

Building a Strong Spirit

Session 5 - Meditate on the Word of God

Apostle Mike Connell

Meditation Upon The Word of God

I. What Is Meditation?

1. Meditation is a Key to Developing a Strong Spirit

- **Psa 1:2** *But his delight is in the law of the LORD, And in His law he meditates day and night.*
Psa 1:3 *He shall be like a tree Planted by the rivers of water, That brings forth its fruit in its season, Whose leaf also shall not wither; And **whatever he does shall prosper.***
 - Biblical Meditation leads to our personal life flourishing and being fruitful
 - Eastern meditation involves making the mind empty, a vacuum.
 - It seeks to cease all thoughts and personal effort
- **Meaning of “Meditate”:**
 - To revolve in the mind over and over
 - To imagine, picture the reality of something
 - To murmur
- **Biblical Meditation intentionally focusses the mind and imagination on the Word and person of God**
 - **Psa 119:15** *I will meditate on Your precepts, And contemplate Your ways.*
Psa 119:16 *I will delight myself in Your statutes; I will not forget Your word.*
 - It is the opposite of Eastern meditation which is passive
 - It requires that we actively focus on and engage the Word of God

II. Meditation and Imagination

1. What is Imagination?

- **Imagination is a faculty of your Heart/Spirit**
- **Gen 6:5** *And GOD saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually.*
- **Luk 1:51** *He has shown strength with His arm; He has scattered the proud in the imagination of their hearts.*
 - Your heart has thoughts
 - These thoughts can be seen in your imagination as pictures or visual images
- **Imagination is a Creative Faculty of the Heart**
 - The Ability to create images of things not physically present
 - The Ability to represent images of things previously seen or experienced (memories)

- The Ability to create images of things not yet seen or experienced
Eg. A Building.....first imagine, and then create and bring into reality
Eg. A piece of art.....first imagine and then create and bring into reality
Eg. Creation.....first imagined by God and then created and brought into reality

2. Prophetic Revelation is received in your Imagination

- *Act 2:17 'AND IT SHALL COME TO PASS IN THE LAST DAYS, SAYS GOD, THAT I WILL POUR OUT OF MY SPIRIT ON ALL FLESH; YOUR SONS AND YOUR DAUGHTERS SHALL PROPHECY, YOUR YOUNG MEN SHALL SEE **VISIONS**, YOUR OLD MEN SHALL DREAM **DREAMS**.*
 - God communicates prophetically through dreams and visions
 - These are received in a persons spirit and then seen in their imagination
- **Seeing spiritual realities takes place in your imagination like a movie on a screen**
 - The Holy Spirit projects the image onto the screen of your imagination where you “see” it
 - Imagination is a doorway to the realm of the spirit.
 - Whatever controls your imagination will control your life

3. Imagination is not the Same as Fantasy

- When people think of “Imagination’ they think it imagination is “not real’
 - “You just imagined that...it is not real”
 - Imagination can be used to create pictures or images of things not physically present
- Movie directors use images and music to engage and stir your imagination
 - Information is abstract. It does not impact you
 - Images that you see and feel and experience have great impact upon you
- **Fantasy is an image or sequence of images created in your imagination**
 - People can retreat or escape in to fantasy as a way of avoiding reality and Responsibility
 - Fantasies usually have the person in the role of the hero
 - Fantasies can become idols that corrupt and defile
- **Fantasies can abuse the imagination and open a door to demons**
 - Eg. Pornography, Video games
 - *Mat 5:28 But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart.*
 - Fantasy: Evil Imagination +Lust(Desire) = Adultery in Heart
 - Fantasy can open the door to demonic spirits to enter and express in the physical realm

4. Memories Replay in your Imagination

- The experiences that we remember are not abstract
- We experience memories in a visual form in our imagination
- Memories contain:
 - Pictures of an event or experience
 - Feelings associated with that experience

- Reactions we made at that time
- **Trauma Experiences can be triggered in our imagination**
 - Sights, sounds, smells, places, people can trigger major reactions
 - People do not remember abstract information, they remember concrete images
 - The imagination displays the event and triggers the emotions of that event
 - Old trauma images that are unresolved continue to empower judgments and ways we see ourselves

5. Meditation and Imagination

- Psa 63:6 *When I remember You on my bed, I meditate on You in the night watches.*
 - *“Meditate”....Hb..hagah...to imagine, to utter, to ponder, to murmur*
- 1Ti 4:15 *Meditate on these things; give yourself entirely to them, that your progress may be evident to all.*
 - *“Meditate”....Gk.meletao...to imagine, to rotate in the mind, to ponder, give deep consideration to*
- In meditation we can use our imagination to picture or visualise spiritual realities
 - We meditate on the Word of God and picture it as a reality, as present and real now
 - We welcome and embrace the truth as a friend
 - We can meditate on truth and be filled with light’
 - We can meditate on lies and be filled with darkness
 - Everyone meditates to some extent. We can be intentional in our meditation
- Meditating upon the word of God established the truth in our heart
- Meditating in the Word of God feeds our spirit and strengthens it
- 1Jn 2:14 *I have written to you, fathers, Because you have known Him who is from the beginning. I have written to you, young men, Because **you are strong, and the word of God abides in you**, And you have overcome the wicked one.*

III. Benefits of Meditation

- Meditation causes us to focus our inner man towards God and His Word
- Here are four practical ways that meditation on the Word of God will benefit you

1. Revelation.....Gain Insights to Scripture

- Eph 1:17 *that the God of our Lord Jesus Christ, the Father of glory, may give to you the spirit of wisdom and revelation in the knowledge of Him,*
Eph 1:18 *the eyes of your understanding being enlightened; that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints,*
 - *“Understanding”....Gk.... dianoia...imagination*

- “Know”.....Gk.....eido....to see or become aware of with eyes or senses
- As we meditate upon God and His Word the Holy Spirit begins to flow within us energising pictures and images and thoughts
- If we tune into this flow then we begin to receive revelation from Holy Spirit

2. Transformation..... Renew the mind and beliefs of the heart

- *Rom 12:2* **And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.**
 - “Transformed’...Gk.. metamorphoo....a total transformation of your life
 - “Renewing”.....Gk ..anakainosis.....a renovation
 - Thoughts are recorded in the cells and neural pathways in the brain
 - Toxic thought patterns develop neural pathways that look like stunted thorny trees
 - When we focus upon these thoughts, those “thorny trees” come alive and we can either welcome and reinforce them or we can choose to reject and destroy them by welcoming new thoughts
 - Meditation on truth established new neural pathways in the brain

3. Encounters.....Experience Encounters with God

- *Rev 1:10* **I was in the Spirit on the Lord's Day, and I heard behind me a loud voice, as of a trumpet,**
 - Meditation brings a focus of the eyes of the inner man on spirit realities
 - Whatever we focus our eyes and heart upon we open our life to and engage
 - Focussing the inner man is a key way we engage the spirit realm
 - Meditation on the Word of God can lead to encounters with God
 - Once the encounter begins there is a flow of revelation like a movie

4. Success in Life and Ministry

- *Jos 1:8* **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.****
 - “Prosperous”.....to push forward, succeed in what you do, break out
 - “Success”.....to act wisely and with understanding
- *1Ti 4:14* **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.**
1Ti 4:15 **Meditate on these things; give yourself entirely to them, that your progress may be evident to all.**
 - Meditation is a significant key to progressing and advancing in the use of spiritual gifts

- Meditate and give yourself.... A devotion inwardly and outwardly to advancing
- Meditation results in Manifestation
- The outcomes of the inner development of your spirit is visible to others

IV. Practical Keys to Meditation

1. Select a Scripture and memorise it
2. Ask Holy Spirit to reveal truth through the Scripture (John.16:13)
3. Activate your Spirit by Praying in Tongues (1Cor.14:14)
4. Picture the Scripture
 - Imagine the details of the situation or story
 - Take your time...slowly
 - What does it look like?...imagine
 - Imagine the details
 - What does this feel like?
 - Welcome and embrace the truth you are seeing
5. Maintain focus on the picture...Train your mind not to wander
6. Tune into the spontaneous flow of thoughts , images and feelings
7. Pray or speak forth the Word of God
8. **Repeat regularly** to establish new neural pathways

Note:

- The mind does not relate to negatives or to something abstract
 - God is love....abstract
 - The prodigal Son being loved.....concrete
 - The Good Shepherd.....concrete
 - The leper healed.....concrete

V. Issues that can Hinder Meditation

1. Hindrances to Meditation and use of Imagination

- Defilement of Imagination by Trauma
- Inner Vows to shut down imagination
- Defilement of imagination by Pornography
- Visual Saturation of Imagination by Media
- Over use of mind to reason everything

2. Hindrances need to be Removed

- Acknowledge there is a hindrance
- Identify the cause of the Hindrance
 - Removed of the Defilement or Hindrance
- Repentance
- Forgiveness
- Breaking Soul Ties
- Deliverance