

1 Spirit building 4 – Meditation – Session 4

Module 2 – Spirit building 4 – Meditation

Session 4

We are going on a journey or an adventure together – follow map

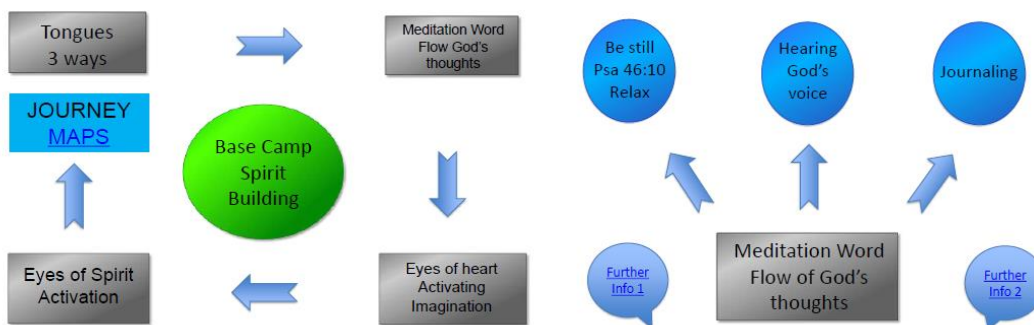
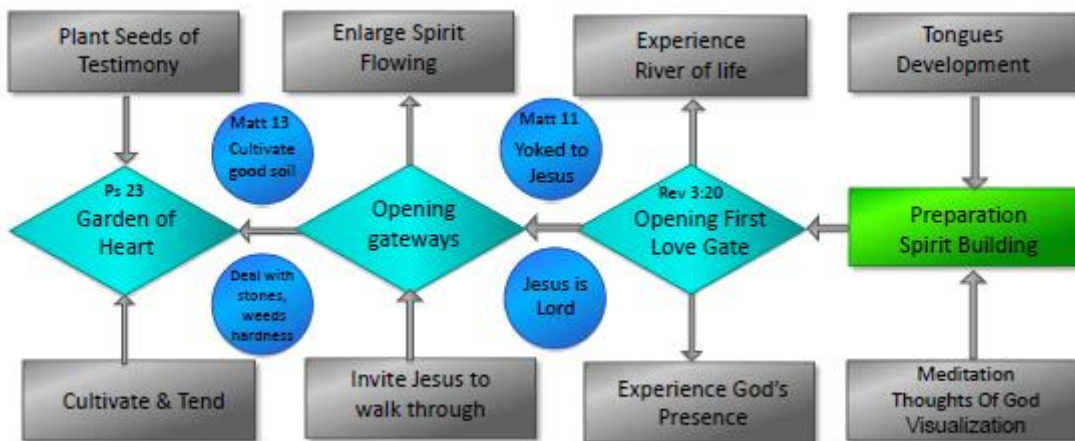
- Journey of discovering how to engage the spiritual realms
- Discovering the realms within us, around us and the heavenly realms
- There are 2 main pathways that we are going to follow

Pathway of relationship that leads to deeper intimacy with God

- Flowing from inside out – from 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.



Heb 5:14 But solid food is for the mature, who because of practice have their senses trained to discern good and evil.

- Training Training Training
- Practice Practice Practice
- Mature to discern

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

- Psa 46:10 Cease striving, 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

Heb 4:12 For the word of God is living and active and powerful

- Meditate on it in 2D to experience it in 3D. A picture paints a 1000 words
- Write, Review & revisit - value
- Some experiences of heaven not in word (greater works of Jesus)
- Use word to plumb line experience to the principles of God's nature & character
- Word then becomes a starting point

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

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.

God wants our attention.

- Yes, we can relate to God in the busyness of life, but it is important for us to give Him quality time too.
- When we meditate, we repeatedly bring the things God has said into the forefront of our thinking.
- Psa 103:2 Bless the Lord, O my soul, And forget none of His benefits;

Psalm 63:6 When I remember You on my bed, I meditate on You in the night watches,

- Psalm 77:11 I shall remember the deeds of the LORD; Surely I will remember Your wonders of old.
- Psalm 143:5 I remember the days of old; I meditate on all Your doings; I muse on the work of Your hands.

What we repeat gets stored in our heart, in our subconscious mind; and what is in our subconscious triggers our conscious mind:

- Prov 23:7 As a man thinks in his heart so is he
- Luke 6:45 Out of the abundance of his heart, his mouth speaks

7 Steps to Meditation – God centred

- Lord cleanse & prepare my heart
- Lord give me a teachable attitude
- Lord I surrender my senses to You
- Lord open the eyes of my heart
- Lord I present my abilities to reason & imagine to You to fill & flow through
- Lord I focus my attention on what you show me

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LORD, CLEANSE ME BY YOUR BLOOD:

- Since receiving divine revelation is at the heart of biblical meditation, you prepare yourself to receive from the Holy Spirit by repenting and being cleansed
- You need to be obedient to previous revelations from God (Matt. 7:6), and confess any sin in your life, so you are not cut off from ongoing revelation (Is. 59:1,2; I Jn. 1:9).

LORD, GRANT ME A TEACHABLE ATTITUDE:

- Revelation is given to those who maintain an attitude of humility, and it is withheld from the proud and the arrogant.
- So keep an open, humble attitude before God, allowing Him the freedom to shed greater light on any ideas you currently hold and to alter them as He sees fit (Jas. 4:6; 2 Pet. 1:19).

LORD, I WILL NOT USE MY FACULTIES MYSELF:

- Jn. 5:19,20,30 You choose to do nothing of your own initiative but only what you hear and see by the Spirit
- You do not have a mind to use, but a mind to present to God so He can use it and fill it with anointed reason and divine vision (Prov. 3:5-7; Rom. 12:1-2).
- If you use your mind yourself, it can be a dead work (Heb. 6:1-2).

LORD, I PRAY THAT THE EYES OF MY HEART MIGHT BE ENLIGHTENED:

- Slow down as you read, mulling the text over and over in your heart and mind, constantly asking God to give you a spirit of wisdom and revelation in the knowledge of Him (Eph. 1:17,18; Ps. 119:18).

LORD, I PRESENT THE ABILITIES TO REASON AND TO IMAGINE TO YOU TO FILL AND FLOW THROUGH BY YOUR SPIRIT:

- Meditation involves presenting your faculties to God for Him to fill and use.
- These include your left-brain reasoning capacities as well as your right-brain visual capacities.

John 7:37-39 Look for the river of God (i.e. Holy Spirit flow to guide and fill both brain hemispheres, granting you anointed reasoning and dreams and vision

•2 Kings 3:15 But now bring me a minstrel.” And it came about, when the minstrel played, that the hand of the Lord came upon him.

•Music can assist you, as can muttering, speaking, and writing as you go through the discovery process

LORD, SHOW ME THE SOLUTION TO THE PROBLEM I AM FACING:

- Focused attention brings additional energies of concentration of heart and mind, which help release revelation.
- For example, note the difference between a ray of sunlight hitting a piece of paper, and sunlight going through a magnifying glass to hit a piece of paper.

The focused energy creates a ray so concentrated that the paper bursts into flames.

•Matt. 5:6 “Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

•When you have a hunger to master a new understanding and discipline, that hungry and searching heart will cause you to see things you would not normally see

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THANK YOU, LORD, FOR WHAT YOU HAVE SHOWN ME:

- Realizing that the revelation came from the indwelling Holy Spirit, give all the glory to God for what has been revealed (Eph. 3:21).
- An attitude of gratitude not taking things for granted.

Physical calm Heb 4:9-11

- Focused attention Heb 12:1-2
- Letting be Phil 4:6-7
- Receptivity John 15:4-5
- Spontaneous Flow John 7:37-38
- Journal Hab 2:1-2

Hab 2:1 I will stand on my guard post And station myself on the rampart; And I will keep watch to see what He will speak to me.. 2 Then the LORD answered me and said "Record the vision

- Recognise God's voice as spontaneous thoughts in your mind
- Quieten yourself so you can hear
- Look for vision
- Write down the flow of your thoughts

Key 1: God's voice in your heart often sounds like a flow of spontaneous thoughts.

- Habakkuk knew the sound of God speaking to him (Hab. 2:2). Elijah described it as a still, small voice (I Kings 19:12).
- Listen for an inner audible voice,
- Usually, God's voice comes as spontaneous thoughts, visions, feelings, or impressions

Key 2: Become still so you can sense God's flow of thoughts and emotions within.

- Habakkuk said, "I will stand on my guard post..." (Hab. 2:1). Habakkuk knew that to hear God's quiet, inner, spontaneous thoughts, he had to first go to a quiet place and still his own thoughts and emotions.
- Psalm 46:10 encourages us to be still, and know that He is God.

There is a deep inner knowing (spontaneous flow) in our spirits that each of us can experience when we quiet our flesh and our minds.

- If we are not still, we will sense only our own thoughts.
- If thoughts come of things I have forgotten to do, Write them down and dismiss them.

If thoughts of guilt or unworthiness come (tactic of enemy)

- Repent thoroughly, receive forgiveness, putting on His robe of righteousness, seeing yourself as spotless before God (Is. 61:10; Col 1:22)

Matt 11:28 Come to Me, all you who labour and are heavy-laden and overburdened, and I will cause you to rest. [I will ease and relieve and refresh your souls.]

- 1 Peter 5:7 Casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately and cares about you watchfully.

To receive the pure word of God, it is a key that our hearts are properly focused on the source of the intuitive flow.

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- If I fix my eyes upon Jesus, the intuitive flow comes from Jesus.
- If I fix my gaze upon some desire of my heart, the intuitive flow comes out of that desire.

Key 3 (?) Fix your gaze upon Jesus (Heb12:2), becoming quiet in His presence and sharing with Him what is on your heart.

- Spontaneous thoughts will begin to flow from the throne of God to you, and you will actually be conversing with the God

Key 4 Journaling, the writing out of your questions and God's answers, brings great freedom in hearing God's voice.

- God told Habakkuk to record the vision (Hab. 2:2). This was not an isolated command.
- The bible records many examples of individual's conversations with God's and His replies (e.g. the Psalms, many of the prophets, Revelation).

Two-way journaling," is a catalyst for clearly discerning God's inner, spontaneous flow,

- As you practice you will become able to write in faith for long periods of time, simply believing it is God.

What we have received from God must be tested.

- However, testing involves doubt and doubt blocks divine communication, so it is best not to test while I am trying to receive.
- We can receive in faith, knowing that when the flow has ended we can test and examine it carefully, making sure that it does not conflict up with the bible

Journaling is a biblical concept

- Don't let doubt hinder you
- God is present and is speaking to His children.
- Heb 4:10 For the one who has entered His rest has himself also rested from his works, as God did from His.
- Relax. when we cease striving and enter His rest, God is free to flow

Sit back comfortably, take out your pen paper, smile, and turn your attention toward the Lord in praise and worship, seeking His face.

- After you write your question to Him, become still, fixing your gaze on Jesus You will suddenly have a very good thought.
- Don't doubt it; simply write it down. Later, as you read your journaling, you will be blessed to discover that you are indeed dialoguing with God

Knowing God through the Bible is a vital foundation to hearing His voice in your heart,

- Solid commitment to knowing and obeying the Scriptures.
- It is also very important for your growth and safety that you be related to solid, spiritual counsellors
- All major directional moves that come through journaling should be confirmed by your counsellors before you act upon them.

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Exercises:

Pray in tongues 1 mins Out loud or within

- Pray in tongues 5 mins Still mind, focus on Jesus Psa 23 relax lie in green pasture
- Ask Jesus the question how do you feel about me?
- Listen to the thoughts and write them down

Picture Jesus kneeling before you

- Off load all your burdens to Jesus Share you heart with Him
- Feel him lift off the weight from your shoulders
- Talk to Him Listen to Him

