

T.E.A.C.H. Meditation Model

by Mike Martin

“One thing have I asked of the LORD, that will I seek after: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to inquire in his temple.” —David (Psalm 27:4)

Here is an approach designed to help you begin to follow David’s example today as you engage with God’s Word, and in particular the attributes God has revealed about Himself—He is eternal (Psalm 90:2), omnipotent (Ephesians 3:20), sovereign (Job 42:2), and so forth.

Using the word *teach* as an acronym, the **T.E.A.C.H. Meditation Model** will enhance your ability to apply Scripture to the following five key areas of life:

Thoughts (increased understanding, awareness of truth)—Being and doing begins with thinking; belief precedes behavior and who God is helping us to become.

Emotions (changed values)—Our feelings can lead us astray, or urge us to honor God.

Attitudes (acceptance of truth)—God is concerned about our inner being, not just the external.

Choices (changed priorities)—We must not be hearers only but people who put God’s Word into practice.

Habits (changed behaviors)—God transforms us that we may discern and perform His will.

Let’s walk through one example to see how the following verse describing **Almighty God** may apply to the five areas of a person’s life.



“O Lord God of hosts, who is mighty as you are, O Lord, with your faithfulness all around you?” —Psalm 89:8

Thoughts (increased understanding, awareness of truth)—*God is all-powerful; no one is as mighty as God!*

Emotions (changed values)—*Stop worrying when I can’t accomplish something on my own; rest assured that God is both able and faithful.*

Attitudes (acceptance of truth)—*Submit to God as the Almighty who wields absolute power; remain confident in God’s ability and optimistic in His care.*

Choices (changed priorities)—*Stop living by my strength alone; expect God to work His will powerfully.*

Habits (changed behaviors)—*Invite Almighty God to work powerfully in my circumstances; allow Him complete reign in every aspect of my life.*

Here is an opportunity for you to try this approach on your own in light of this attribute of the King: **Creator God.**

“Worthy are you, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they existed and were created.” —Revelation 4:11

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