Minutes: Prayer**

- Respond to what you've read and meditated on:
 - Thank God for revealed light.
 - Confess where convicted.
 - Ask for grace to live in light of the truth.
 - (*Optional:* Sing a related psalm/song.)

"Once you learn, with the Puritans, that meditation is the halfway house between Scripture reading and prayer, you will not be able to stop." — Joel Beeke