



Section Two

**MEDITATE ON
GOD'S VOICE**

*Meditate within your heart on your
bed, and be still (Psalms 4:4).*

*My eyes anticipate the night watches, that I may
meditate on Your word (Psalms 119:148 NASB).*

MEDITATION

*“God’s Spirit utilizing every faculty of my
heart and mind, bringing forth revela-
tion which ushers in transformation.”*



YOUR NEXT STEP IN HEARING GOD

ONCE WE LEARN *HOW* GOD SPEAKS, WE NEED TO DISCOVER *what* He is saying and revealing to us. Biblical meditation is the key that enables you and I to unlock the mysteries of Heaven in our lives.

Is meditation simply me studying harder?

Is meditation a New Age or eastern technique?

The answer to both questions is *no!*

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 (see Prov. 25:2). So we are encouraged to pray for the eyes of our hearts to be enlightened, so we might *know* (see Eph. 1:17-18). God wants you to

hear His voice, yes. But He also wants you to understand and start applying what He is saying to you. Understanding comes through biblical meditation.

HOW TO APPROACH THE MEDITATION PROCESS

This section is broken up into the following segments:

1. *Four Pillars of Biblical Meditation*: Here you will receive a foundation on why meditation is such a necessary part of the Christian life and how it enables us to hear God in greater dimensions. In this section, you will discover *what meditation is* and *why it is beneficial to you*.
2. *Seven-Step Meditation Process*: In this segment, you will learn *how* to practice biblical meditation in seven steps. By the end, you will have an example of what it looks like to go through the process and be able to comfortably model it in your own life.

ENGAGE

This section will be different from the *4 Keys to Hearing God's Voice* as it will not be as directed in the interactive journaling segment.

Why? Now that you have a greater understanding of writing from a flow of faith and journaling, I want you to simply write down what the Holy Spirit speaks to you about each of the Meditation Principles you learn.

Your Next Step in Hearing God

In fact, use this opportunity to start practicing and experimenting with these principles. Don't write about how you plan to incorporate them into your daily spiritual disciplines; step out and start to journal about how *you are* meditating on a specific passage of Scripture.

- Write out what Scripture you are talking to God about.
- Reflect on what God is saying back by writing it down.
- Ask the Lord how He wants you to apply a certain Scripture to your everyday life.



Part One

FOUR PILLARS OF
BIBLICAL MEDITATION

Pillar #1

**MEDITATION IS A
CONTINUOUS ACTIVITY**

*This Book of the Law shall not depart
from your mouth, but you shall meditate
in it day and night (Joshua 1:8).*

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* (see Phil. 4:8). We meditate on God and the things that are of Him—His splendor, His Majesty, His beauty, His Bible, His precepts, His statutes and His ways, His works (i.e. His creation, the world), and His activities (the things He does).

We *don't* meditate on evil, wickedness, or the works of satan.



Describe what meditation as a *continuous activity* looks like to you.

Hearing GOD

Handwriting practice lines consisting of a series of horizontal lines, each beginning with a dot on the left side. There are 20 lines in total, spaced evenly down the page.

Pillar #2

MEDITATION INVOLVES GOD'S SPIRIT UTILIZING EVERY FACULTY OF ONE'S HEART AND MIND

*You shall love the Lord your God with all
your heart, with all your soul, and with
all your mind (Matthew 22:37).*

MEDITATION IS GOD'S SPIRIT IN OUR HEARTS GUIDING EVERY faculty in both hemispheres of our brain. We center down, using quieting music or pulsing, forceful music and/or seeing ourselves present with Him (see Acts 2:25), and we sing, pray, seek, and inquire (including taking our complaints to God to receive His counsel).

We speak, talk, mutter, communicate, babble (probably speaking in tongues), roar (at the enemy and when revelation hits), mourn (repent of our sins), 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 (see Gal. 4:6).

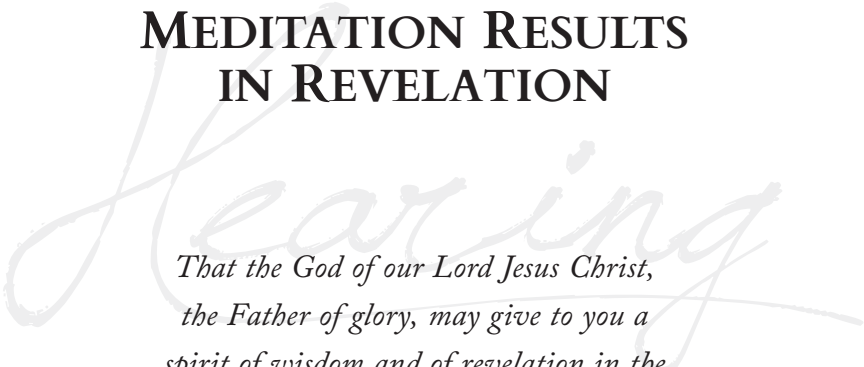


Hearing GOD

Based on this description, consider some of the different expressions of biblical meditation. Have you experienced any of these in your prayer time with God (speak, mutter, speaking in tongues, mourn, roar, muse, etc.)?

Pillar #3

**MEDITATION RESULTS
IN REVELATION**



*That the God of our Lord Jesus Christ,
the Father of glory, may give to you a
spirit of wisdom and of revelation in the
knowledge of Him (Ephesians 1:17).*

WE QUIET OURSELVES DOWN IN WORSHIP AND PRAYER, ASKING for revelation while fixing our eyes on the Lord who reveals truth to our hearts (see Eph. 1:17-18). We tune to flowing thoughts, visions, emotions, and power from the Holy Spirit within us (see John 7:37-39). We experience our hearts burning with revelations as He opens up the Scriptures to us (see Luke 24:15-32). *His spoken word is powerful* (see Isa. 55:11; John 6:63).

Ask the Holy Spirit to give you a clear view of what revelation is. How would you define revelation, based on what you just read? (A good place to start would be reading Ephesians 1.)

Pillar #4

**REVELATION BRINGS
TRANSFORMATION!**

*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, just as by the Spirit
of the Lord (2 Corinthians 3:18).*

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 (see 2 Cor. 3:18; 4:17-18).

How do you think revelation takes the Bible and makes it *Living Truth* in your life?

Hearing GOD

A series of 20 horizontal lines for writing, each starting with a small dot on the left side.

Hearing GOD IN EVERYDAY LIFE

Transformed by Revelation: A Reflection on Meditation

One example of revelation bringing transformation was the Lord speaking in my journaling. He said:

Mark, whatever you fix your eyes on grows within you, and whatever grows within you, you become.

Wow! I had been fixing my eyes on my sin, so sin grew within me. Then I fixed my eyes on my efforts to overcome sin through the strength of my flesh, and pride grew within me (or discouragement). Then I fixed my eyes on biblical law and legalism grew within me. Or I fixed my eyes on the anti-Christ and fear grew within me.

Now I fix my eyes on Jesus, and Jesus grows within me! I have experienced lifelong transformation by just this one revelatory word spoken into my heart by the Lord.

These transforming moments can occur continuously if we meditate daily. So we will meditate daily so that we become the radiant expression of Jesus and we make our way prosperous (see 2 Cor. 3:18; 4:18; Heb. 12:2; Josh. 1:8).