

---

# The Practice of Meditation

(Understanding God's and your role in receiving the mind of Christ.)

In Christ, you have access to the way God thinks (wisdom) and what God thinks (revelation). We obtain wisdom and revelation in our day-to-day interactions with His Holy Spirit. As you increasingly possess the realities of wisdom and revelation in your own mind, you are transformed. You are brought out of the world system (its practices, paradigms, values) and into God's unified system, the Kingdom of God. *This happens through a process called meditation.* Meditation is God's prescribed way, or process, of bringing together your mind with His mind.

## WHAT IS MEDITATION?

Meditation is the vehicle for bringing your mind into unity with God's. It is a vehicle, or process, and does not carry any special power in and of itself. In other words, the act of meditating does not gain you anything; it is the result of the process that brings transformation. Meditation put simply *is pondering over a paradigm (way of thinking) or a truth.* Pondering happens as one turns over a truth in the heart as one would an object in one's hands as one seeks to integrate it into what one already knows.

## THE PRACTICE OF MEDITATION

Meditation happens as a combination of *our ownership* of the pursuit of understanding and *God's gift* of revelation (revealing of something hidden). Understanding is only achieved through both elements.

The best explanation of the process of meditation is found in 2 Timothy 2:7, "*Think over what I say, for the Lord will give you understanding in everything.*" Two things are happening here. We must participate by taking ownership in pondering over truth, but it is God who must give us understanding.

## GUIDELINES TO MEDITATING

1. **First, dial into the Spirit in silence and in worship.** Eventually one can meditate all the time; as you learn to meditate, however, it helps to dial down your thoughts and activities and engage the Lord. We worship because He is worthy of it, but worship also accesses and brings the spirit realm close to us.
2. Pick a few verses of scripture (at most half a page) and **read them slowly and intentionally.**
3. **Look up any words or concepts you don't understand.** Keep the flow, however, and return to the text.
4. **Dwell on the scripture you have chosen** by reading it over and over, wondering about it, exploring other resources as God directs. Don't move on to a new scripture too quickly; you may spend days on one verse. This slow "marinating" over time is the bringing together of our understanding with His.
5. **Stir up desire for God's revealing of truth;** ultimately He must reveal it. One powerful way to do this is to personalize the prayer found in Ephesians 1, "*...God of [my] Lord Jesus Christ, the Father of glory, give [me] the Spirit of wisdom and of revelation in the knowledge of [You]...*" (Ephesians 1:15-23).

## RECOMMENDED RESOURCES

**"A Short And Easy Method of Prayer," by Madam Guyon.** This little book was written years ago by Jean Guyon, a French mystic. The short chapters therein contain powerful and simple keys to engaging God through meditation.

**Psalms 1, 19, 119.** The psalmists connect God's testimonies and His Word with our success in life through the vehicle of meditation. You can meditate on meditation!