



Introduction

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. Even though I had a knowledge of the Scriptures, I did not personally experience the life and the realities they revealed. The Bible calls this the ministry of death, rather than the ministry of righteousness (2 Cor. 3:6–9). Upon coming out of Bible college, I found myself just like the apostle Paul, attacking those who disagreed with my theology.

I want to help you *avoid* these pitfalls; I want to help you learn how to experience the Word of God to where you are no longer merely reading words on a page, but it is like the voice of the Holy Spirit is speaking to you—clearly and consistently—through the Scriptures. Is this possible? Absolutely.

Once I learned to hear God’s voice, I let God lead me to the Scriptures, I let God reveal the Scriptures to my heart, and I experienced what the disciples experienced—my heart burning within as Jesus opened up Scriptures for me (Luke 24:32). This is what I believe you will experience as you learn how to practice biblical

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meditation and start attaching expectation to reading the Scriptures. In other words, when you read the Bible, you begin to expect encounters with the Holy Spirit. You expect to hear God speaking to you. It's no longer a draining chore, but a delightful adventure!

When this happened for me, Bible verses started 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. What an insight!

Now you can receive revelation knowledge in each and every area, all the time, simply by inviting the Holy Spirit to be a vital part of the learning process. You will become like David, who wrote, “Oh how I love your law! It is my meditation *all the day*” (Ps. 119:97 ESV).

So now, I want to teach you this process. I want Bible verses to start leaping off the page every time *you* read the Bible or any other book. Perhaps you have heard pastors or ministry leaders speak of experiences like this, where the Bible came alive to them and God gave them inspiration for a sermon, a message, or some kind of prophetic word. I want you to know, right up front, that this kind of experience is *not* reserved for those in ministry. I am not someone who has attained or achieved some kind of unique experience; God wants to communicate with *all* of His beloved children. This includes you!

I encourage you to 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. The days of straining to hear God are coming to an end, and you will discover how easy it is to hear from Heaven simply by opening the Scriptures and meditating on their truths.

Biblical meditation is not off-limits. As soon as people start using the word *meditation*, I know it makes some Christians a bit nervous. This is because of how Eastern religion and the New Age movement

have presented their counterfeit version. It is very important that just because we see a counterfeit of a biblical truth, we do *not* throw out the biblical truth altogether. As I say, no one makes counterfeit one-dollar bills; they copy the larger denominations. In the same way, the devil works very intentionally to counterfeit scriptural truths that have the strongest potential to bring the people of God into greater levels of intimacy with God and clarity in hearing the Holy Spirit. Meditation is one of these key truths.

*This Book of the Law shall not depart from your mouth, but you shall **meditate** in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success (Joshua 1:8 NKJV).*

*I will also **meditate** on all Your work, And talk of Your deeds (Psalm 77:12 NKJV).*

*Do not neglect the gift that is in you, which was given to you by prophecy with the laying on of the hands of the eldership. **Meditate** on these things; give yourself entirely to them, that your progress may be evident to all. Take heed to yourself and to the doctrine. Continue in them, for in doing this you will save both yourself and those who hear you (1 Timothy 4:14–16 NKJV).*

Throughout this book, I will be giving you many scriptural examples that validate and encourage biblical meditation.

YOUR GOAL

This book, like *Hearing God*, is presented as both an informative and interactive study. I am purposefully *not* offering a book that is *all* teaching because I want you to practice the process. By the end of this journey, I want you to feel comfortable with the biblical meditation process, and most of all, I want you to have a new sense

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of expectancy when you approach the Bible, that God will speak through its pages.

Each segment in the book is easy to read, providing both information and opportunity for interaction. Your goal is to activate the process of biblical meditation. At the end of many of the segments, you will have some reflection questions and a Scripture passage to meditate on. You will not have reflection questions and meditation exercises for every segment, as there are some that will prove to be strictly informational—particularly the last section, which focuses on mistakes to avoid when approaching biblical meditation.

In addition, I will provide a sample of what the seven-step process looks like. My hope is that you will take the information you learn in each segment and apply it to your meditation Scripture. Watch the Bible come to life like never before as you *surrender* trying to figure it out through natural human study and instead let the Holy Spirit guide the process.

You will also read testimonies and stories of people who meditated on Scripture and how God spoke to them through what they were reading. It is my hope that these stories build your faith and give you practical examples of what the process looks like. The last thing we want to do is make biblical meditation seem obscure, hyper-spiritual, and exclusive to only a select, superior few. On the contrary, it should be a vital part of our everyday Christian lives!

And do your friends a favor. Share these wonderful, simple truths with them also. It is unfortunate to watch so many Christians approach their time in the Bible with religious formalism, zero expectation, and a rigid sense of obligation. God wants to transform this. In the pages ahead, I believe He will start with you. Then, as you put these simple keys into practice in your life, people will want to hear God and enjoy His Word the same way that you do!

In the journey ahead, we will answer the following questions:

How Does One Discover Truth from Scripture?

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 (John 6:63)?
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*” (John 6:63), and man’s thoughts are not God’s thoughts (Isa. 55:8-9)? 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. 3:8 KJV)?
7. Does the Bible really say that meditation on God’s laws results in making my way prosperous and successful?

As you move forward, I encourage you to pick up a pen, find some blank paper to journal on (we will be providing some in this book), and pray these simple words to Father God:

Father, Your words are spirit and they are life! I approach the Bible in a new way today. I don't come out of obligation; I come with expectation! I don't open this book because I am forced to, or because I think reading Your Word gives me more

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favor with You. It does not. Your Word helps me to know You deeply and experience You fully!

Today, I invite You, Spirit of God, to come and lead me in this journey of biblical meditation. Open my eyes to see Your truth in a fresh way. Open my ears to hear Your voice as You desire to speak to me through these pages.

Thank You, Lord, for what You are going to do in my life through this journey. I know my relationship with You will never be the same because I am going to learn how to hear Your voice in a way that I never have before. You are increasing the clarity. You are increasing the volume. You are increasing the consistency.

And finally, thank You Jesus—You died on the cross to forgive me of sin and make it possible for me to hear the Father's voice all of the time. You died so that I could be filled with the very Spirit of God, who You promised would be my helper, friend, and comforter forever. Holy Spirit, You are my constant companion in this journey. Thank You for showing me how to meditate on Scripture and hear from Heaven like never before.

In Jesus's name,

Amen.

Let the journey into biblical meditation begin!

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!*

—A.W. TOZER



Part One

AN INTRODUCTION TO
BIBLICAL MEDITATION

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.

—JOSHUA 1:8

Give yourself to prayer, to reading and meditation on divine truths: strive to penetrate to the bottom of them and never be content with a superficial knowledge.

—DAVID BRAINERD

AN ENCOUNTER IN PSALM 139

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.

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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 40 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.



Chapter 1

ACCESS SPIRITUAL REALITIES

Before you begin to engage the meditation process, I want you to become mindful of a few key terms that I will be referring to throughout the book.

1. **God's Voice**—Spontaneous thoughts that light upon our minds while our hearts are fixed on Jesus
2. **Living Truth**—Truth that 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

Chapter 2

YOUR QUEST FOR ENCOUNTER

Are you *hungry* to hear God's voice? If so, you are in the right place! This is the posture of meditation; it must be a wholehearted pursuit of the Person of Truth, God Himself.

Today, I want you to start building an expectation for hearing and finding God in the Scriptures. Review the following process that begins with searching and ends with your prosperity and success.

Remember, God does not stir up a desire within you only to leave you unsatisfied and unfulfilled. He stirs hunger in your heart so you seek Him, find Him, receive revelation, and walk in fruitfulness in every area of your life.

- **Wholehearted 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).

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- **Experiencing a burning within:** Our hearts burn within as Jesus opens Scriptures to us (Luke 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).
- **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).

REFLECT

Consider the process I just listed. *Where do you find yourself along the journey?* Perhaps you are in the whole-hearted searching category.

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.

Remember, God Himself wants to be the end goal of your search! He wants to satisfy and fulfill the desire for Himself that He awakened within you. He is a good Father and He rewards those who diligently seek Him!

Perhaps you are not there. Maybe you don't even *feel* hungry for God or don't find yourself pursuing Him right now...but you want to. In fact,

the cry of your heart is, “Lord, I *want* to pursue You.” Celebrate this! God is actually moving and working in your heart, for only He can awaken this cry. If you are hungry for God, pursue Him. If you are

