



# WORDSPIRIT

## “THE MEDITATION OF MY HEART”

- EMEKA NDUKWE

**W**hat you meditate upon sums up your life. Your life is a reflection of what you meditate upon. The devil has an understanding of this truth and that is why he tries to fill the minds of people with junk; ranging from pornography to pictures of violence and more.

God is also interested in what you meditate upon, and that is why He instructed in His word that you should meditate on His Word night and day (Joshua 1:8). Note the scriptures made a prescription- at least, twice a day.

Have you ever asked yourself how Goliath was able to keep the soldiers of Israel paralyzed with fear for about forty days until David showed up? He gave them what to meditate upon night and day to replace the Word of God that they should have meditated upon night and day. Scripture says for forty days, every morning and evening, Goliath would show up with threatening and dehumanizing words (1 Kings 17:16). By so doing, he deposited fear in their minds. That is a

dimension of witchcraft. Some refer to it as mental slavery.

God said you should meditate on His Word night and day. He didn't say so for the fun of it. It is a spiritual strategy. He wants your mind to be filled with His Word all day and for you to also go to bed at night with His Word on your mind. The scripture says that is when you blossom like a tree planted by the riverside (Psalm 1:2-3).

Pastor Banky once said he never goes to bed at night without a gospel message playing in his ears. He will keep listening to the message until he sleeps off. He said by so doing, he sleeps off with the Word of God on his mind. Papa Paul Enenche applies the same spiritual principle. He said he sleeps off at night with his audio Bible playing in the background. He said something very powerful as regards that. He said even while his body is asleep, his spirit is awake listening to the Word of God playing in the background. This is a fact, it is your body

that sleeps at night while your spirit is perpetually awake.

A lot of people think that Goliath was only a warlord. No, he was also an extension of Dagon, the god of the Philistines. That was why, when he was face to face with David on the battlefield, the first thing he did was curse David by Dagon his god (1Samuel 17:43). It was the same Dagon that eventually fell before the Ark of God's Presence (1Samuel 5:4).

As an extension of Dagon, Goliath was not only interested in capturing Israel, but Philistine as a whole also wanted Israel to be worshipers of Dagon, and that was why after they captured the Ark of the Covenant, they took it to Dagon's shrine (1Samuel 5:2). I am going to throw more light on that in my second episode of "THE ARK OF THE COVENANT".

Nonetheless, for Goliath, as an extension of Dagon, to shift the hearts of the Israelites away from Jehovah, he gave them what to meditate upon day and night by the fearful words he spoke to them. Look through the scriptures and you will find out that no one in Israel talked about Jehovah the God of Israel throughout those days; Goliath became the talk of the town because they would rather meditate on his frightening words than on the words of Jehovah. None of them had time to meditate on God's Word that says ***"The battle is the Lord's" (1Samuel 17:47) and "they that rise against you shall fall for your sake" (Isaiah 54:15).***

The practise of meditation on God's Word was taken away from them, and so they hid in caves. The day you stop meditating on God's word is the day you start hiding from what should be hiding from you. That is when you shift from being a victor to being a victim.

And the Lord said to me "Son, I have not lost you until you stop meditating on my Word". You are no longer under the coverage of heaven's radar the day you stop meditating on God's Word. The Psalmist said, ***"let the meditation of my heart be acceptable unto thee O Lord" (Psalm 19:14).*** In other words, "let no negative thoughts rule over my mouth or mind". You know, previously,

I tried cancelling negative thoughts with positive ones. It was one of the teachers of the Word that I respect a lot that God used to help me in that direction; Rev Olushola Areogun to be precise. He said, "You don't cancel negative thoughts with other thoughts, you rather cancel them with the Word of God".

There are thoughts from the devil that would beat your human mind if you don't understand what it means to answer such thoughts with the Word of God. The devil is old in the game of scheming. He knows how to play with human minds. That was why he got Eve to eat the forbidden fruit. But when he came to play with Jesus' mind in an attempt to tempt Him in the wilderness, Jesus answered with the Word of God. For He kept saying ***"It is written...." (Matthew 4:1-11).***

The Word of God is the mind of God. It is by it that you overcome the scheming of the devil against your mind. That is the only mind that is higher than that of the devil, and not the human mind. The man that meditates on God's Word thinks like God, and so his results in life are bound to be far different from that of others.

The scripture talks about casting down every imagination that exalts itself against the knowledge of God (2 Corinthians 10:5). This is achievable by responding to such imaginations with the Word of the Lord.

Someone once said that each time the thoughts of death occupy his mind, someone dies in his family. That was the devil using foul imaginations to penetrate his family. He didn't know how to answer such demonic thoughts with the Word of the Lord until he came in contact with the light of the revealed Word. That is why the mind is said to be the battlefield of life. Don't leave negative thoughts on your mind. Scripture says ***"cast them down" (2 Corinthians 10:5).***

There are other ways that the Holy Spirit had thought me to pull down negative thoughts and they are as follows:



1

## APPLYING THE BLOOD OF JESUS TO YOUR MIND

The blood of Jesus removes evil thoughts from your mind, just like a stain remover would remove a stain from a cloth. That was what apostle Paul was teaching in the scripture when he said ***“How much more shall the blood of Christ, who through the eternal Spirit offered himself without spot to God, purge your conscience from dead works to serve the living God? (Hebrews 9:14).*** Look at the way the scripture puts it, it calls it “acts that could lead to death”, even though they are on your mind. They are acts that could lead to death, implying that if you allow them to keep inhabiting your mind, they can eventually lead to the death of vital things in your life.

Each time you bring the blood of Jesus against any negative thought on your mind you have automatically neutralized it, even when it appears to be proving stubborn by trying to stay on your mind.

That negative thought on your mind died the moment you brought the blood of Jesus against it, just like the firstborns of Egypt died the moment Israel pleaded the blood on their lintels. The angel of death only came later to implement the death sentence pronounced by that blood in the spirit realm. When Israel applied the blood on their lintel, the firstborns of Egypt were still moving around, but they were as good as dead. The same thing applies to your mind, whenever you apply the blood of Jesus on it, every negative thought is as good as dead. Don't ever let the devil make you think otherwise. An understanding of the above mystery makes you a victor, irrespective of what the devil throws on your mind.

In my university days, I had a horrible dream one particular night that woke me from sleep. And the Lord said to me, “You allowed negative thoughts on your mind that opened the door to the attack”, and He said to me “apply the blood

of Jesus to your mind and return back to your sleep”. After I obeyed that divine instruction, I lay down and slept like a baby. For it is written ***“It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep.” (Psalm 127:2).*** The issue was not the devil that brought that attack, the issue was rather the state of my mind as well as its content. The devil is automatically deactivated for as long as you have the right state and content of the mind. The blood of Jesus will always help you achieve that.

2

## RUBBING MIND WITH HIGHER SPIRITUAL MINDS

Rubbing your mind with higher spiritual minds can help reposition your mind. This is where mentorship plays a very important role. No matter how close you are to the Holy Spirit, there are things He might not teach you directly but through other vessels. Moses was so close to the Holy Spirit and yet the Holy Spirit would not teach him directly how to run the administration of the nation of Israel, He rather did that through Jethro, his father-in-law. Don't ever despise rubbing minds with true believers, else you will be cheating your mind.

One of the ways the Holy Spirit can keep you humble is to teach you through others. That is to make you know that you can never be an island of knowledge. No matter how anointed the boy Samuel was, it took an Eli to position his mind to discern the voice of God (I Sam 3: 4-11).

There are some mentors that you appreciate in Christendom, but might not have direct access to. What you do at such times is to go for their materials. Get their materials, whether audio, video or written materials. The spirit of every genuine man of God is also in his materials. That was what Apostle Paul was trying to teach when he talked about getting understanding from his messages (2 Timothy 2:7). That is to say, their minds were repositioned by apostle Paul's mind as they read his materials. They tapped from his spirit via his material.

I learnt from one of Watchman Nee's books

what he described as the principle of mind-aiding the spirit. He said in the book that you can charge up your spirit man by dwelling on some powerful, positive bible-based thoughts on your mind. Reading his book was me rubbing my mind with a higher spiritual mind. That principle has helped me so much in life and ministry.

One of the occasions where I applied that principle was when I went to preach for a pastor friend in one of his church programs. I started imagining how the fire of Pentecost came down on the early church, and how the people burst out in tongues because of the same fire. I also imagined in my mind that the same fire would come down as I mount the podium, and that was exactly what happened. The people burst out in tongues when I mounted the podium and the move of the Spirit was so intense that the pastor could not stop them even after I was done with the ministration. I learnt that principle, not directly from the Holy Spirit, but by rubbing my mind with God's servant, Watchman Nee, through his materials.

Pastor David Ibiyomie of Salvation Ministries said he tapped into Benny Hinn's healing anointing and was operating in it, even before he ever met Benny Hinn as a person. He said he was able to achieve that through ruminating on Benny Hinn's materials. In other words, his spiritual mind was imparted by rubbing it with pastor Benny Hinn's mind via his material.

## ALL YOU ASK OR IMAGINE

The scripture says *“Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us.” (Ephesians 3:20).* It, therefore, means that your asking must go hand in hand with your imagination. You can't be asking one thing and imagining another. Don't be asking God to lift you, while in your mind, you are imagining yourself going down. That is contradicting spiritual principles. You can never make headway in life operating that way. Whenever the devil wants to put negative thoughts on your mind that contradict your request in prayer, apply the principles I thought you above on guarding your mind and casting down foul imaginations and you will be grateful you did.

Your asking and your imagination are like your bank account name and number. Your account name must match your account number before you to do any withdrawal from your bank account. The same thing applies in the spirit realm. In the spirit realm, your prayer request is your account name, while your imagination is your account number. They must both agree for you to withdraw from the treasure room of heaven. When you pray, therefore, imagine that you already have what you asked for in prayer. The right meditation is the needed medication!

## ABOUT THE AUTHOR

Emeka Ndukwe is an electrical/computer engineer turned preacher. He was called a prophet, pastor and teacher of God's Word. He ministers in crusades, conferences and seminars. He is the lead pastor of Awesome Glory Assembly, as well as the president of Fountain of Liberation Ministry, all headquartered in Enugu, Nigeria.

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