

## Meditation/Reflection/Application

Anytime we take it upon ourselves to study or hear the Word of God preached or taught, we must automatically engage in “meditating,” “reflecting,” as well as “applying” it’s wisdom. There are three foundational questions we use to seek the answers to gain fuller understanding and clarification in the interpretation of God’s Word. Those questions are: **WHAT? SO WHAT? NOW WHAT?** They are applied to our examination of Scripture in that how it affects us as individual believers.

Here is how the relationship between each aspect is broken down:

- **Meditation** coincides with the question **WHAT?**
- **Reflection** coincides with the question **SO WHAT?**
- **Application** coincides with the question **NOW WHAT?**

A further breakdown goes like this:

- **Meditation** = **What** (Read the Word of God). It answers the question: What is God saying?
- **Reflection** = **So What** (Receive the Word from God). What is God identifying in His Word to me which relates to my circumstances, etc. (It may be an FCF – Fallen Condition Focus). What is God requiring me to do?
- **Application** = **Now What** (Respond to the Word given for you by God). Now what do I do since this condition has been identified in my life? What principles, insights, commands, warnings, etc., do I need to apply that I have learned from the text? How do I put these identified measures in practice?