

Meditation Guidelines

Verse: Write out the verse on which you want to focus. Underline the phrase that grabs your attention.

Revelation:

1. Write the phrase you chose.
2. Write out any thoughts, insights, visions, or anything that is relevant to God or the understanding of the verse.
3. Use the R-W-S-S-P technique.
4. You start a battle when you begin meditation, and continue when you are with the Lord. Many things will come into your mind that will seem a reason to stop. You may get tired, have sinful thoughts or be inundated with good thoughts. It's the good thoughts that are most distracting. That's why the section on Tasks is here as well as the Pursuits section. Just write your thoughts down and return to your meditation focus.

Tasks: Use this section to write down anything that can be considered a distraction. Write down both the good and bad thoughts and ideas. Whether you are trying to remember things for later or trying to get negative thoughts out of your head. Writing things down causes your mind to forget for the moment and this allows you to focus back on meditation.

Pursuits: Write out verses or themes you would like to pursue at a later time. When we think on one topic, other ideas come to our mind.

----- Using R-W-S-S-P -----

Read it: Read the one verse several times. Look for the key phrase or words.

Write it: Write out one verse. Now write out one phrase. Write the insights, thoughts and revelations you get. Write your phrase over several times.

Say it: Say the verse/phrase out loud several times. What words stand out to you? Emphasize those words and repeat them several times.

Sing it: Singing unlocks the heart. Sing the phrase over several times. Write what comes to mind. Singing the verse/words impacts our spirit, soul in a dramatic way.

Pray it: Use this phrase to talk with God. When you repeat a phrase and believing it you're speaking to God. All scripture phrases are an invitation to believe and/or faith to walk it out. Ask for help to believe the verse.

What am I seeking to do by this meditation? I want to focus on God and not the concerns of life. I want to find a basis for my faith to focus on God. I want to learn how to live it by understanding it. What I am learning is the basis of the transformation of my mind. It is in these deep times that God communicates with us. We are taking the time to be serious with God and He responds. We are not just getting to know words in a book, but the author of the words that reveal Him to us and how he can affect our life.

Types of Meditation

- A. **Pondering** is simply repeating a single thought. We think of God or an aspect of God repeatedly.
- B. **Scribbling:** Write out your thoughts on the verse, whatever they are. What thoughts has God given you? What is He saying to you at this time? Write it out.
- C. **Beholding:** To behold the Lord is to gaze on Him By focusing on an attribute of the Father, or the Son or the Holy Spirit, we can virtually stare at God for hours. The more we see God, the more we understand Him which means we can become like Him. We can only become what we have come to know.
- D. **Interaction:** In this type of meditation our senses are heightened. In this place we then interact with the Lord by dialoguing seeing, hearing, smelling, tasting and perceiving. It is in this place where questions are both asked and answered.

The object of meditation is to meet with God

