

1 Spirit building 3 – Meditation – Session 3

Module 2 – Spirit building 3 – Meditation

Session 3

We are going on a journey or an adventure together - systematic way

- Journey of discovering how to engage the spiritual realms
- Discovering the realms within us, around us and the heavenly realms
- There are 2 main pathways that we are going to follow

Pathway of relationship that leads to deeper intimacy with God

- Flowing from inside out - heaven to our gateways of spirit, soul, body to the world around us
- Pathway of responsibility that leads to greater kingdom rulership
- Flowing from outside in from earth to heaven as living sacrifices to rule.

Joshua 1:8 This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success.

Prov 4:20 My son, give attention to my words; Incline your ear to my sayings. 21 Do not let them depart from your sight; Keep them in the midst of your heart. 22 For they are life to those who find them And health to all their body 23 Watch over your heart with all diligence, For from it flow the springs of life.

Meditation means “the act of focusing one’s thoughts: to ponder, think on, muse.” reflect, contemplate, babble, mutter, imagine

- Some synonyms would be contemplation, reflection, rumination, deep thinking, or remembering in the sense of keeping or calling something to mind for the purpose of consideration, reflection, or meditation.

To murmur; to converse with oneself, and hence aloud; speak; talk; communication; mutter; babbling; roar; mourn; to study; pray; imagine.

- Turns logos written word into the rhema spoken word
- Head knowledge to personal experience

Meditation is going over and over something in your mind, drawing the truth from it.

- As time goes on, because of the constant repetition, your brain learns that this is something important to you, and stores the information instead of shredding it.

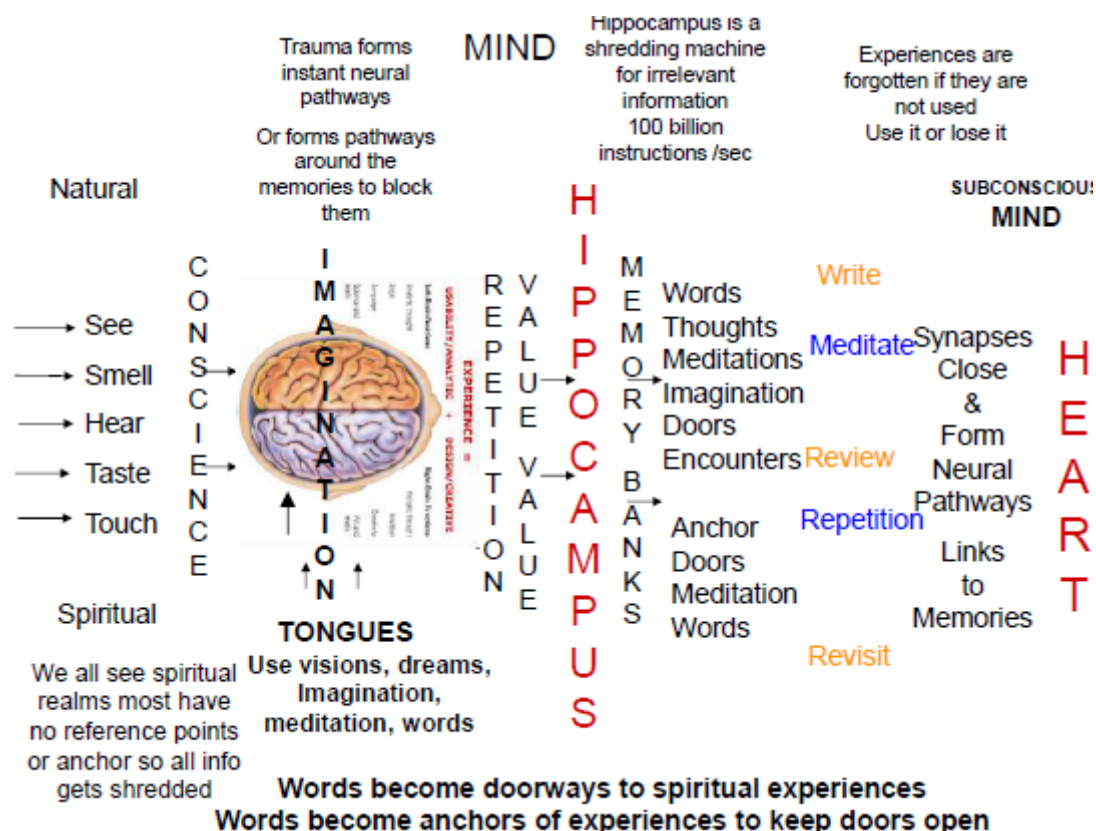
Meditating on the word of God is interacting with the Spirit of God

- If you don’t repeat these things regularly then your brain will not treat the revelation you acquire as something that’s important or valuable to you. If that happens, you risk losing it.

I want to encourage you, if you want to benefit from encounters with God, write them down.

- Journal everything so that you can go back to it, review it, meditate upon it, and draw further revelation.
- You can also revisit the experience.

2 Spirit building 3 – Meditation – Session 3



The more we repeat experiences, the more our brain learns to value and store those experiences, rather than forgetting and shredding the memories.

The word becomes a doorway to encounters with Jesus, with the Holy Spirit, with our Father.

- It also becomes an anchor for experiences we have now and a platform for further experiences still to come.

The goal of knowing is not to gain information but to encounter the Holy Spirit and let Him give revelation knowledge into our hearts.

- Knowing must not be limited to left-brain functions alone

In meditation, we position ourselves to hear God's voice and experience His presence.

- Meditating on the word of God, so that we have that word firmly established in us and can live from it, will enable us to prosper and have success in all we do.

God speaks to us in a flow of spontaneous revelation.

- He communicates through thoughts, pictures, feelings, and impressions which we need to pick up.

We need to be able to tune in to them; to see, feel, hear, and touch them.

- The word of God is the basis for all this, but the word of God is the beginning of experience, not the end of it.

3 Spirit building 3 – Meditation – Session 3

We can go to the word, and find out if there is a scripture which talks about aspects of our experience.

- That is what I mean by finding an anchor in the word.
- Not everything is specifically in the word

Meditation turns the logos (written, fixed word) into the rhema word (spoken, to us, now), stirring faith from which we can live.

- It turns head knowledge into personal experience, and enables us to hear the voice of God.

In meditation, God can use a scripture to speak to us (sometimes completely out of context

- He wrote it and He can use it however He wishes), to get across to us something He wants us to hear and understand.

Benefit of meditating on the written word of God

- Washes us, cleanses us
- Faith rises in us
- Revelation truth flows to us
- Word is stored or memorized in our hearts

Psalms 119:11 Your word I have treasured in my heart, That I may not sin against You.

- Psalm 119:105 Your word is a lamp to my feet and a light to my path.

Psa 119:15 I will meditate on Your precepts

- 23 Your servant meditates on Your statutes
- 27 So I will meditate on Your wonders
- 99 For Your testimonies are my meditation
- 148 I may meditate on Your word

2 Timothy 3:16-17 All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; so that the man of God may be adequate, equipped for every good work.

- Word = Jesus Living Active
- Plumb line, Anchor, Doorway

Eph 5:26 so that He might sanctify her, having cleansed her by the washing of water with the word,

- Rom 10:17 So faith comes from hearing, and hearing by the word of Christ.

By faith follow the process in your mind by choice speak decide.

- I choose to.... I step in, I open the door come into agreement with the exercise process.
- God will honour your desire and willingness to participate and your senses will begin to become trained & tuned to the frequency of the spirit realm.

Faith activation - physical engagement use natural realm familiar

- Door or a secret place picture to stimulate and activate stepping in and out.
- Free your spirit to engage receive revelation in your imagination - mind as pictures, thoughts, impressions knowings or descriptions.

4 Spirit building 3 – Meditation – Session 3

John 10:27 My sheep hear My voice, and I know them, and they follow Me

- Hearing God's voice through His word is the beginning of engaging in living real time conversations with Him

John 17:2 This is eternal life – that they may know God”

- John 5:19,20,30 Jesus demonstrated the ability of living out of constant contact with God, declaring that He did nothing on His own initiative, but only what He saw the Father doing, and heard the Father saying

- Now that's the way to live!

God's voice in your heart often sounds like a flow of spontaneous thoughts.

- Become still so you can sense God's flow of thoughts and emotions within.

Psa 46:10 Let be and be **still**, and know that I am God

- Isa 40:31 But those who wait on the Lord shall change and renew their strength and power;

- Active listening

Exercises:

Pray in tongues 1 mins Out loud

- Pray in tongues 1 mins In mind or spirit Relax, Still mind, focus on Jesus

- Pray in tongues 2 mins Out Loud whilst Reading Psalm 23

Psa 23:1 The LORD is my shepherd, I shall not want. 2 He makes me lie down in green pastures; He leads me beside quiet waters. 3 He restores my soul; He guides me in the paths of righteousness For His name's sake. 4 Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me; Your rod and Your staff, they comfort me. 5 You prepare a table before me in the presence of my enemies; You have anointed my head with oil; My cup overflows. 6 Surely goodness and lovingkindness will follow me all the days of my life, And I will dwell in the house of the LORD forever.

Psa 46:10 Let be and be **still**, and know that I am God