

MEDITATION

HOW TO STUDY THE BIBLE
IN THE PRESENCE OF GOD



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How to Study the Bible in the Presence of God

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With insights from Dr. Gary Greig and Lyle Thomas

Contents

1. [Foreword](#)
2. [Preface – How Does One Discover Truth from Scripture?](#)
3. [A.W. Tozer Writes](#)
4. [UMC Church Pastor Arthur Wesley Asks:](#)
5. [Precise Definitions of Spiritual Realities](#)
6. [Scriptures Speak Concerning Discovering Truth – “It” Is a “He”!](#)
7. [How to Meditate on Scripture & Receive Life-Transforming Revelation](#)
8. [Verses with “Meditate” or “Meditation” from the New American Standard Bible](#)
9. [Four Underlying Pillars of Meditation](#)
10. [Twelve Things the Bible Teaches About Handling Scripture Properly](#)
11. [Basic Principles for Interpreting Scripture \(Hermeneutics\)](#)
12. [Why Explore the Old Testament?](#)
13. [What Is Involved in Careful, Spirit-led Observation of a Bible Story?](#)

14. [Principles to Apply as We Explore Scripture](#)
15. [Hebrew and Greek Definitions of Meditation](#)
16. [Strong's Exhaustive Concordance Numbers for Meditate & Meditation](#)
17. [7 Steps of Biblical Meditation \(summarizing the research above\)](#)
18. [A Dozen Mistakes to Avoid When Meditating](#)
19. [Study as a Component of Meditation](#)
20. [Meditation Is Commanded in Scripture and Brings the Spirit into the Process](#)
21. [Does My Bible Study Earn God's Approval of Me?](#)
22. [Avoiding the Ministry of Condemnation and Death](#)
23. [Webster's Definition of Study – Man Reasoning](#)
24. [Sound Doctrine Incorporates the Following...](#)
25. [Man's Doctrine vs. Sound Doctrine](#)
26. [Doctrines Come from Either satan or God](#)
27. [The Condition of One's Heart Is Crucial in Coming to Truth](#)
28. [Crucial ingredients which determine if you end up with life or death](#)
29. [An interpreter of Scripture must have the following](#)
30. [Successful Biblical Meditation Hinges on Several](#)

Things

31. [An Example of Meditation – 2 Corinthians 3:18](#)
32. [Follow the Spirit, Not the Formula](#)
33. [Pastor Jim French Tries the 7 Step Meditation Process](#)
34. [Lyle Thomas Tries Group Meditation in Russia](#)
35. [Approaching Scripture with a Listening Heart – Journaling from Robin Little](#)
36. [Faith Imagines – Journaling by Doug Sterner](#)
37. [How to Meditate on a Topic \(Utilize the free software, e-Sword\)](#)
38. [More Recent and Comprehensive Tools](#)
39. [A Meditation on Genesis 24:63](#)
40. [Revelation Provides the Seeds for Heart Faith](#)
41. [Resources to Help You Move into Biblical Meditation](#)
42. [Blogs](#)
43. [Discount Coupons for Revelation-Based Training Modules](#)

Foreword

Mark Virkler's new project, *Meditation - How to Study the Bible in the Presence of God*, forces the reader to confront the most basic temptation of humanity: do we heed the words of men or the voice of God? (Gen. 3; Ex 20; Matt. 4 & Lk. 4). Our current "ministry training" system (seminaries and even Bible schools) focus on learning the "facts" of Scripture and lists of doctrines -- "creeds." Indeed, Jesus attacks the seminary professors of His day by showing that they were obsessed with substituting a "knowledge" of Bible facts for the content of the Great Covenant that God was offering in that Bible: the very voice of God -- the "law of God written in the heart," that is, revealed. Jesus said in John 5:36-43, "the Father who sent Me has Himself borne witness about Me [in mighty works]. His voice you have never heard, His form you have never seen,³⁸ and you do not have His word abiding in you, for you do not believe the one whom He has sent.³⁹ You search the Scriptures because you think that in them you have eternal life; and it is they that bear witness about Me,⁴⁰ yet you refuse to come to Me that you may have life."

This is exactly the message Mark Virkler is laying out in *Meditation - How to Study the Bible in the Presence of God*. If we read the Bible correctly, it will reveal Jesus and our relationship with Him -- a relationship that necessarily involves

communication, hearing His voice. Jesus' mission is introduced in all four Gospels as the One Who will "baptize in the Holy Spirit," that is, who will turn us into prophets who can hear and speak God's words. This was the essence of the New Covenant in Jer. 31:31-34>2 Cor. 3 and Isa. 59:21 cited as the climax of the most important sermon in Christianity: the Pentecost sermon, Acts 2:39.

In this Mark Virkler nails the most important function of the Scriptures: to *reveal Jesus*.

Jon Ruthven

Author, *What's Wrong with Protestant Theology: Traditions vs. Biblical Emphasis* (2013) and *On the Cessation of the Charismata*, 2nd ed. (2011).

Preface – How Does One Discover Truth from Scripture?

I wrote this book because for many years I studied the Bible incorrectly, and it produced death rather than life. The Bible calls this the ministry of death, rather than the ministry of righteousness (2 Cor. 3:6-9). I came out of Bible College just like the Apostle Paul, attacking those who disagreed with my theology.

Once I learned to hear God's voice, I let God lead me to Scriptures, and I let God reveal Scriptures to my heart, and I experienced what the disciples experienced, my heart burning

within as Jesus opened up Scriptures for me (Lk. 24:32). Verses were leaping off the page, revelation was flashing, and I discovered this could happen every single day, every time I opened the Bible, or any book for that matter. God knows a lot about a lot of topics and He is able to grant revelation in every area I read, if I approach the book with the proper heart attitude. Wow! What an insight. Now you can receive revelation knowledge in each and every area, all the time, simply by allowing the Holy Spirit to be part of the learning process.

So now I want to teach you this process. I want verses leaping off the page every time you read the Bible or any other book. So read on and discover how to posture your heart and mind properly so this wonderful miracle of divine encounter happens for you every single day for the rest of your life.

And do your friends a favor. Share these wonderful, simple truths with them also. Thank you!

We will answer the following questions.

1. Is there a difference between Biblical meditation and western study?
2. Where do inductive Bible study methods fit into Biblical meditation?
3. If I approach the Bible the way God intended, will it

produce spirit and life (Jn. 6:63; 2 Cor. 3:8-9)?

4. If I approach the Bible without the Spirit, will it produce the “ministry of condemnation and death (2 Cor. 3:7-9)?
5. What principle allows the New Testament writers to apply Old Testament verses out of context? Am I allowed to use this same principle with both Old and New Testament verses?
6. Are the verses REALLY true: “It is the Spirit who gives life; **the flesh profits nothing** (Jn. 6:63 NASB), and “Man’s thoughts are not God’s thoughts”? Does that mean that Bible study which is done in my strength and with the straining of my mind is what Paul called dung (Phil. 3:1-10)?
7. Does the Bible really say that meditation on God’s laws results in making my way prosperous and successful?

A.W. Tozer Writes

“The essence of my belief is that there is a difference, a vast difference between fact and truth. Truth in the Scriptures is more than a fact. A fact may be detached, impersonal, cold and totally disassociated from life. Truth, on the other hand is warm, living and spiritual. A theological fact may be held in the mind for a lifetime without its having any positive effect

upon the moral character; but truth is creative, saving, transforming and it always changes the one who received it into a humbler and holier man.

*“Theological facts are like the altar of Elijah on Mount Carmel before the fire came; correct, properly laid out but altogether cold. When the heart makes the ultimate surrender, the fire falls and true facts are transmuted into spiritual truth that transforms, enlightens and sanctifies. **The church or the individual that is Bible taught without being Spirit taught has simply failed to see that truth lies deeper than the theological statement of it. We only possess what we experience!**”*

UMC Church Pastor Arthur Wesley Asks:

What do You want to say to me, Lord?

We have had a good day and there are more blessings to come. My love is new every day, always present, active and surrounds you with mercy and loving kindness. I am aware of your heart and thoughts (Psalm 139). It pleases Me when you often think of Me and My word, My people and ponder My ways. This is how you grow in intimacy and boldness.

Things are blossoming in your life that have lain dormant. A NEW SEASON is here, a season of wonderful growth and

discovery. Drink in My Spirit, drink in deeply. Smell the fragrance of My love and presence. I will heighten your spiritual senses. Soon you will see angels who abide with you always.

I have many children but few Sons and Daughters who will truly listen to Me or pay attention to their hearts. Pay attention to your heart; look deep within and hear Me. This is not weird or unusual but normal for all who seek to know Me, not just with their mind or will but with their heart and spirit. I am Spirit; those who know Me must know Me through spirit. That is where I dwell.

You cannot know Me through intellectual reasoning or abstract, detached thinking. I am not data to be studied or a thing to be observed. I am alive, full of emotion, passion, love, goodness and truth. I am not like a science to be learned and studied and mastered. Relationships are not the same. They do not follow logical patterns but contain mystery. Know the Mystery of Who I AM. I will teach you these things as I have over the past forty years but now it will be much clearer to you. Soon you will experience new realms of My presence and glory. Thank you for listening today.

Precise Definitions of Spiritual Realities

1. God's Voice – *Spontaneous thoughts which light upon*

our minds while our hearts are fixed on Jesus

2. Living Truth – *Truth which is revealed by the Holy Spirit and has become radiant in one's life*
3. A Living Relationship with the Subject – *A love, passion and internalized mastery of the principles*
4. A Spirit-Anointed Teacher – *Has a living relationship with the subject at hand and invites his students into that relationship, as full partners, to experience their own living relationship with the subject*
5. Spirit-Anointed Teaching – *Creating space where revelation knowledge and the Holy Spirit's power are experienced and practiced*
6. Western Study – *Man's use of his rational abilities*
7. Biblical Meditation – *The Holy Spirit's use of every faculty of man's heart and mind*

Scriptures Speak Concerning Discovering Truth – “It” Is a “He”!

- Whole-hearted searching - You will seek Me and find Me when you **search for Me with all your heart** (Jer.

29:13).

- Diligent searchers find HIM - Those who **diligently seek Me** will find Me (Prov. 8:17).
- His revelation is a gift of grace - If you seek Him, **He will let you find Him** (1 Chron. 28:9).
- Experiencing a burning within - **Our hearts burn within** as Jesus opens Scriptures to us (Lk. 24:32)
- Revelation results in fruitfulness - In His law he **meditates** day and night. He will be **like a tree** firmly planted by streams of water, which **yields its fruit** in its season and its leaf does not wither; and in **whatever he does, he prospers** (Ps. 1:2,3 NASB).
- Revelation results in prosperity and success - "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** (Josh. 1:8 NASB).

Coming to truth is not man's accomplishment; it is God pouring out revelation.

Meditation ushers in revelation, which ushers in prosperity and success.

*Coming to truth is coming to HIM and receiving from Him -
an obtainment not an attainment.*

How to Meditate on Scripture & Receive Life-Transforming Revelation

Is meditation simply me studying harder? Is meditation a New Age or Eastern technique? The answer to both questions is NO!

Biblical Meditation: *“God’s Spirit utilizing every faculty of my heart and mind, bringing forth revelation which ushers in transformation.”*

Meditation is intently seeking God’s revelation, resulting in God disclosing Himself to you. It is the glory of God to conceal a matter. It is the glory of kings to search out a matter (Prov. 25:2). So we are encouraged to pray for the eyes of our hearts to be enlightened, that we might know... (Eph. 1:17,18).

Verses with “Meditate” or “Meditation” from the New American Standard Bible

1. Isaac went out to meditate in the field toward evening...

(Gen. 24:63)

2. 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. (Josh. 1:8)
3. Tremble, and do not sin; Meditate in your heart upon your bed, and be still. Selah. (Ps. 4:4)
4. One thing I have asked from the LORD, that I shall seek: That I may dwell in the house of the LORD all the days of my life, to behold the beauty of the LORD and to meditate in His temple. (Ps. 27:4)
5. My mouth will speak wisdom, and the meditation of my heart *will be* understanding. (Ps. 49:3)
6. When I remember You on my bed, I meditate on You in the night watches. (Ps. 63:6)
7. I will remember my song in the night; I will meditate with my heart, and my spirit ponders. (Ps. 77:6)
8. I will meditate on all Your work and muse on Your deeds. (Ps. 77:12)
9. Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O LORD, my rock and

my Redeemer. (Ps. 19:14)

10. Let my meditation be pleasing to Him; As for me, I shall be glad in the LORD. (Ps. 104:34)
11. I will meditate on Your precepts and regard Your ways. (Ps. 119:15)
12. Make me understand the way of Your precepts, so I will meditate on Your wonders. (Ps. 119:27)
13. And I shall lift up my hands to Your commandments, which I love; and I will meditate on Your statutes. (Ps. 119:48)
14. May the arrogant be ashamed, for they subvert me with a lie; *But* I shall meditate on Your precepts. (Ps. 119:78)
15. How I love Your law! It is my meditation all the day. (Ps. 119:97)
16. I have more insight than all my teachers, for Your testimonies are my meditation. (Ps. 119:99)
17. My eyes anticipate the night watches, that I may meditate on Your word. (Ps. 119:148)
18. I remember the days of old; I meditate on all Your doings; I muse on the work of Your hands. (Ps. 143:5)
19. On the glorious splendor of Your majesty and on Your

wonderful works, I will meditate. (Ps. 145:5)

Four Underlying Pillars of Meditation

The four underlying pillars of meditation are: 1) A continuous activity; 2) God's Spirit utilizing every faculty of one's heart and mind; 3) Results in revelation; 4) Revelation brings transformation.

1. Meditation is a continuous activity. We meditate everywhere: in bed, in the field, in the temple and while working. We meditate all the time: day, evening and nighttime. Meditation is our lifestyle (Phil. 4:8). We meditate on God and the things that are of Him: His splendor, His Majesty, His beauty, His Word, His precepts, His statutes, His ways, His works (i.e. His creation - the world), His activities (the things He does). We do **not** meditate on evil, wickedness, or the works of satan.
2. Meditation involves God's Spirit utilizing every faculty of one's heart and mind. Meditation is God's Spirit in our hearts guiding every faculty in both hemispheres of our brain ([see diagram here.](#)) We quiet down, using soft and/or instrumental music and/or seeing ourselves present with Him (Acts 2:25) and we sing, pray, seek, inquire (including taking our complaints to God to

receive His counsel). We speak, talk, mutter, communicate, babble (probably tongue speaking), roar (at the enemy and when revelation hits), mourn (repent of our sins and mourn over the lost), muse, consider, ponder, imagine, study (study is good when wrapped with these other aspects of meditation). We sense the indwelling Holy Spirit crying out for intimacy with the Father (Gal. 4:6). [Click here](#) for extended definitions from Hebrew and Greek dictionaries of the word “meditate.”

3. Meditation results in revelation. We quiet ourselves down in worship and prayer, asking for revelation (Eph. 1:17,18) while fixing our eyes on the Lord (Acts 2:25) who reveals truth to our hearts. We tune to flowing thoughts, visions, emotions and power from the Holy Spirit within us (Jn. 7:37-39). We experience our hearts burning with revelations as He opens Scriptures to us (Lk. 24:15-32). His spoken word is powerful (Isa. 55:11; Jn. 6:63).
4. Revelation brings transformation! Burning revelation creates living truth in our hearts. We say, “Yes, Lord” to these revelations, coming into agreement with what we see Jesus doing and speaking. This results in us being transformed while we look at Jesus in action (2 Cor. 3:18; 4:17,18).

These transforming moments occur continuously if we

meditate. So we will meditate daily that we become the radiant expression of Jesus and we make our way prosperous (2 Cor. 3:18; 4:18; Heb. 12:2; Josh. 1:8).

Twelve Things the Bible Teaches About Handling Scripture Properly

1. The **Scriptures are authoritative, infallible, and universal** in their application for humanity (2 Tim. 3:16).
2. The **Bible is alive** (Heb. 4:12) and thus must be interpreted as a living, active force, not plain text. This includes the realization that its words have the spiritual energy to change us. (In Heb. 4:12 the word translated “active” is “*energes*” and means “active energy.”) The Spirit reveals specific truths from each verse at each point in our lives. Each passage contains many emphases which the Spirit can bring forth.
3. Truth is **progressive** in nature. For example in the Old Testament, you were unclean if you touched a leper (Lev. 22:4,5), however in the New Testament, Jesus touched lepers and they became clean (Mk. 1:40,41). An Old Testament law remains intact unless Jesus fulfilled or changed it.
4. I must be **whole-hearted** in my search if I want God to

disclose Himself to me (1 Chron. 28:9; Jer. 29:13; Prov. 8:17; Matt. 5:6)

5. I must have a **pure heart** if I want to **see God** (Matt. 5:8; 1 Cor. 13:13; Titus 1:15,16 Heb. 10:19-22). The Bible is veiled, until one turns to the Lord, and the Spirit enters and the **veil is taken away**, and we **see** clearly being transformed by that which we are seeing (2 Cor. 3:15-17)
6. Truth is **“Presence” driven** (Ps. 73:16,17) rather than principle driven. Jesus lived out of the voice and vision of the Father (Jn. 5:19,20,30). The Pharisees lived out of biblical laws. The new wineskin that doesn't break is the one that is kept elastic by the oil of the Holy Spirit (Gal. 3:3).
7. The **Holy Spirit has the final say-so** on the meaning of Scripture, as He is its author (Jn. 16:13; Lk. 24:32; Jn. 6:63; Rom. 8:6; 8:14; 1 Cor. 2:10-16; 2: Cor. 3:6; Gal. 5:18)
8. The **Spirit continues** to speak authoritatively to us **today** (Acts 2:17, Jn. 16:13).
9. **Careful, Spirit-led observation** of Biblical texts can reveal God's original intentions (Lk. 1:1-3 shows careful observation which, according to 2 Tim. 3:16, was guided by the Spirit).
10. I must **act upon** the revelation God gives if I want more revelation (James 1:22-27; Rom. 8:13; Gal. 5:25).

11. Truth is discovered within the **context of community** (2 Cor. 13:1; Acts 15; Prov. 11:14).
12. Truth is vindicated by her **deeds**. Truth produces good fruit (Matt. 11:19; Matt. 7:16; Gal. 5:22; Gal. 5:6; 1 Tim. 1:3-5; 1 Jn. 2:9; 1 Cor. 4:12-16; 1 Tim. 6:3-6; Col. 3:15; Rom. 14:17; 2 Cor. 7:1; Eph. 2:1-7; Eph. 4:3; 4:17-25; 1 Pet. 3:8-11; Jude 1:19; Heb. 10:24-29).

Basic Principles for Interpreting Scripture (Hermeneutics)

1. You must understand the similarities and differences between the Old and New Testaments. The similarities are much greater and more vital than the differences. The New Testament grows out of, and is in many ways a continuation of, the Old Testament.
2. However the New Testament interprets an Old Testament verse is to be accepted as the correct interpretation.
3. No doctrine should be founded on a single passage (Jn. 5:31-39; 8:16-18).
4. No important doctrine should be based alone on a type, figurative expression or parable, but rather on plain and

literal stories and teachings, allowing the former to illustrate the truth.

5. Decide whether the verse is universal in its application or limited to those to whom it was initially addressed. The context and other teaching on the topic should make it clear whether it is limited or universal. Do not presuppose any limits on Scripture that are not **clearly taught** in the Word of God.
6. Scripture should be used to interpret Scripture. Brief statements are to be interpreted by fuller ones.
7. The whole counsel of God concerning a subject is found by collecting and correlating all verses on that subject, attempting to see **all** sides of the truth.
8. Although generally speaking, Scripture is to be taken in its plain, simple, literal meaning, you should realize there is some non-literal language in the Bible. A rule of thumb to help you discern literal from non-literal is to take words in their literal sense when given their plain and natural settings, and figuratively when the word is joined to an object to which it does not normally or naturally belong (e.g., Matt. 23:24).
9. You must properly recognize and interpret types. A type is a person or thing in the Old Testament that was divinely designed to be a foreshadowing of a person or thing in the New Testament. Those things taught to be

types by the New Testament are definitely types. However, in going beyond that to your own speculation you are on unsure ground. (An example of a type is found in Exodus 12:1-28; John 1:29; I Corinthians 5:6,7; and I Peter 1:9-19.)

10. When interpreting parables you should: a) find the basic point the parable was meant to make; b) realize that every other point of the parable does not necessarily have an applied meaning (or else in Luke 18:1-8, God would be considered the unjust judge); c) realize a parable only illustrates a subject *partially*; and d) understand that parables are designed to illustrate, not to teach directly.
11. Use the **Law of Relationship** – Everything written or spoken sustains some specific relationship to something else. It may be in conduct, repetition, cause and effect, means to an end, or some other relationship. We must consider these relationships to order our thought processes in light of the passage.
12. Use the **Law of Proportion** – An author reveals his emphasis, or lack of it, by the relative amount of treatment given to a specific subject. He may emphasize or omit certain parts completely, depending on how they relate to his development of thought. Examine people, places, time, events and ideas.
13. Use the **Law of First Mention**, which states that since

God knows the end from the beginning, the first mention of a subject in Scripture will have in it the basic elements of that subject as it is further developed in Scripture. For example, trace the theme of the heart starting from Genesis 6:5.

14. Include all aspects of meditation as it was originally understood in Scripture rather than limiting yourself to mere intellectual study.

Why Explore the Old Testament?

1. Because these things happened as an example for us and were written for our instruction so that we would not make the same mistakes and fall (I Cor. 10:11,12).
2. Because many things are copies, shadows or types of the spiritual things we find in the New Testament, and as such, help us in understanding the New Testament (Heb. 8:5).
3. Because our faith is built up as we meditate on the provision of God for His people in the Old Testament and the promises He made to them, while realizing that **all these promises are reaffirmed in Christ to us**, because He has given us an even better covenant which has been enacted on better promises (II Cor. 1:20;

Heb. 8:6).

What Is Involved in Careful, Spirit-led Observation of a Bible Story?

For whatever was written in earlier times was written for our **instruction**, so that through **perseverance** and the **encouragement of the Scriptures** we might have **hope**. (Rom 15:4 NASB)

The stories recorded in the Bible reveal to us the love of God toward the entire world, and toward us individually. They reveal the sovereignty of a God Who rules over the realm of mankind, working all things according to the counsel of His will. They reveal the exceeding great and precious promises that have been given to us in Christ. They instruct us in the way we can live as the Creator intended, in peace and contentment. They are examples for us which encourage us to have our own similar encounters with Almighty God.

Having a strong, deep knowledge of the whole counsel of God as revealed in the Scriptures provides a solid foundation upon which to build one's life. Treasuring the Word of God in your heart is a safeguard against sin. By no means do we minimize the importance of applying yourself to knowing the Scriptures. Rather, we passionately desire that you do not stop with gaining an intellectual understanding and analysis. Even

unbelievers can do that. Do your study and research and analysis and examination, always following the leading of the Spirit. Then take the next steps: give Him the opportunity to speak directly to you about it, and respond in every appropriate way.

Principles to Apply as We Explore Scripture

We always begin with a hunger for His truth, not our truth. We banish fear, pride and prejudice, and come into His presence to hear from God and receive from Him.

The key to good interpretation of biblical texts is to learn to read the text carefully and to ask the right questions of the text. Use the disciplines of inductive Bible study, which are: **a) prayer, b) observation, c) interpretation, and d) application.**

A. Prayer: Ask the Holy Spirit to give you wisdom and understanding into the text (Jn. 16:13-15, Prov. 2:1-10, Eph. 1:17-18), and then listen to Him in observation, interpretation, & application, which means you tune to His flowing thoughts, pictures and emotions (Jn. 7:37-39).

B. Observation: Holy Spirit, help me observe the characters and key themes in this passage.

1. WHO is speaking? Who is this about? Who

are the main characters? To whom is he speaking?

2. **WHAT** is the subject or event covered in the chapter? What do you learn about the people, event, or teaching?

3. **WHEN** do/will the events occur or when did/will something happen to someone in particular?

4. **WHERE** did or will this happen? Where was it said?

5. **WHY** is something being said or mentioned? Why would/will this happen? Why at that time and/or to this person/people?

6. **HOW** will it happen? How is it to be done? How is it illustrated?

7. **RELATIONSHIP WITH GOD AND OTHERS:** The Bible is a history of God's relating Himself to humanity, His relationship with them, and their relationship with Him and with others among His people:

a. Lord, what does this passage reveal about You and Your heart toward me? How can this be put

in terms a child, a young person or an adult can understand?

b. Lord, what does the passage show about people? How can this be put in terms a child, a young person, or an adult, can understand?

c. Lord, what are the themes and elements which are central to what the passage shows about You interacting with mankind and mankind interacting with You? How does this change the way we interact with one another?

d. Lord, what are the deeper issues in the passage which will help me to *experience You and release Your grace to others*? What dynamic or principle in this passage helps me grow into a closer walk with Jesus?

C. Interpretation: Interpretation answers the question, “What does the passage mean?” Holy Spirit, show me what this passage meant to the biblical audience and what it means to me today.

Context ALWAYS rules first (see 2 Pet. 3:15,16).

Never take a Scripture out of its context to make it say what you want it to say. Look at context first from the perspective of the book being studied, the overall chapter, the paragraph, and the sentence. Try to stay away from giving individual words meanings that reinterpret sentences, paragraphs, *etc.*

Always seek the FULL counsel of God's Word (see 2 Pet. 3:15,16). Never accept someone's teaching based on one or two verses; ensure that they're not taken out of context as they're employed throughout the whole Bible. The interpretation that is the best interpretation is that which accounts for the broadest range of relevant evidence. If an author claims that one particular passage's content shows that the Bible teaches "thus and so" without explaining the ten other passages that convey a different perspective on the same teaching, that author has not adequately explained all the relevant evidence.

Scripture never contradicts Scripture. (Luke 24:25 – "understand *all* that the prophets have spoken"). The best interpreter of Scripture is the Lord leading us to other thematically related Scriptures. One of the best study aids is a good Bible dictionary which will show words and concepts as they're presented throughout ALL

of Scripture. This is often the best use of footnotes in your Bible that indicate other verses utilizing the same words or phrases in other places so you can compare and contrast how it's used in many passages.

Use the 7 Steps of Biblical Meditation discussed later in this book.

D. Application: Application answers the question, “Lord, what does this mean to me personally? What truths can I put into practice? What changes do You want to make to my life?”

Throughout the above process you receive input from your spiritual advisors, you check for peace in your heart, and make sure that the fruit of your interpretation bears life as you apply the insights in real time.

Hebrew and Greek Definitions of Meditation

Biblical Meditation: *“God’s Spirit utilizing every faculty of my heart and mind, bringing forth revelation which ushers in transformation.”*

Below we see approximately **68 verses** which deal with meditation. Meditation is **the central way** God wants us to approach the Bible. Spirit-led study is one component of this meditation process. The activities listed in the definitions of meditation **are to be the things we do** as we approach God

through Scripture. Embrace these activities as you meditate on Scripture. They are summarized in the “7 Steps of Biblical Meditation” below. This allows you to meditate God’s way and it produces Spirit life (Jn. 6:63).

Strong’s Exhaustive Concordance Numbers for Meditate & Meditation

The meanings of these six words include: pray, mutter, speak, imagine, study, roar, mourn, ponder, revolve in the mind, and devotion. Since prayer and devotion are involved, it is God’s Spirit guiding the meditation process granting insight, revelation and ultimately spiritual transformation as we draw upon God’s in-working power to implement the revelations being granted by His Holy Spirit.

Now let’s explore the precise definition of each of these Hebrew and Greek words.

- **Strong’s Exhaustive Concordance – Definition:** To murmur (in pleasure or anger); to ponder, imagine, meditate, mourn, mutter, roar, speak, study, talk, utter
- **Brown-Driver-Briggs – Definition:** To moan, growl, utter, muse, mutter, meditate, devise, plot, speak, roar, groan, imagine
- **King James Concordance – Total KJV Occurrences of H1897:** 24, which are translated as:

- meditate, 6 (Jos_1:8, Psa_1:2, Psa_63:6, Psa_77:12, Psa_143:5, Isa_33:18)
- mourn, 4 (Isa_16:7, Isa_38:14, Isa_59:11, Jer_48:31)
- speak, 3 (Psa_35:28, Pro_8:7 (2))
- imagine, 2 (Psa_2:1, Psa_38:12)
- studieth, 2 (Pro_15:28, Pro_24:2)
- mutter, 1 (Isa_8:19)
- muttered, 1 (Isa_59:3)
- roaring, 1 (Isa_31:3-4 (2))
- speaketh, 1 (Psa_37:30)
- talk, 1 (Psa_71:24)
- utter, 1 (Job_27:4)
- uttering, 1 (Isa_59:13)

śīychâh (H7881) see-khaw'

- **Strong's Exhaustive Concordance – Definition:** Reflection, devotion, meditation, prayer
- **Brown-Driver-Briggs – Definition:** Meditation, reflection, prayer, devotion, complaint, musing, study
- **King James Concordance – Total KJV Occurrences:** 2, which are translated as:

- meditation, 2 (2 Psa_119:97, Psa_119:99)

higgâyôn (H1902) hig-gaw-yone'

- **Strong's Exhaustive Concordance – Definition:** A murmuring sound, a musical notation, meditation, solemn sound
- **Brown-Driver-Briggs – Definition:** Meditation, resounding music, musing, plotting
- **King James Concordance – Total KJV Occurrences:** 4, which are translated as:
 - device, 1 (Lam_3:62)
 - higgsaion, 1 (not translated - Psa_9:16)
 - meditation, 1 (Psa_19:14)
 - sound, 1 (Psa_92:3)

śîyach (H7878) see'-akh (A primitive root)

- **Strong's Exhaustive Concordance – Definition:** To ponder, converse (with oneself, and hence aloud), utter, commune, complain, declare, meditate, muse, pray, speak, talk
- **Brown-Driver-Briggs – Definition:** To put forth, meditate, muse, commune, speak, complain, ponder, sing, to complain, to talk, consider, put forth thoughts
- **King James Concordance – Total KJV Occurrences:** 21, which are translated as:
 - meditate, 5 (Psa_119:15, Psa_119:23, Psa_119:48, Psa_119:78, Psa_119:148)
 - talk, 5 (1Ch_16:9, Psa_77:12, Psa_105:2, Psa_119:27, Pro_6:22)

- speak, 4 (Jdg_5:10, Job_12:8, Psa_69:12, Psa_145:5)
- commune, 1 (Psa_77:5-6 (2))
- complain, 1 (Job_7:11)
- complained, 1 (Psa_77:3)
- declare, 1 (Isa_53:8)
- muse, 1 (Psa_143:5)
- pray, 1 (Psa_55:17)
- prayer, 1 (Job_15:4)

śîyach (H7879) see'-akh (From the root word H7878, same spelling)

- **Strong's Exhaustive Concordance – Definition:** Contemplation, utterance, babbling, communication, complaint, meditation, prayer, talk
- **Brown-Driver-Briggs – Definition:** Meditation, complaint, musing, plaint, complaint, musing, anxiety, trouble, talk
- **King James Concordance – Total KJV Occurrences:** 14, which are translated as:
 - complaint, 9 (1Sa_1:16, Job_7:13, Job_9:27, Job_10:1, Job_21:4, Psa_55:2 (2), Psa_142:1-2 (2))
 - babbling, 1 (Pro_23:29)
 - communication, 1 (2Ki_9:11)
 - meditation, 1 (Psa_104:34)

- prayer, 1 (Psa_64:1)
- talking, 1 (1Ki_18:27)

meletaō (G3191) mel-et-ah'-o

- **Strong's Exhaustive Concordance – Definition:** To take care of, revolve in the mind, imagine
- **Thayer's Greek Definitions:** To care for, attend to carefully, practice, to meditate, devise, contrive
- **King James Concordance – Total KJV Occurrences:** 3, which are translated as:
 - imagine, 1 (Act_4:25)
 - meditate, 1 (1Ti_4:15)
 - premeditate, 1 (Mar_13:11)

7 Steps of Biblical Meditation (summarizing the research above)

1. Write: I copy the verse by hand onto a piece of paper or 3X5 card (Deut. 17:18) and keep it with me to meditate on, memorize and mutter throughout the day(s). I also record this verse in my meditation journal (which can be written, typed or verbally recorded).
2. Quiet Down: I become still in God's presence, loving

Him through [soft soaking music](#) (2 Kings 3:15,16) and/or praying in tongues (1 Cor. 14:14), or putting a smile on my face and picturing Jesus with me (Acts 2:25). I tune to His **flowing** thoughts, pictures and emotions (Jn. 7:37-39).

3. **Reason**: I reason together with God (Isa. 1:18), meaning the Spirit guides my reasoning process (i.e. through flow). “Lord, what do You want to show me about any of the following: the context of a verse, the Hebrew/Greek definitions of the key words in the verse, any cultural understandings?” (See “[How to Meditate on a Topic](#)” which details these steps.)
4. **Speak & Imagine**: I ponder the Scripture, speaking it to myself softly over and over again until I can say it with my eyes closed. As I repeat the Scripture, I allow myself to see it with the eyes of my heart. I note what the picture is in my mind’s eye as I repeat the Scripture.
5. **Feel God’s Heart**: While seeing the above picture, I ask, “Lord, what does this Scripture reveal about Your heart toward me?” I feel His heart and journal it out.
6. **Hear God’s Rhema**: I put myself in the picture of this Scripture in my mind. I ask, “Lord, what are You speaking to me through this Scripture?” I tune to flowing thoughts and flowing pictures (God’s voice and vision) and I record this dialogue in my two-way journaling.

7. **Act:** I accept this revelation, repenting of any sin that is opposite of it and roaring at any obstacle that stands in the way of implementing it. I then speak it forth and act on it.

*Our hearts burn as Jesus opens Scriptures to us
(Lk. 24:32)*

*We are transformed as we see what Jesus is
doing (2 Cor. 3:18)*

The Holy Spirit guides the above process, leading to more or less emphasis on any of the various steps, according to God's desire for the present moment and the personal needs we have. So we remain dependent upon Him throughout.

For example, I may need more or less time to quiet myself in His presence or more or less time in Spirit-led "reasoning," or more or less time in speaking it, or feeling God's heart in it, or doing two-way journaling about it, or roaring at the enemy to get his lies out of my head and his hands off my being. So I allow the flow of the Holy Spirit to guide me through the steps of this meditation process.

A Dozen Mistakes to Avoid When Meditating

1. Settling for the western approach to “study” which is generally defined by man controlling one faculty within his mind (i.e. reason), while biblical meditation is a much more complete process and is defined as the Holy Spirit controlling all faculties within one’s heart and mind.
2. Being afraid of the word “meditation” even though it is a word used many times in Scripture.
3. Looking to the false gods of self or a New Age god, rather than fixing my eyes on Jesus and asking the Holy Spirit to guide the meditations of my heart.
4. Thinking the meditation process taught in Scripture relates only to the Bible and not also to all God’s works, creation, *etc.*
5. Meditating on satan and his works, or the wickedness of mankind and his works. Instead only meditate on God and His works which results in keeping us full of faith, hope and love.
6. Not knowing how to clearly define God’s voice and vision, which are recognized as flowing thoughts and flowing pictures. Not knowing that I can enlarge this revelation by recording in my journal the flow as it is coming (as taught in detail in the book [4 Keys to Hearing God’s Voice](#)).
7. Thinking the goal of meditation is achieving stillness,

rather than realizing that we step through our stillness to the Lord's revelation and power. The goal is connecting with Almighty God.

8. Expressing pride as I try to prove my position is right, rather than expressing meekness, which is having a willingness to change my mind, no matter what the cost.
9. Not being willing to explore in depth all Scriptures on every side of a topic, but looking only for verses which support my preconceived position.
10. Taking the accuser's attitude, which is satan's, rather than the Comforter's attitude, which is the Holy Spirit's, and thus coming against people (or self), rather than alongside them.
11. Making meditation something harder than what a child can do.
12. Making meditation an ironclad mechanical seven step process, rather than a flexible approach, guided by the Holy Spirit.

Study as a Component of Meditation

You will note from the definition above that study is one part of

the meditation process. In the case of Spirit-led study, it is the flow of the Spirit within man that guides him as to what to search, where to focus, what questions to ask, what resources to turn to, and helps him discern the truth.

A Bible passage does have a basic meaning which can be discovered by the text, context, culture, intent of the writer, and God's intent. To discover this basic meaning you would use the principles of inductive Bible study. As you continue to meditate upon the passage, God deepens the revelation within your heart and mind and personalizes it to your situation. He wants to speak directly to the need in your life today, and will do so through the process of biblical meditation.

When Romans 12:2 says to be transformed by the renewing of your mind, the transliterated Greek word for *mind* is "*nous*" which is probably from the base of *ginosko*. *Ginosko* means to know through personal experience, and is the word also used to describe sexual intimacy. This is a "knowing" which embraces spiritual intimacy and revelation knowledge from the heart, and is much more than simple rational comprehension. The renewing of our minds that leads to the transformation of our lives is not merely an increased intellectual knowledge of theology and the Scriptures, but rather experiencing an intimate relationship with God and His Word.

Einstein had this to say about knowledge: *Information is not knowledge. The only source of knowledge is experience. I never made one of my discoveries through the process of*

rational thinking. The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift. I want to know God's thoughts. The rest are details. Wow! All this and [even more quotes here](#), from Einstein, one of the greatest thinkers of the last century.

Bill Johnson has made the insightful and incredibly important observation that God did not reveal Himself to Abraham as Jehovah Jireh to increase his knowledge or understanding of theology. Rather, God revealed Himself as Jehovah Jireh because He wanted Abraham to *experience* Him as the One who provides for all his needs.

I love this quote from Bill, *"It's hard to have the same fruit as the early church when we value a book they didn't have above the Holy Spirit they did have."*

Meditation Is Commanded in Scripture and Brings the Spirit into the Process

When you add to “study” ALL of the steps of biblical meditation, you are allowing the living, ever present, Almighty God an opportunity to **speak a fresh *rhema* word** directly to your heart **which can be:**

- 1. A reaffirmation or application of the original message.**
Here are examples of literal N.T. fulfillment of O.T.

Scriptures: Matt. 1:23 with Isa. 7:14; Acts 13:23 with Isa. 11:1; Matt 21:42 with Isa. 28:16 and Ps. 118:22; Lk. 3:4-6 with Isa. 40:3-5; Matt. 3:16,17 and 17:5 with Isa. 42:1a; Matt. 26:67 and 27:26,30 with Isa. 50:6; Jn. 12:37,38 with Isa. 53:1; Acts 8:32,33 with Isa. 53:7,8; Matt. 26:63 and 27:12,14 with Isa. 53:7; Jn. 1:29 with Isa. 53:7; 1 Pet. 2:22 with Isa. 53:9; Lk. 22:37 with Isa. 53:12; Lk. 4:18,19 with Isa. 61:1,2a; Matt. 21:5 with Isa. 62:11 and Zech 9:9.

- 2. An expansion or alternative spiritual adaption of the original message.** Here are examples of the N.T. changing the meaning of an O.T. verse: Lk. 20:17,18 with Isa. 8:14,15; Heb. 2:13a with Isa. 8:17; Heb. 2:13b with Isa. 8:18; Matt. 4:12-16 with Isa. 9:1,2; Jn. 4:10,14 with Isa. 12:3; 1 Cor. 15:54 with Isa. 25:8; 1 Cor. 14:21,22 with Isa. 28:11; Matt. 11:5 with Isa. 29:18 and 35:5; Heb. 8:6,10-12 with Isa. 42:6; Matt. 11:5 and Lk. 4:18 with Isa. 42:7; Acts 13:47 with Isa. 49:6; Matt. 8:16,17 with Isa. 53:4; Jn. 6:45 with Isa. 54:13; Rom. 10:20 with Isa. 65:1; Matt 2:15 with Hos. 11:1; Rom. 3:10b-18 with Ps. 5:9; 10:7; 14:1-3; 36:1; 53:1-3; 140:3; Prov. 1:16; Eccl. 7:20; Isa. 59:7,8.

Does My Bible Study Earn God's Approval of Me?

The command, "Study to show yourself approved" is actually

a mistranslation of the Greek text. Most translations other than the KJV translate the Greek word “*spoudazo*” as something other than “study.” *Spoudazo* appears 12 times in the New Testament, and only this once is translated as “study.” The New King James version translates 2 Timothy 2:15 correctly:

Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth. (2 Tim. 2:15 NKJV)

The Bible contains no other command to study the Bible, which is quite shocking. Although Luke was doing careful investigation in the preparation of the writing of his Gospel (Lk. 1:1-3), the Bible makes it crystal clear that the **Spirit was also guiding** him (2 Tim. 3:16).

About half the Bible translations say Ezra “studied” the Law (Ezra 7:10), but the other half say Ezra set his heart to “seek the Law of the Lord.” The Hebrew word used here is *dârash* (H1875). It shows up **160 times** and is only translated “study” this **one time**. It is most generally translated to seek or to inquire, so I surely feel **Ezra had an inquiring heart that was seeking after God**, and thus he was doing more than simple mental rational study of the Law of God. He was seeking God for revelation and insight.

What the Bible does command, many times, is that you meditate on the Bible.

Avoiding the Ministry of Condemnation and Death

The Bible can be studied improperly. It can be used to minister condemnation and death (2 Cor. 3:6-9), and the Pharisees, who studied the Bible intensely, used their wrong interpretation of Bible passages to have Jesus killed. Paul completed his Bible school career (Phil. 3:1-10), and then he too used his wrong Bible knowledge to go out and kill Christians. I did much the same after I completed Bible College. I verbally attacked and “killed” Christians whom I disagreed with. In each of these cases we were using the Bible without the Spirit and producing death and not life (2 Cor. 3:7-9).

Paul had a spiritual encounter with God (Acts 9: 1-18) and then spent three years in the Arabian wilderness receiving “revelation knowledge” (Gal. 1: 17) which He called “true knowledge” (Col. 2:2; 3:10) and put in contrast with “knowledge.” His evaluation was that his previous Bible study was dung (Phil. 3:1-10). Wow!

Webster’s Definition of Study – Man Reasoning

Webster states that study is the “application of the mental faculties to the acquisition of knowledge.” I decide what I want

to research, which tools I will use as I research, what I am hoping to discover, and when I have found it. I am in the center of the process, guiding it's every step. I use the principles of inductive Bible study. I decide when I have truth.

This would be a violation of Scripture and thus a sin to be repented of, as the Bible clearly says the flesh profits nothing (Jn. 6:63) and the entire process just described was the effort of my flesh. Instead, we are to be like Jesus who did nothing of His own initiative (Jn. 8:28).

It was satan who tempted Eve with this particular sin, saying, "YOU can KNOW" (Gen. 3:5). "You" became humanism, and "know" became rationalism. In embracing this lie, man descended from regular walks with God in the cool of the day, where God granted him daily revelation, to the darkness of man's limited thoughts. The Bible is crystal clear that man's thoughts are not God's thoughts (Isa. 55:8,9). So I surely never want to begin, continue or end any process with the efforts of my flesh or with the exertion of my thoughts in the center of the process, for if I do I will enter into death and not life.

Sound Doctrine Incorporates the Following...

1. The humble in heart seeking God (Matt. 5:8),

2. Receiving enlightenment from God (I Jn. 2:8),
3. Growing in faith and love (Gal. 5:6),
4. Being transformed by the power of the Holy Spirit (I Jn. 2:9)
5. Within the context of life and community (II Cor. 13:1; Acts 15).

Note that these go far beyond rationalism!

Man's Doctrine vs. Sound Doctrine

Characteristics of Man's Doctrine - Begins, continues and ends with reason	Characteristics of Sound Doctrine – Begins, continues and ends with the Spirit
Man's conceptualization of biblical truth (Mk. 7:6,7)	Revelation-knowledge truth (Phil. 3:1-10, I Cor. 2:9,10, Jn. 5:19,20,30)
Changes with current trends (Eph. 4:14,15)	Promotes a growth in intimacy with Christ (Eph. 4:14,15)
Myths, genealogies, speculation (I Tim. 1:3-5)	Promotes love from a pure heart, good conscience and sincere faith (I Tim. 1:3-5)
Encompasses worldly fables (I Tim. 4:7)	Disciplines for the purpose of godliness (I Tim. 4:7, I Tim. 6:1-6)
Produces envy, strife, abusive language, evil suspicions, and constant friction (I Tim. 6:1-6)	Produces godliness and contentment (I Tim. 6:6)

Doctrines Come from Either satan or God

Where man's doctrine comes from	Where divine doctrine comes from
From demons, from deceitful spirits (I Tim. 4:1-7)	From above (James 3:17)

The Condition of One's Heart Is Crucial in Coming to Truth

	Characteristics of those who promote man's doctrine – impure hearts	Characteristics of those who promote divine doctrine – pure hearts
1	Hypocritical liars, seared consciences (I Tim. 4:1-7)	Show reverence, honor and respect (I Tim. 6:1-6)
2	Conceited, understand nothing; morbid interest in controversial questions and disputes about words (I Tim. 6:1-6)	Hold fast the faithful word which is in accordance with sound teaching, and able to exhort in sound doctrine and refute those who contradict (Titus 1:9-16)
3	Men of depraved mind and deprived of the truth (I Tim. 6:1-6)	Men with pure minds (Titus 1:15)
4	Teach for money (I Tim. 6:1-6, Titus 1:9-16)	Teach because they love the truth (II Thess. 2:10)
5	Teach to tickle people's ears (II Tim. 4:3,4)	Teach what the Holy Spirit gives (Jn. 7:16,17)

Crucial ingredients which determine if you end up with life or death

1. The condition of your heart when doing the meditation
2. The spirit behind the questions you are asking
3. Whether you actually complete the meditation process as laid out in Scripture
4. If you act upon what you receive during the meditation process

An interpreter of Scripture must have the following

1. A mind illumined by the Holy Spirit (Ps. 119:18,130; I Cor. 2:6-16; Eph. 1:17,18; Jas. 1:5).
2. A humble, teachable, unprejudiced heart and mind (Matt. 5:3,11-25; Lk. 8:15; Jas. 4:6).
3. The right motive, which is to get better acquainted with God and His will for your life (II Thess. 2:10; I Tim. 2:4;

II Tim. 2:15; 3:1-9, esp. verse 7).

Successful Biblical Meditation Hinges on Several Things

1. **Your heart hungers and thirsts for God's truth** (Matt. 5:6), no matter what it costs (reputation, pride, ego, job, financial security, etc.). Be fearless: Some churches will excommunicate, fire or shun a person who disagrees with the church's belief. Thus fear hinders many from pursuing truth. Put your whole trust in God to sustain you, even if you are shunned or rejected.
2. **It is done while in the Lord's presence** (Ps. 73:16,17) through spiritual worship. Be humble and teachable, repenting of all sins, asking for and receiving the cleansing of His blood (Heb. 10:22) and putting on His robe of righteousness (Gal. 3:27) so His revelation can flow.
3. **You reason only with the Lord** and never apart from Him (Isaiah 1:18 - "Come let us reason together," says the Lord). Spirit-led reasoning is reasoning guided by the flow of His Spirit (Jn. 7:37-39).
4. **You are whole-hearted in your search** (Jer. 29:13) **trusting in the Lord's revelation** rather than your own

human understanding, when the two conflict (Prov 3:5,6 - "Trust in the Lord with all your heart and do not rely on your own understanding; in all your ways get to know Him [interact with Him, Hebrew *yada* "know, experience"] and He will make your paths straight.")

5. **You honor and seek input** from your spiritual advisors (Prov. 11:14; 2 Cor. 13:1). Advisors include your 5-fold team, spiritually mature people alongside and ahead of you in the area you are pursuing, as well as dreams, visions and prophecy.
6. You allow the **peace of God in your heart** to confirm you have arrived at truth (Col. 3:15).
7. You allow the **fruit it bears in life** to confirm you have arrived at truth (Matt. 7:16).

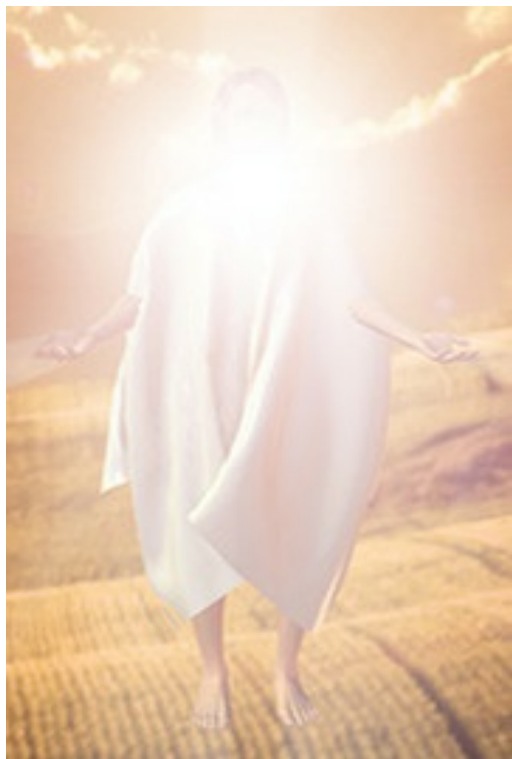
An Example of Meditation – 2 Corinthians 3:18

I would like to share just one example of the transforming impact that biblical meditation has had in my life. I received the following revelation as I meditated on this Scripture: “But we all, with unveiled face, **beholding** as in a mirror **the glory of the Lord**, are **being transformed** into the same image from glory to glory...” (2 Cor. 3:18) I fought to **be transformed** in several areas of my life. I did not like the sin I saw in my life in these

areas, and even though I focused intently on overcoming the sin, I was not able to get rid of it. All I felt was guilt, condemnation and despair, as I said, “Lord, I cannot overcome this sin, no matter what I do.”

So as I prayerfully meditated on the above Scripture, I asked, “Lord, what do You mean that we are transformed as we **behold the glory of the Lord**.” I behold the misery of my sin and I am not experiencing anything other than condemnation. You have clearly said there is no condemnation to those who are in Christ. Aren’t I “in You?” What is my problem?

Then the Lord spoke in my journal



Mark, whatever you focus on grows within you, and whatever grows within you, you become. Focus on Me and My glory, and you will be transformed into My likeness. You become a reflection of that which you gaze upon."

Wow! So I don't gaze at my sin, or my weakness and inability to overcome it, or the biblical laws which tell me not to do it. Instead I focus on You! Oh my word! What an insight. I had been focusing in all the wrong places. When I focused on my sin, sinfulness grew within me and I became a bigger sinner. When I focused on biblical law, law grew within me and I became a legalist. When I focused on my weakness to keep the law, guilt and condemnation grew within me, and I became depressed.

Now, it is clear that I am to fix my eyes on Jesus (Acts 2:25; Heb. 12:1,2) and Jesus grows within me. **Can I roar this from the hilltops?** All my life I have practiced Christianity wrong! And it has produced guilt, condemnation and death. Now in a flash of revelation, which I received as a result of prayerfully meditating on Scripture, I saw the light: I am to fix my eyes on Jesus, and Jesus grows within me and I become Christ-like!

This one revelation has transformed my entire approach to Christianity, as well as my preaching and my writing style. Now I preach and write about who Christ is within the believer and how to tap into His indwelling life. Everything changed in a blinding flash of revelation. My life was completely transformed. This is biblical meditation at work. This is what we

want you, our reader, to experience.

Biblical Meditation: *“God’s Spirit utilizing every faculty of my heart and mind, bringing forth revelation which ushers in transformation.”*

I have grown up in a world that knows nothing about biblical meditation. We know how to study, but we have never been taught how to meditate in a simple childlike way. When I read what the ancient mystics did for meditation, I said, “That is too hard and impractical for my modern life.” I just could not do what they did and still be engaged in society. And I sure do not want to disengage from society. Jesus didn’t. He stayed involved. So can we make meditation something simple enough and clear enough that we can do it while fully engaged in society and life? The answer is **“Yes, we can!”**

Follow the Spirit, Not the Formula

I encourage you to make the seven step meditation process **one** of the various ways you journal. You may not always go through all seven steps in the process and that is fine. For example, some days you may focus more on simply Spirit-anointed study where you are reasoning together with the Holy Spirit and recording what He is showing you. Some days your heart may call for simple two-way journaling. Other times

you may journal about a dream and its interpretation. Some days you may feel led to use this seven step process. Enjoy the variety the Holy Spirit offers to your life and do what your heart is feeling led to do, rather than following a law which says you must do the exact same thing every day.

Pastor Jim French Tries the 7 Step Meditation Process

"I used this technique this morning and it was wonderful. It was one of the most intimate times I have had with the Lord in quite a while. Bottom line is I found this very effective and I plan to use it more in the future. Thank you. Below is my journaling from today, as I used this method." **Pastor Jim French Meditation Verse:** John 14:1 "Do not let your heart be troubled: Believe in God, believe in Me also."

As I meditated on this verse the Lord showed me a vision of a heart; my heart which was pierced with arrows. I asked Him what the arrows were and what He wanted to tell me.

My Journal Entry



"Son, our hearts are fused: they are one. But there are some aspects of your heart that you have not completely yielded to Me. I await your decision to do so.

"The arrows you saw were wounds in your heart from people and events; past hurts and pains. The choice is yours to hold onto them or release them. But if you choose to deal with the wounds yourself, the arrows will remain.

"Only I can truly remove the arrows and heal the wounds, but you must yield these to Me. Jim, the ministry places you in a position of vulnerability. I ask you to pour your life into people who may not accept you as My servant and messenger. They too have their own pain which will not allow them to trust. In ministering you must not allow rejection to penetrate your heart.

"Remember, you were not sent to heal, I am. Your job is to present Me in every situation and any acceptance or rejection is acceptance or rejection of Me. You must make a conscious decision to not accept any rejection or you will be wounded again. The wounds in your heart make it more difficult for Me to minister through you. Yield these wounds and the people who inflicted them to Me and I will heal you."

Yes, Lord. I release these wounds and the people who inflicted them to You. Forgive me for hanging onto them. I repent and ask for Your grace to not allow hurt to penetrate my heart again. Thank You, Lord!

Lyle Thomas Tries Group Meditation in Russia



Mark, I just wanted to report on our great evening. I tried your 7 Step Meditation Process with our group last week. I began by doing a short teaching on the seven step process and then we went through the meditation process together on the verse

which we were discussing for the night, which was “Greet one other with a holy kiss” (1 Cor. 16:20). As you can imagine, at first it was all jokes and some suggestions that we not do the 7 Step Meditation Process on this verse. But we went for it.

The results were so great that we didn't even finish discussing the verse that night and will continue discussing it next time we get together. Everyone had a deep and profound sense of various aspects of the heart of the Father in giving us this command.

We're going to have an all-day gathering soon and practice the 7 Step Meditation Process some more. For now I'll say that we started with a general discussion to get ideas on the table. Then I guided them through the seven steps, one at a time, so that they did them simultaneously. When we were meditating, I encouraged them to pray out loud, mumble, repeat phrases, roar, whatever. Other steps were silent. At the end they all shared their journaling/impressions with everyone else.

There is an amazing group dynamic or synergy that occurs when doing the 7 Step Meditation Process together and the multicolored result is powerful. I've asked for some of them to forward me their journaling on this verse...

Lyle Thomas

St. Petersburg, Russia

Approaching Scripture with a Listening Heart – Journaling from Robin Little

Father, what do You want to say to me regarding this question?

"...I am not sure yet about the idea that we are not to use our minds and Scripture to determine right from wrong but are only to listen to God's voice in our own hearts. Doesn't this open us up to deception, like the girl who shared how she had slept with her boyfriend but didn't think it was wrong since they didn't feel convicted about it?"



Robin, just as a young child goes to his parent with questions about a book he is reading instead of trying to figure it out himself, I want you to come to Me with your questions about the Word. Does a child go to his schoolbooks to discern right from wrong or does he simply ask His Dad?

I want you to become wholly dependent upon Me so that your mind is My servant instead of you being your mind's servant. I will show you the way you should walk, sometimes speaking from My Word, sometimes speaking directly to your heart, but always from My heart to yours.

But what about my friend's lack of conviction? Does that somehow absolve her and her boyfriend of guilt?

No, it merely points to a hardness of heart, for My words will never contradict My Word. But My point is that I want you to become dependent on Me. Talk to Me as you read. Listen for My heart instead of looking for logical connections.

But what if I hear wrong?

Come back to My word, to the place of apparent contradiction, and listen for My heart in the situation, ask for more revelation. Then ask Me why you heard wrong, look for vision, and I will show you why.

Lord, what is the role of my three spiritual advisors in all this?

Robin, the role of your 3 spiritual advisors is simply to take

you by the hand and lead you to Me. If you ever wander from the path they will gently bring you back. If you get hurt they can help you to heal by bringing you back to Me.

For I am your Healer, I am your Comforter, I am your Counselor - but you must come to Me. So if your wounds ever lead you astray, your advisors are there to gently bring you back to Me. You have chosen well, My son, you have chosen well. I do not desire counsellors who will control My sheep but who will lead them back to Me.

Love,

Your Dad

Faith Imagines – Journaling by Doug Sterner



Lord, how would You have me use the eyes of my heart?

Child, dear one, when you picture Me in your mind's eye using your sanctified imagination, you are coming to Me by faith. It's the means I have provided by My Spirit to make our meeting together real to you. It's just a means to an end – a

way to consciously be with Me by faith. You already know in your head that I'm with you but that's not always enough, is it? You want to feel Me. You want to experience Me. You want to feel My touch and really know Me. By opening the eyes of your heart (something you choose to do), you can meet with Me in a very real way that will impact your heart and draw you closer and closer to Me.

So don't hesitate to open your spiritual eyes, the eyes of your imagination, for in so doing, you are exercising your faith without which you cannot please Me. You draw near to Me by faith just as you are saved by faith. Faith sees. Faith pictures. Faith imagines. And when faith is exercised, spiritual reality, My reality bursts forth. As promised, My Spirit will take over and you will enjoy sweet, precious fellowship with Me that will bless and transform your life and bring Me great delight and joy. I love You, Doug. Come to Me. I'll bless the socks off of you!

This morning at church, I tried "entering vision" during our worship I pictured myself bowing before the throne of God and being consumed by the fire of God from the glassy sea before the throne. In so doing, I felt "strangely warmed" within and felt close to God – ministered to by His Spirit and wonderfully aware of His presence and His reality. I was blessed!

Lord, how important is journaling in my life?

Doug, I know it helps you in your weakness to grab hold of My voice and to record it before it flitters away or you forget.

It helps you to capture the bubbling up of My Spirit's thoughts within you. You know, Doug, from your experience today that it can bring great blessing to you because it facilitates relationship and fellowship with Me. It's been real, hasn't it? You have enjoyed meeting with Me today, haven't you? You've been blessed. Journaling facilitated that and now you have a precious permanent record of our time together. Isn't that encouragement enough to continue?

How to Meditate on a Topic (Utilize the free software, e-Sword)

1. **Be led by God to the topic:** God will show you the topic He wants you to explore, by bringing it to your consciousness through thoughts, the comment of a friend or a book, or a pressing need in your life which demands the revelation and power of God to overcome (Jn. 16:13).
2. **Be cleansed by His blood:** Approach your meditation time by drawing near to the Lord, repenting of all sins and asking for and receiving the cleansing of His blood (Heb. 10:22).
3. **Be humble and teachable:** Ask the Holy Spirit to reveal truth to you (Eph. 1:17,18). Be willing to discover and embrace His truth, no matter what it costs (reputation,

pride, ego, job, financial security, etc.).

4. **Be fearless:** Some churches will excommunicate, fire or shun a person who disagrees with the church's belief. Thus fear hinders many from pursuing truth. Put your whole trust in God to sustain you, even if you are shunned or rejected by organized religion.
5. **Be whole-hearted in your search:** Seek the Lord with your whole heart (i.e. presenting all your faculties to the Lord to fill and to use) and you will find Him (Jer. 29:13). Ask the Holy Spirit to guide and fill your heart and then tune to flowing thoughts, flowing pictures, flowing emotions.
6. **Let the Holy Spirit guide you in the use of Bible tools:**
 - A good concordance such as *Strong's Exhaustive Concordance* and the *King James Concordance* (gives you every verse where a specific Hebrew or Greek word is used).
 - Some good Bible dictionaries such as *Strong's Hebrew and Greek Dictionaries*, *Brown – Driver – Briggs Dictionary*, *Vine's Complete Bible Dictionary of New Testament Words*, *Vine's Complete Dictionary of Old Testament Words*.

- Miscellaneous analytical tools such as *Nave's Topical Bible* and *Manners and Customs of the Bible*, etc.
 - Interpretive tools such as exegetical commentaries, expository commentaries and devotional commentaries.
7. **Receive counsel:** Wisdom and safety come from receiving counsel, input and confirmation from the 5-fold team God has given to you (Prov. 11:14; Eph. 4:11; 2 Cor. 13:1).

Most of these tools (plus many more) are available electronically in [the free software, e-Sword](#). Our online college course, BIB390 Biblical Research Methods from [Christian Leadership University](#) provides excellent training on how to research a topic using these tools.

More Recent and Comprehensive Tools

1. Bible Works
<http://www.bibleworks.com/content/>
Best for searching scripture.
2. Libronix Digital Library System
<http://www.logos.com/products/ldls>
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A Meditation on Genesis 24:63

Meditation: "God's Spirit utilizing every faculty of my heart and mind, bringing forth revelation which ushers in transformation."

1. **Write:** I copy the verse by hand onto a piece of paper or 3X5 card (Deut. 17:18) and keep it with me to meditate on, memorize and mutter throughout the day(s). I also record this verse in my meditation journal (which can be written, typed or verbally recorded).

Isaac went out to **meditate** in the field toward evening (Gen. 24:63).

2. **Quiet Down:** I become still in God's presence, loving Him through [soft soaking music](#) (2 Kings 3:15,16) and/or praying in tongues (1 Cor. 14:14), or putting a

smile on my face and picturing Jesus with me (Acts 2:25). I tune to His **flowing** thoughts, pictures and emotions (Jn. 7:37-39).

I used the [Sea of Galilee Quieting Exercise](#), picturing myself together with Jesus and tuned to flow.

3. **Reason:** I reason together with God (Isa. 1:18), meaning the Spirit guides my reasoning process (i.e. through flow). “Lord, what do You want to show me about any of the following: the context of the verse, the Hebrew/Greek definitions of the key words in the verse, any cultural understandings?” (“How to Meditate on a Topic” above details these steps.)

Meditation is a lifestyle that I have ordained. Do it in the evening. It is better than watching TV. As you do it, I can and will bring the choicest provisions of life to you. In this case, Isaac lifted up his eyes and saw the gift of his future wife who was being brought to him by his servant. His servant had discovered her in a distant land through a divine appointment. I

also bring good gifts to you from distant places while you honor Me by making meditation your lifestyle. For when you honor Me by inviting Me into your everyday life, I honor you by bringing to you divine appointments. Honor Me with your lifestyle. Let your lifestyle be one of ongoing meditation.

4. **Speak & Imagine:** I ponder the Scripture, speaking it to myself softly over and over again until I can say it with my eyes closed. As I repeat the Scripture, I allow myself to see it with the eyes of my heart. I note what the picture is in my mind's eye as I repeat the Scripture.

I **see** Isaac walking in a field in the evening and pondering as he walks along. I **see** Jesus at his side, speaking with him.

5. **Feel God's Heart:** While seeing the above picture, I ask, "Lord, what does this Scripture reveal about Your heart toward me?" I feel His heart and journal it out.

*Mark, **I love to** walk with you in the cool of the day. This was My*

*original design. This allows you to hear My thoughts and receive My wisdom, My counsel and My blessing. It is **My desire to love you and care for you and provide for you** and this is one key way I can do that if you allow Me to. Come **experience My heart toward you** in the cool of the day. Come meditate in the cool of the day.*

6. **Hear God's Rhema:** I put myself in the picture of this Scripture in my mind. I ask, "Lord, what are You speaking to me through this Scripture?" I tune to flowing thoughts and flowing pictures (God's voice and vision) and I record this dialogue in my two-way journaling.

Mark, there is SO much I want to reveal to you and I do it as we take these walks together in the cool of the day. You see, this was My pattern in the Garden of Eden. I chose for it to be our pattern also, that we walk together down the road of life. Will you come to Me in the cool

of the day and meditate in My presence, allowing Me to minister grace to you on a daily basis? You can ponder the specific needs and situations you are surrounded by and present them to Me and I will give you revelation and insight as to how to best handle them and respond to them. I will do this daily if you will walk with Me daily. You will experience ideas and understanding beyond your natural ability. You will accomplish beyond your natural giftings.

7. **Act:** I accept this revelation, repenting of any sin that is opposite of it and roaring at any obstacle that stands in the way of implementing it. I then speak it forth and act on it.

Lord, I accept this awesome invitation from You, my Lord and my Redeemer. What a gracious gift You have offered me, and all I have to do is say yes, and we walk together. I receive Your life

and fullness into my heart and life. Lord, what an amazing offer You are making. I roar at every false belief that I can do it on my own. That is a lie from satan. I renounce humanism and rationalism. Get out of my life, now! I choose to die daily and come alive only to Jesus, who is my life.

Lord, I will walk with You and talk with You in the cool of the day and I will present to You the issues I am facing and ask for Your wisdom and insight on them. I thank You, Lord, for Your gracious wisdom, revelation and strength which flow so freely!!!

*Our hearts burn within as He walks with us opening
Scriptures to us (Lk. 24:32)*

*We are transformed as we look, and see what Jesus is doing (2
Cor. 3:18)*

**Revelation Provides the Seeds for Heart
Faith**

Biblical meditation releases revelation which in turn fuels heart faith. We discover from the story of Abraham, the Father of Faith, that his faith was born from a *rhema* word and a vision from Almighty God. Meditation upon Scripture can release to us fresh *rhema* and vision from the Holy Spirit, and these in turn become the seeds for God's gift of faith in our own hearts.

Abraham is called the Father of Faith (Rom. 4:11-16). I believe that means he models all the key steps which we would need to take if we desire to be children of faith. The Bible says we can cast mountains into the sea if we don't doubt in our **hearts** (Mk. 11:22-24). We really want to understand how to have **heart faith** so we can see miracles released out through our hands. We want to speak to mountains in our lives (i.e. sickness, poverty, demons, etc.) and see them removed! So let's see what we can learn from the Father of Faith. How did Abraham grow so strong in faith?

Step 1 – Faith begins with a SPOKEN WORD from the Lord.

God spoke a promise into Abraham's heart.

*Now the LORD **said** to Abram, "Go forth from your country, And from your relatives And from your father's house, To the land which I will show you; And I will make you a great nation, And I will bless you, And make your name great; And so you shall be a blessing; And I will bless those who bless you, And the one who curses you I will curse. And in you all the families of the earth will be blessed."* (Gen. 12:1-3)

So when we need a miracle, we go to God in prayer and ask, "Lord, what do You want to say to me about this situation?" We listen for His voice, tuning to flowing thoughts, and we write down what He speaks back to us. (As taught in [4 Keys to Hearing God's Voice.](#))

Step 2 – God adds a VISION, a picture of the promise fulfilled.

God showed Abraham a vision (Gen. 15:1). And He took him outside and said,

*"Now look toward the heavens, and count the stars, if you are able to count them." And He said to him, "So shall your descendants be." **Then he believed in the LORD;** and He reckoned it to him as righteousness. (Gen. 15:5-6)*

We say a picture is worth 1,000 words. According to the above verses, I would say the Bible agrees. You will note that as soon as God gave Abraham a picture of the promise fulfilled, the next verse tells us "**then he believed.**" So I understand that in order to have miracle-working faith, I need two things from God: I need God to speak a *rhema* word to me, and I need God to show me a picture of this *rhema* word fulfilled.

"So Lord, what does the fulfillment of this promise or principle from Your Word look like in my world? What does my healed body look like? What will I be able to do when You have restored me to full health? What does Your blessing of prosperity look like in my life? What does total freedom and release look like? Can You show me pictures of these things?

Thank You, Lord!”

Once we have received a *rhema* word and a vision from the Lord concerning His promises and provision for any area our lives, conception has taken place. We are now pregnant with the purposes of God for that area of our lives.

Step 3 – We PONDER this *rhema* and vision from God – nothing else!

*And not being weak in faith, he did not consider his own body, already dead (since he was about a hundred years old), and the deadness of Sarah's womb. He **did not waver at the promise of God through unbelief**, but was strengthened in faith, giving glory to God, and being fully convinced that what He had promised He was also able to perform. And therefore "IT WAS ACCOUNTED TO HIM FOR RIGHTEOUSNESS." (Rom. 4:19-22 NKJV)*

As with Abraham, we must choose what we are going to look at and what we are going to believe. Abraham could have looked at the weakness of his aged body, and said, “Reality is, I can’t reproduce anymore,” but instead he chose not to consider (ponder and picture) his weakness but instead, to ponder and picture only the promise and vision of God.

So, I choose carefully to daily, continuously ponder and see ONLY God’s promised blessing to me and not lack or need. As God spoke to me, “Whatever you fix your eyes upon grows within you; whatever grows within you, you become.” This

changed my life. I no longer look at disease, self-effort, lack, weakness or law. Now I only fix my eyes on Jesus (Heb. 12:1,2; Acts 2:25; Ps. 16:8), and His spoken promises and visions to me, and these grow within me and I step into these realities. I am healed! I am blessed! I have favor everywhere I go! I release effective ministry to those I touch! I have a blessed marriage and family! Thank You, Lord, for these amazing blessings!

What do you see in your mind's eye: lack or fullness, disease or health, disunity or unity, rejection or acceptance? We ponder and see something all the time. Make sure you are **ONLY** seeing God's promises to you in each and every area of your life! We choose to meditate on God's promise and visions to us in both our morning and evening prayer meditations (1 Chron. 23:30) as well as throughout the day. I would recommend a 5-15 prayer meditation of thanksgiving [morning and evening](#) where you speak the promises God has made to you in the various areas of your life. Filling your heart and mind with His divine light causes darkness to flee.

Step 4 – We SPEAK the *rhema* and vision God has spoken to us.

When Abraham was 99 years old (Gen. 17:1), and had no children by his wife, God asked him to speak a word of faith and call the promise into being:

No longer shall your name be called Abram, but your name shall be Abraham; for I have made you a father of many nations. (Gen. 17:5 NKJV)

So now, every time Abraham speaks his name aloud, he is confessing the promise of God to Him (the name Abraham means “father of a multitude”). Abraham was convinced that *“God... calls those things which do not exist as though they did”* (Rom. 4:17 NKJV), and *“by faith we understand that the worlds were framed by the word of God, so that the things which are seen were not made of things which are visible”* (Heb. 11:3 NKJV).

So our spoken words become the directives which **frame** the creative miracles we are going to see. Breath and spirit are the same words in the Greek and Hebrew languages. So when we speak what God speaks, the spiritual energy/realities which have been growing within us through our daily meditations on God’s *rhema* and vision pour out with our spoken words and create that which we frame with the words of our mouths. Death and life truly are in the power of the tongue (Prov. 18:21).

God will tell us what words to speak. We don’t need to come up with them ourselves. We ask God what He wants us to speak over our situations, and He will tell us. God said to Abram, “Your name shall be Abraham,” so God told Abram exactly what to say and incidentally, God waited a period of time before telling Abram to confess this new name. So we keep God in the center of the process at all times. We don’t need to be doing things on our own initiative. Our only desire is to live as Jesus, out of divine initiative (Jn. 5:30).

*So shall My word be that **goes forth from My mouth**; It shall*

*not return to Me void, But it **shall accomplish** what I please, And it **shall prosper** in the thing for which I sent it. (Isa. 55:11)*

Step 5 – We ACT on the *rhema* and vision God has spoken to us.

Faith without works is dead (James 2:17). Take up your bed and walk (Lk. 5:24). We decide to get up and walk in obedience to His *rhema*. We decide to obey, to walk on the water, to take risks, aware that God must and will come through. As long as our eyes stay on the Lord, our faith is intact and the miracle happens. Peter walked on the water as long as he looked only at the Lord Jesus Christ. When he looked other places, fear entered in, the power of God stopped flowing, and down he went (Matt. 14:29-31).

Abraham grew STRONG in faith (Rom. 4:20 NASB), which brought him to the place of instant total obedience to God's ongoing directives to him. He **acted**, circumcising his family on the **very same day** God commanded him to do so (Gen. 17:23), his wife became pregnant immediately following, and within one year Isaac was born (Gen. 22:1,2).

We, too, grow strong in faith through daily, prayerfully revolving in our hearts and minds the *rhemas* and visions of Almighty God, and in the fullness of time (Gal. 4:4), God brings forth a miracle.

Step 6 – We DIE to self-effort.

The fullness of time... hmmm. It only took 24 years for Sarah to become pregnant! Personally, God, I don't want to wait 24 years for anything to happen. I prefer it to happen within 24 minutes or 24 seconds of the time God speaks it. His answer back to me was: "Who writes the rules of the universe, you or Me?"

"Fine, You do."

So many times miracles require an incubation period before they are released from the invisible, spiritual world into the visible, physical world. I need to make sure that, while I wait, I stay tuned only to God's voice and vision, and don't come up with **my own ideas** of how to make things happen (Gen. 16:1,2). For if I do, I will be birthing an Ishmael, which will not be accepted by God (Gen. 17:18,19). I must die to all self-initiated behavior (Jn. 14:10) and only do those things I hear and see the Father doing (Jn. 8:26,38). Wow! This is a totally counter-cultural way of living. Lord, teach me to live this way, I pray.

Step 7 – In the fullness of time, GOD BRINGS FORTH the miracle.

And the LORD visited Sarah as He had said, and the LORD did for Sarah as He had spoken. For Sarah conceived and bore Abraham a son in his old age, at the set time of which God had spoken to him.... Now Abraham was one hundred years old when his son Isaac was born to him. (Gen. 21:1,2,5)

Wow! Only took 24 years for this miracle to get started, and the

full manifestation of it (i.e. the earth being blessed through Abraham's seed), occurred 1500 years later when Jesus was resurrected from the dead! Yikes, now I really don't like the rules of the universe! However, I only have two choices: one is to say "Yes, Lord" and the other is to become angry and bitter and fall away from the living Lord. Of course, whatever is not of faith is sin (Rom. 14:23).

OK, Lord, I believe, and I am willing to go to my grave believing in the *rhema* and vision You have given to me. I will be a worshipper until the day I die, and then I will continue worshipping You for all eternity.

A Summary of the 7 Step "Word of Faith" Miracle Model

1. Faith begins with a **spoken word** from the Lord.
2. God adds a **vision**, a picture of the promise fulfilled.
3. We **ponder** this *rhema* and vision from God – nothing else!
4. We **speak** the *rhema* and vision God has spoken to us, according to His directions.
5. We **act** on the *rhema* and vision God has spoken to us.
6. We **die to self-effort**.
7. In the **fullness of time, God brings forth** the miracle.

***Mountain-moving faith** is conceived by a rhema and vision from God, which when incubated through pondering, speaking and acting, births a miracle in God's fullness of time.*

Additional Resources

- For further teaching, order the [inspirational sermon by Dr. Virkler on "Mountain Moving Faith"](#).
- And be sure to download the free accompanying PowerPoint slides and PDF handout sheet on that page.

Let's Begin Meditating and Enjoying Life-transforming Revelation & Empowerment

I will stay with a topic **until** the revelation is complete, the enemy has been roared at and is defeated, and **I am a living testimony of God's grace in that area**. Then the Holy Spirit will move me on to the next area where I need revelation, transformation and breakthrough. This is the process of life. This is the way we are called to live, so do not miss out on life! Since I am a teacher, I consolidate each year of God's revelation and transformation to me [into a training book](#) in order to easily pass it on.

Resources to Help You Move into Biblical Meditation

1. [How to Hear God's Voice Article](#)
2. [TV interview on How to Hear God's Voice](#) (8 minutes)
3. [Charts comparing Western Study to Biblical Meditation](#)
4. [Training Package - 4 Keys to Hearing God's Voice](#)
5. [A teaching testimonial book on how Dr. Virkler broke free from rationalism](#)
6. [Sound Doctrine Comes Through Revelation Knowledge](#)
7. [Training Package - Hear God Through Your Dreams](#)
8. [Book - *Am I Being Deceived?*](#) (The New Age vs. Christianity)
9. [Book – *The Secret Place*](#)
10. [*The Great Mystery – Christ in You*](#) by Mark and Patti Virkler – Explores all New Testament verses that describe what Jesus provides for you through His indwelling Spirit.

11. [*How to Walk by the Spirit*](#) by Mark and Patti Virkler – Explores Scriptures concerning the heart
12. [*Intimacy with the Holy Spirit*](#) by Mark and Patti Virkler– Explores Scriptures concerning the Holy Spirit
13. [*How Do You Know?*](#) by Mark and Patti Virkler – Explores hundreds of verses which reveal God's prescribed methodology for discovering truth.
14. [Spirit-Anointed Teaching PowerPoint Presentation](#)
15. [How to write a book which draws people into interaction with the Holy Spirit](#)
16. [The Lamad Method of Learning](#)
17. [History of Seminaries and Accreditation \(by Dr. Gary S. Greig\)](#)
18. Step by step through “Divine Reading” ([lectio divina](#)) – Describes a spiritual process used in the historical Catholic church. My adapted, easier version is described in the above 7 Step Meditation Process and our book [4 Keys to Hearing God's Voice](#). Keep things simple!
19. [The Healing Journey](#) by Thom Gardner – Guides you in experiencing 49 biblical meditations. Several steps in the 7 Step Meditation Process were drawn from this

amazing book.

20. [Divine Healing Toolbox CD/DVD Set](#)

Blogs

1. [What Does the Bible Teach about Visualization?](#)
2. [You Can See Visions! They Are a Pathway to God](#)
3. [Poised Before Almighty God](#)
4. [Lord, When Is “Priming The Pump” Acceptable and Unacceptable?](#)
5. [Initiative - Should I Take It? by Charity Kayembe](#)
6. [Help! I Have Trouble Seeing Vision!](#)
7. [Training Your Child to Encounter Jesus](#)
8. [Protestantism's 500-Year-Old Bitter Root Judgment](#)
9. [Western Study vs. Biblical Meditation](#)
10. [7 Step Meditation Bookmark](#)
11. [Healing Scriptures for Meditation](#)

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