

## Biblical Meditation Introduction

- A Biblical Principle (more than 23 times). In NT, can be described as “in the spirit”
  - Strong's # 1897, hagah, הָגָה (hey, gimmel, hey)=13=4=earth (on earth/material creation)
    - *With wonder, behold, breath, in walking and carrying, with wonder, behold, breath*
  - Meaning: to murmur, to ponder, to speak, to utter, to murmur, to ponder (= often spoken)
- Continually , day and night, on the Word of God, on His works, pleasing to Him

### Biblical Meditation vs. Eastern Meditation:

*Christian meditation focuses on filling the mind with thoughts of God and Scripture, aiming to deepen one's relationship with Him, while Eastern meditation often seeks to empty the mind and detach from the self to achieve a state of tranquility.* (internet definition)

Historically, the bible has assumed that followers of Yahweh meditate; in fact it is considered a command. Both OT and NT demonstrate bible figures meditating. It is interesting to note that the bible was lived out and written in eastern culture. Church Age saints (both eastern and western) are noteworthy for their meditation/contemplative practices. Meditation is still honored and practiced by Christians throughout the world, especially in areas of persecution. Science and medicine are now acknowledging the quantum and Newtonian benefits of meditation.

However, Western Christianity for the last 400-500 years-since scientific revolution- has lost its focus on this practice. Evangelicals tend to treat the subject of meditation (anything beyond pouring over scripture itself) as a New Age practice to be shunned. This, however, is not biblical! While there is a twisted counterfeit whereby Christians can lose the centrality of the Cross and Jesus Christ, there is a righteous real to be embraced, seized back and practiced: There IS More! It IS meant for us! It is meant for us now!

Similarities	“Biblical” Meditation	“Eastern” Meditation
<i>Connection to God/the Divine</i>	Revelation (discovery) of God	<i>Self discovery</i>
<i>Spiritual journey (process)</i>	Intimacy with God	Connection to nature/universe
<i>Important for spiritual development</i>	Personal God, 3 Persons, knowable as Individuals	Humanity becoming “one with universe”
<i>Can incorporate music, imagery</i>	Sons of God influence/restore universe	Enlightenment
<i>Repetition of words/phrases</i>		
<i>Can include declarations</i>		
<i>Breathing, breath work</i>	Non-specific body posture	Specific body posture
<i>Health benefits</i>	Rapport /relationship with God	No personal relationship with God
<i>The practice of stillness and awareness/calming down mind</i>	Includes worship of Yahweh, members of Trinity	Does not include worship
<i>Inner Healing trauma, wounds</i>		
<i>Can be guided or spontaneous</i>	Safe through Jesus (John 10:9)	Risky – John 10:1
<i>Emphasis on awareness and intention</i>	Access to 3 <sup>rd</sup> heaven and thrones through the blood of Christ; can include interactions with angels, as demonstrated in scripture	2 <sup>nd</sup> heaven access (spiritual realm that includes interactions with angels, demons).

God invites us to join Him in the “secret place”

Ps.18:1, 27:5, 31:20, 32:7, 61:4, 81:7, 91:1, 119:14, 139:15, Song of Songs 2:14

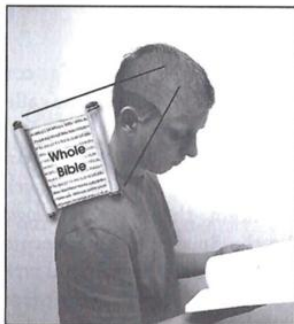
**Strong's # 5643, Cether, Seter, Be-seter**

- Ps. 91:1 He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty.
- Song of Songs 2:14 My dove in the clefts of the rock, in the hiding places on the mountainside, show me your face, let me hear your voice; for your voice is sweet, and your face is lovely.
- Ps 27:5 For in the time of trouble He shall hide me in His pavilion; In the secret place of His tabernacle He shall hide me; He shall set me high upon a rock.

Transformative Thinking that Results

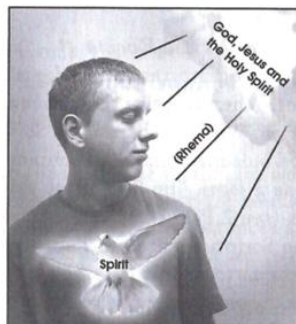
- Loving Mercy over Legalistic Religious Standards
- Distinguishing between Satan’s voice of condemnation (Rev.12:10) and Holy Spirit’s (John 14:16) who comes alongside and helps
- Broadening your mind by learning to walk in love, grace and mercy is the most excellent way to become more Christlike
  - We must imitate what we see/observe but that means we need to see (John 5:19,20)
- Experiencing Scripture, not just learning or analyzing it (1 Cor. 1:18-26)
  - 49% of NT refers to spiritual experiences-not merely physical realm
  - 2/3 Modern Christendom, especially in the Western World
    - Lose the benefits of the 9 spiritual gifts
    - Lose of guidance through dreams and visions
    - Lose of optimal prayer life
    - Don’t dialogue with God in conversation
    - Lack intimacy
    - Lessened ability to worship with abandonment
    - Stuck with ongoing strongholds, wounds (need for inner healing)
    - Western world education process intentionally diminishes the development and balance of right brain/left brain coherence
      - Recognize and honor the need to engage both sides of your mind
      - Use countering tools to strengthen the “weaker” side of your mind
    - Engaging Right Brain Activation
      - Music, especially soaking and prophetic worship music where you can’t easily analyze the words and notes
      - Artwork
      - Speaking in tongues activates right brain activity
      - Engaging nature on a regular basis
      - Practice the Lord’s Supper in spiritual communion

**1. LOGOS**



The mind reading and understanding the Bible.

**2. RHEMA**



As I direct my heart and mind to seek the Lord, His Spirit speaks into my heart, directly impressing His thoughts and ideas upon it.

