Life Changing Christ Centered Meditation Lessons by Tobi Arayomi

https://www.youtube.com/watch?v=4HqCdIXUzwU

In this episode of the TAP Podcast, *Apostle Tobi Arayomi* explores the concept of **biblical meditation** as a foundational spiritual discipline that is often overlooked in modern *Pentecostal* circles. He argues that the Church has replaced spiritual power with noise, and that true intimacy with God is found through the lost art of meditation rather than just vocal prayer.

Core Concepts and Definitions

- **Meditation vs. Noise:** The speaker posits that while *Pentecostalism* emphasizes vocal prayer and speaking in tongues, many feel disconnected from God because they lack *inner prayer*. He defines meditation as the technology of intimacy and the gateway to revelation (0:47-1:57).
- **Frequency and Resonance:** A central metaphor used throughout the episode is that of radio frequencies. Arayomi suggests that God operates on a specific spiritual frequency. When a believer is not in the Spirit, they perceive God's communication as "noise" or "thunder"; when they are in the Spirit, they hear a "voice" (25:35-27:41).
- **Intimacy and Attachment:** A significant portion of the teaching (41:21-50:00) draws on *Attachment Theory* (*John Bowlby*, *Mary Ainsworth*) to explain how childhood experiences and relationships shape an individual's ability to connect with God. He categorizes these as **Secure**, **Anxious**, **Avoidant**, and **Fearful-Avoidant** attachments, asserting that one must address these psychological wounds to achieve true spiritual intimacy.

Key Scripture and References

- **Joshua 1:6-9:** God instructs *Joshua* that the secret to "good success" is to meditate on the book of the law day and night. Arayomi emphasizes that this meditation is what enables the believer to "observe to do" the Word (9:11-10:57).
- **Genesis 3:8:** The reference to Adam and Eve hearing the "sound" of the Lord God in the garden, which the speaker connects to the concept of spiritual frequency (21:07-21:24).
- **John 12:29:** Jesus speaking to God, where the crowd heard thunder, but Jesus heard a voice. This is used to illustrate the difference between perceiving God's presence through a religious lens versus a revelatory lens (24:02-24:49).
- **Revelation 1:10:** John being "in the Spirit on the Lord's day" is cited as the standard for how believers should approach their daily walk with God (28:43-29:14).

Practical Takeaways and Observations

- **The Power of Stillness:** The speaker explains that meditation involves "murmuring" or muttering the Word under one's breath—not as vain repetition, but as a way to focus the spirit and enter a meditative state quickly (37:12-37:54).
- **The Goal of Transformation:** The objective of biblical meditation is not merely to gain information, but to experience personal encounter and internal healing. He notes that "true theology is experiential" and warns that without intimacy, ministry becomes mere performance or hypocrisy (4:13-5:00; 50:22-50:53).
- **Orphan Spirit:** He identifies the "orphan spirit" as a primary hindrance to intimacy with God, preventing believers from fully embracing God as a loving Father (34:11-34:25).

Future Topics Mentioned

- Arayomi announces his upcoming book, *Cosmopolitan Mystics*, which will further explore these themes (36:08-36:21).
- He hints at future episodes focusing on the various levels of meditation, the mechanics of entering the Spirit quickly, and the concept of "consecration" (52:15-52:20).