



CHRISTIAN MEDITATION


A BIBLICAL APPROACH

WHY ISN'T THE CHURCH THE MEDITATION PROS?

- Meditation is “all the rage” in the world today, yet the church seems to have largely abandoned the practice.
- Science is catching up with Scripture - discovering the why-to behind this recurring command of God.

WHY ISN'T THE CHURCH THE MEDITATION PROS?

- We have allowed FEAR to rob us of this incredible blessing.
- It's time for the Body of Christ to reclaim Biblical Meditation and enjoy all of the physical, spiritual, mental and emotional benefits it brings.

3 KEYS UNLOCK THE MYSTERY OF MEDITATION

1. Imagination (separate teaching)
2. Breathing
3. 7-Step Meditation Process

IMAGINATION DEFINED

- The faculty or action of forming new ideas, images or concepts.
- *What is seen was not made out of things which are visible.* - Hebrews 11:3
- Faith claims a promise from God then **imagines a future** in which it is fulfilled.

THE POWER OF IMAGINATION

- That powerful VISION becomes the fuel propelling us to take steps of obedience in the direction of our destiny.
- Those who, by faith, **can imagine** better days ahead will find the internal motivation to obey, even when they don't 'feel' like it.
- (*I will, not I want*, changes our lives.)

THE POWER OF IMAGINATION

- Imagination is practical, too.
- Our mind's **Reticular Activating System** goes to work, bringing to our attention the resources we need to turn imagination into reality.
- The steps to obedience are made plain to us.

THIS IS YOUR BRAIN ON PROPER BREATHING

- Every breath you take affects your entire body in more ways than you can imagine.
- **Fight or flight** - When we are anxious or afraid, we automatically take shorter, faster breaths. When we develop the habit of taking short breaths, our brain wonders what we are anxious about...then looks for things to **be** anxious about (RAS).

THIS IS YOUR BRAIN ON PROPER BREATHING

- Shallow breathing can contribute to any chronic condition, including autoimmune diseases, heart disease, even cancer.
- Any stress-related issue can get worse or better depending on how we breathe.

THIS IS YOUR BRAIN ON PROPER BREATHING

- The simple practice of deep breathing alters your brain chemistry in very fundamental ways.
- Daily practice diminishes the power of the perpetual **Fight or Flight** stressed-out way of living.
- It's physiological, not spiritual.

THIS IS YOUR BRAIN ON PROPER BREATHING

- **Pause & Plan Mode.** This is the opposite of the Fight or Flight (stressed-out) Mode.
- Increases mental focus, energy & self-control. Lowers cortisol, balances hormones and strengthens the immune system.
- We can intentionally activate the **Pause & Plan Mode** by the way we breathe.

THIS IS YOUR BRAIN ON PROPER BREATHING

- **Pause & Plan** activates the prefrontal cortex of your brain.
- The prefrontal cortex controls 3 aspects of will power: I will, I won't and I want.
- Will power is a muscle located in your BRAIN. And it is strengthened by proper breathing and more specifically, through **meditation**.

BENEFITS OF MEDITATION

- “According to researchers, meditation creates actual physical changes in the brain in the form of increased grey-matter density in the hippocampus...”

- The Science of Willpower

BENEFITS OF MEDITATION

- “[The hippocampus] is an area known to be important for learning and memory and in structures associated with self-awareness, **compassion** and introspection”

- The Science of Willpower

BENEFITS OF MEDITATION

- “There is also a decrease in grey-matter density in the amygdala, which plays an important role in handling anxiety and stress.”

- The Science of Willpower

BENEFITS OF MEDITATION

- “Neuroscientists have found that just **11 hours of meditation** creates structural changes in the part of the brain monitoring our self-control.”

- The Science of Willpower

BENEFITS OF MEDITATION

- Can you think of 3 things, right now, that would immediately improve in your life if you walked in the fruit of self-control?
- We'd be hard-pressed to think of ANY area of our life that wouldn't benefit from greater self-control.

MEDITATION IS A GIFT FROM GOD

- In view of the science, is it any wonder that God commands us, over and over again, to meditate.
- Is it any wonder that the enemy has done a masterful job of hijacking this powerful gift of God and turning it into a “taboo” subject in the church.

MEDITATION IS A GIFT FROM GOD

- The notion that Christians should steer clear of meditation might literally be “a doctrine of demons” (1 Tim. 4:1).
- For sure, if I were a demon and knew of something so simple that would have such a profound positive impact on the life of a believer, I’d go out of my way to talk Christians out of it.

SCRIPTURAL COMMAND

- Study this Book of Instruction continually. **Meditate** on it day and night so you will be sure to **obey** everything written in it. Only then will you **prosper** and **succeed** in all you do. Joshua 1:8
- Meditation leads to obedience.
- Meditation leads to prosperity & success.

SCRIPTURAL COMMAND

- I will meditate on your **majestic, glorious splendor** and your **wonderful miracles**.
- Psalm 145:5
- Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O LORD. - Psalm 19:14

SCRIPTURAL COMMAND

- “We meditate on your **unfailing love.**” -
Psalm 48:9
- “I will meditate on your **decrees.**” - Psalm
119:23
- “I will meditate on your **wonderful deeds.**”
- Psalm 119:27

SCRIPTURAL COMMAND

- “I meditate on **You.**” - Psalm 63:6
- “But Mary treasured **all these things,** pondering them in her heart.” - Luke 2:19
- Where were these things?
- The promises and prophetic word over her life.

5 THINGS TO MEDITATE ON

- God
- His Law
- His Words
- His Promises
- Prophetic words you have received

MEDITATION DEFINED

- Hebrew word #1 is **siyach**
- “to ponder,” that is, “to converse (with oneself, and hence aloud) or “to utter” (commune, complain, declare, meditate, muse, pray, speak)
- Notice you can meditate on the wrong things. Worry is meditation! So is complaining!

MEDITATION DEFINED

- Hebrew word #2 is *hagah*
- “to murmur” (in pleasure or anger); “to ponder” (imagine, meditate, mourn, mutter).

BIBLICAL DISTINCTIONS

- Nowhere are we told to “empty” our minds. Instead we are to “fill” our minds with the things of God.
- Our focus is on GOD, not ourselves.
- We meditate on the Word, Ways & Will of God, not our own fancies.

FACEBOOK ALGORITHMS

- Whatever you look for begins looking for you.
- Whatever you **speak** or **type** takes on a life of its own and starts following you around the internet.
- You were fixated on it; now it's fixated on you.

FACEBOOK ALGORITHMS

- Fix your thoughts. - Hebrews 3:1
- Fix your thoughts on Jesus. - Hebrews 3:1
- Speak about him! Type about him!
- Then the blessings of God will start chasing you around and tracking you down.
- It's scientific, not just spiritual.

FACEBOOK ALGORITHMS

- Whatever you focus on, multiplies
- What you focus on draws more of the same into your life.
- Focus on your failures, failures increase.
- Focus on complaints, more to complain about.
- Focus on your blessings, blessings multiply.
- Focus on faith, faith increase.



STEPS TO MEDITATION

A practical approach

EYES OF YOUR HEART

I pray that the **eyes of your heart** may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe.

- Ephesians 1:18-19

STEP 1: SELECT A SCRIPTURE

- Select a passage of scripture according to the vision God has given you.
- Informative v. Formative approach.
- Write it out, over and over.
- My first letter trick!

STEP 1: SELECT A SCRIPTURE

- Personalize it.
- Re-write it, personalized.
- Close your eyes and say it aloud.

STEP 2: STILL YOURSELF

- Find a comfortable place & position.
- “Be still and know that I am God.”
- Psalm 46:10
- Notice what David proclaims: “I have calmed and quieted myself” - Psalm 131:2
- “Be still before the LORD.” - Zechariah 2:13

STEP 2: STILL YOURSELF

- “In **quietness** and **confidence** is your strength.” Isaiah 30:15
- Slow your breathing.
- Breathe key words in and out.
- **Be still, my soul, for the Lord has been good to you. (Psalm 116:7)**

STEP 3: SHOW ME, LORD

- Ask the Lord what He wants to show you **about this verse**, about Himself, about your life, about anything!
- Be open, “Show me, Lord.”
- Don’t force it. Don’t “think” or “analyze.”
- Quietly receive impressions God wants to bring.

STEP 3: SHOW ME, LORD

- If you are praying over an event in scripture, God may enable you to imagine the scene vividly - almost as if 'you are there.' (Life of Christ)
- Let the Holy Spirit lead, but do not fear using your sanctified imagination. You have the mind of Christ!

STEP 4: SEE YOURSELF

- Now see yourself living as if this passage was fully alive & active in your life. (Hebrews 4:12)
- Imagine what it will look like, feel like, even smell like when what you are believing by faith is identical to your reality.
- What if you really WERE quiet & confident? What would that look like?

STEP 5: SPIRIT-LED PRAYING

- Murmuring prayer.
- Pray in the Spirit (whatever that looks like for you)
- Brain scans conducted on people praying in tongues proved that it activated different parts of their brain.
- Pick a word or phrase from the passage to repeat.
- Key: Avoid taxing your brain.

STEP 6: SEAL THE SESSION

- Quietly take out your journal and record any impressions, sensations, convictions or intentions that were revealed.
- Thank God that His Word is indeed “living and active, sharper than any two-edged sword, dividing soul and spirit.”
- Thank him for whatever he revealed about “thoughts and attitudes” of your heart.

STEP 7: STEP IN THE DIRECTION

- Now it's time to step out in faith by walking in the direction of seeing that word fulfilled in your life.
- Whether that word was that you would become more “quiet and confident” or that “by faith you will subdue kingdoms.”
- Live like you believe it! That's **Faith 101**.



GUIDED MEDITATION

A practical approach

1. SELECT A SCRIPTURE: ISAIAH 30:15

“In **quietness** and **confidence** is your strength.”

“In **quietness** and **confidence** is your strength.”

“In **quietness** and **confidence** is my strength.”

“In **quietness** and **confidence** is my strength.”

2. STILL YOURSELF

Be **still** my soul. (*breathe*)

Be **still** and know. (*breathe*)

The Lord **has been good** to me.

Rest. Peace. Trust. Know.

In **quietness**. In **confidence**.

My strength. Know. Just know.

He is God.

3. SHOW ME, LORD

Show me, Lord.

Where is the **quiet** found?

How can I find your **quiet**?

Lead me to a **quiet place**.

My **quiet** is in you.

You are my **quiet place**.

You are my **quiet**. You are my peace.

You are my resting place.

4. SEE YOURSELF

Father, I see myself now.

Sitting beside the still waters.

Resting in green pastures.

You are my Shepherd.

There's nothing I want.

There's nothing I need.

I rest in you. I'm quiet. And confident.

5. SPIRIT-LED PRAYING

Thank you for quiet.

Thank you for confidence.

Thank you for strength.

God is so good.

God is so good.

God is so good.

He's so good to me.

6: SEAL THE SESSION

- Grab a pen. Record any impressions, sensations, convictions or intentions.
- Thank God that His Word is indeed “living and active, sharper than any two-edged sword, dividing soul and spirit.”
- Thank him for whatever he revealed about “thoughts and attitudes” of your heart.

7. STEP IN THE DIRECTION

List at least one step you need to take in response to this time of meditation on the Word of God.



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