7 Step Meditation Process

*You Shall Meditate Day & Night (Joshua 1:8)*

*A Practical Guide to Meditation*

Is meditation simply me studying harder? Is meditation a New Age or Eastern technique? The answer to both questions is NO!

**Biblical Meditation:***“God’s Spirit utilizing every faculty of my heart and mind, bringing forth revelation which ushers in transformation.”*

Meditation is intently seeking God’s revelation, resulting in God disclosing Himself to you. It is the glory of God to conceal a matter. It is the glory of kings to search out a matter (Prov. 25:2). So we are encouraged to pray for the eyes of our hearts to be enlightened, so we might know… (Eph. 1:17,18).

**Four Underlying Pillars of Meditation**

The four underlying pillars of meditation are**:** 1) A continuous activity, 2) God’s Spirit utilizing every faculty of one’s heart and mind 3) Results in revelation, 4) Revelation brings transformation.

1. **Meditation is a continuous activity**. We meditate **everywhere:** in bed, in the field, in the temple and while working. We meditate **all the time:** day, evening and nighttime. Meditation is our **lifestyle** (Phil. 4:8). We meditate **on** God and the things that are of Him: His splendor, His Majesty, His beauty, His Bible, His precepts, His statutes and His ways, His works (i.e. His creation - the world), His activities (the things He does). We don’t meditate on evil, wickedness, or the works of satan.
2. **Meditation involves God’s Spirit utilizing every faculty of one’s heart and mind.** Meditation is God’s Spirit in our hearts guiding every faculty in both hemispheres of our brain ([See diagram here](http://www.cwgministries.org/Study-vs-Meditation).) We quiet down, using quieting music and/or instrumental music and/or seeing ourselves present with Him (Acts 2:25) and we sing,pray, seek, inquire (including taking our complaints to God to receive His counsel). We speak, talk, mutter, communicate, babble (probably tongue speaking), roar (at the enemy and when revelation hits), mourn (repent of our sins), muse, consider, ponder, imagine, study (study is good when wrapped with these other aspects of meditation). We sense the indwelling Holy Spirit crying out for intimacy with the Father (Gal 4:6). [Click here](http://www.cwgministries.org/sites/default/files/files/Meditation%20-%20Hebrew%20and%20Greek%20Definitions.docx) for extended definitions from Hebrew and Greek dictionaries of the word meditate.
3. **Meditation results in revelation.** We quiet ourselves down in worship and prayer, **asking** for revelation (Eph. 1:17,18) while fixing our **eyes** on the Lord (Acts 2:25) who **reveals truth** to our hearts. We tune to **flowing** thoughts, visions, emotions and power from the Holy Spirit within us (Jn. 7:37-39). We experience our hearts burning with revelations as He opens Scriptures to us (Lk. 24:15-32). His spoken word is powerful (Isa. 55:11; Jn. 6:63).
4. **Revelation brings transformation**! Burning revelation creates **living** truth in our hearts. We say, “Yes, Lord” to these revelations, coming into agreement with what we see Jesus doing and speaking. This results in us being **transformed** **while we look** at Jesus in action (2 Cor. 3:18; 4:17,18).

**One example of revelation bringing transformation** was the Lord speaking in my journaling: *“Mark, whatever you fix your eyes on, grows within you and whatever grows within you, you become.”* Wow! I had been fixing my eyes on my sin, so sin grew within me. Then I fixed my eyes on my efforts to overcome sin through the strength of my flesh, and pride grew within me (or discouragement). Then I fixed my eyes on biblical law and legalism grew within me. Or I fixed my eyes on the anti-Christ and fear grew within me. Now I fix my eyes on Jesus, and Jesus grows within me! I have experienced life-long transformation by just this **one revelatory word** spoken into my heart by the Lord.

These transforming moments can occur **continuously** if we meditate daily. So we will meditate daily so that we become the radiant expression of Jesus and we make our way prosperous (2 Cor. 3:18; 4:18; Heb. 12:2; Josh. 1:8).

7 Step Meditation Process

Meditation: *“God’s Spirit utilizing every faculty of my heart and mind,
bringing forth revelation which ushers in transformation.”*

1. **Write:** I copy the verse by hand onto a piece of paper or 3X5 card (Deut. 17:18) and keep it with me to meditate on, memorize and mutter throughout the day(s). I also record this verse in my meditation/journal (which can be written, typed or verbally recorded).
2. **Quiet Down:** I become still in God’s presence, loving Him through [soft soaking music](http://www.cwgministries.org/galilee) (2 Kings 3:15,16) and/or praying in tongues (1 Cor. 14:14), or putting a smile on my face and picturing Jesus with me (Acts 2:25). I tune to His **flowing** thoughts, pictures and emotions (Jn. 7:37-39).
3. **Reason:** I reason together with God (Isa. 1:18), meaning the Spirit guides my reasoning process (i.e. through flow). “Lord, what do You want to show me about any of the following: the context of a verse, the Hebrew/Greek definitions of the key words in the verse, any cultural understandings.” (“How to Meditate on a Topic” found below details these steps.)
4. **Speak & Imagine:** I ponder the Scripture, speaking it to myself softy over and over again until I can say it with my eyes closed. As I repeat the Scripture, I allow myself to see it with the eyes of my heart. I note what the picture is in my mind’s eye as I repeat the Scripture.
5. **Feel God’s Heart:** While seeing the above picture, I ask, “Lord, what does this Scripture reveal about Your heart toward me?” I feel His heart and journal it out.
6. **Hear God’s *Rhema*:** I put myself in the picture of this Scripture in my mind. I ask, “Lord, what are You speaking to me through this Scripture?” I tune to flowing thoughts and flowing pictures (God’s voice and vision) and I record this dialogue in my two-way journaling.
7. **Act:** I accept this revelation, repenting of any sin that is opposite of it and roaring at any obstacle that stands in the way of implementing it. I then speak it forth and act on it.

*Our hearts burn within as He walks with us opening Scriptures to us (Lk. 24:32)*

*We are transformed as we look, and see what Jesus is doing (2 Cor. 3:18)*

**The Holy Spirit guides the above process**, leading to more or less emphasis on any of the various steps, according to God’s wishes for the present moment and the personal needs one has. So we remain dependent upon Him throughout. For example, I may need more or less time to quiet myself in His presence or more or less time in Spirit-led “reasoning,” or more or less time in speaking it, or feeling God’s heart in it, or doing two-way journaling about it, or roaring at the enemy to get his lies out of my head and his hands off my being. So I allow the flow of the Holy Spirit to guide me through the steps of this meditation process.

**How to Meditate on a Topic (**[Utilize the free software, e-Sword](http://www.e-sword.net/))

1. **Be led by God to the topic:** God will show you the topic He wants you to explore, by bringing it to your consciousness through thoughts, the comment of a friend or a book, or a presenting need in your life which demands the revelation and power of God to overcome (Jn. 16:13).
2. **Be cleansed by His blood:** Approach your meditation time by drawing near to the Lord, repenting of all sins and asking for and receiving the cleansing of His blood (Heb. 10:22).
3. **Be humble and teachable:** Ask for the Holy Spirit to reveal truth to you (Eph. 1:17,18). Be willing to discover and embrace His truth, no matter what it costs (reputation, pride, ego, job, financial security, etc.).
4. **Be fearless:** Some churches will excommunicate, fire or shun a person who disagrees with the church’s belief. Thus fear hinders many from pursuing truth. Put your whole trust in God to sustain you, even if you are shunned or rejected by organized religion.
5. **Be whole-hearted in your search:** Seek the Lord with your whole heart (i.e. presenting all your faculties to the Lord to fill and to use) and you will find Him (Jer. 29:13). Ask the Holy Spirit to guide and fill your heart and then tune to flowing thoughts, flowing pictures, flowing emotions.
6. **Let the Holy Spirit guide you in the use of the following Bible tools:**
* A good concordance such as *Strong’s Exhaustive Concordance* and the *King James Concordance* (gives you every verse where a specific Hebrew or Greek word is used).
* Some good Bible dictionaries such as *Strong’s Hebrew and Greek Dictionaries*, *Brown – Driver – Briggs Dictionary*, *Vines Complete Bible Dictionary of New Testament Words*, *Vines Complete Dictionary of Old Testament Words*.
* Miscellaneous analytical tools such as *Nave’s Topical Bible*, and *Manners and Customs of the Bible*, etc.
* Interpretive tools such as exegetical commentaries, expository commentaries and devotional commentaries.
1. **Receive counsel:** Wisdom and safety come from receiving counsel, input and confirmation from the 5-fold team God has given to you (Prov. 11:14; Eph. 4:11; 2 Cor. 13:1).

Most of the above tools (plus many more) are available electronically in[the free software, e-Sword](http://www.e-sword.net/).Our online college course, BIB390 Biblical Research Methods from [Christian Leadership University](http://www.cluonline.com/) provides excellent training on how to research a topic using these tools.

**A Dozen Mistakes to Avoid When Meditating**

* Settling for the western approach to “study” which is generally defined by man controlling one faculty within his mind (i.e. reason), while biblical meditation is a much more complete process and is defined as the Holy Spirit controlling all faculties within one’s heart and mind.
* Being afraid of the word “meditation” even though it is a word used many times in Scripture.
* Looking to the false gods of self or a New Age God, rather than fixing my eyes on Jesus and asking the Holy Spirit to guide the meditations of my heart.
* Thinking the meditation process taught in Scripture relates only to the Bible and not also to all God’s works, creation, etc.
* Meditating on satan and his works, or the wickedness of mankind and his works. Instead only meditate on God and His works which results in keeping us full of faith, hope and love.
* Not knowing how to clearly define God’s voice and vision, which are recognized as flowing thoughts and flowing pictures. Not knowing that I can enlarge this revelation by recording in my journal the flow as it is coming (as taught in detail in the book [*4 Keys to Hearing God’s Voice*](http://www.cwgministries.org/store/4-keys-hearing-gods-voice-book)).
* Thinking the goal of meditation is achieving stillness, rather than realizing that we step through our stillness to the Lord’s revelation and power. The goal is connecting with Almighty God.
* Expressing pride as I try to prove my position is right, rather than expressing meekness, which is having a willingness to change my mind, no matter what the cost.
* Not being willing to explore in depth **all** Scriptures on **every side** of a topic, but looking only for verses which support my preconceived position.
* Taking the accuser’s attitude, which is satan’s, rather than the comforter’s attitude, which is the Holy Spirit’s, and thus coming against people (or self), rather than alongside them.
* Making meditation something harder than what a child can do.
* Making meditation an iron clad mechanical 7 step process, rather than a flexible approach, guided by the Holy Spirit.

An Example of the 7 Step Meditation Process

Meditation: *“God’s Spirit utilizing every faculty of my heart and mind,
bringing forth revelation which ushers in transformation.”*

1. **Write:** I copy the verse by hand onto a piece of paper or 3X5 card (Deut. 17:18) and keep it with me to meditate on, memorize and mutter throughout the day(s). I also record this verse in my meditation/journal (which can be written, typed or verbally recorded).

Isaac went out to **meditate** in the field toward evening (Gen. 24:63).

1. **Quiet Down:** I become still in God’s presence, loving Him through [soft soaking music](http://www.cwgministries.org/galilee) (2 Kings 3:15,16) and/or praying in tongues (1 Cor. 14:14), or putting a smile on my face and picturing Jesus with me (Acts 2:25). I tune to His **flowing** thoughts, pictures and emotions (Jn. 7:37-39).

Used the [Sea of Galilee Quieting Exercise](http://www.cwgministries.org/galilee), picturing myself together with Jesus and tuned to flow.

1. **Reason:** I reason together with God (Isa. 1:18), meaning the Spirit guides my reasoning process (i.e. through flow). “Lord, what do You want to show me about any of the following: the context of the verse, the Hebrew/Greek definitions of the key words in the verse, any cultural understandings?” (“How to Meditate on a Topic” above details these steps.)

*Meditation is a* ***lifestyle*** *that I have ordained. Do it in the evening. It is better than watching TV. As you do it, I can and will bring the choicest provisions of life to you. In this case, Isaac lifted up his eyes and saw the gift of his future wife who was being brought to him by his servant. His servant had discovered her in a distant land through a divine appointment. I also bring good gifts to you from distant places while you honor Me by making meditation your lifestyle. For when you honor Me by inviting Me into your everyday life, I honor you by bringing to you divine appointments. Honor Me with your lifestyle. Let your lifestyle be one of ongoing meditation.*

1. **Speak & Imagine:** I ponder the Scripture speaking it to myself softy over and over again until I can say it with my eyes closed. As I repeat the Scripture, I allow myself to see it with the eyes of my heart. I note what the picture is in my mind’s eye as I repeat the Scripture.

I **see** Isaac walking in a field in the evening and pondering as he walks along. I **see** Jesus at his side, speaking with him.

1. **Feel God’s Heart:** While seeing the above picture, I ask, “Lord, what does this Scripture reveal about Your heart toward me?” I feel His heart and journal it out.

*Mark,* ***I love to*** *walk with you in the cool of the day. This was My original design. This allows you to hear My thoughts and receive My wisdom, My counsel and My blessing. It is* ***My desire to love you and care for you and provide for you*** *and this is one key way I can do that if you allow Me to. Come* ***experience My heart toward you*** *in the cool of the day. Come meditate in the cool of the day.*

1. **Hear God’s *Rhema*:** I put myself in the picture of this Scripture in my mind. I ask, “Lord, what are You speaking to me through this Scripture?” I tune to flowing thoughts and flowing pictures (God’s voice and vision) and I record this dialogue in my two-way journaling.

*Mark, there is SO much I want to reveal to you and I do it as we take these walks together in the cool of the day. You see, this was My pattern in the Garden of Eden. I chose for it to be our pattern also, that we walk together down the road of life. Will you come to Me in the cool of the day and meditate in My presence, allowing Me to minister grace to you on a daily basis? You can ponder the specific needs and situations you are surrounded by and present them to Me and I will give you revelation and insight as to how to best handle them and respond to them. I will do this daily if you will walk with Me daily. You will experience ideas and understanding beyond your natural ability. You will accomplish beyond your natural giftings.*

1. **Act:** I accept this revelation, repenting of any sin that is opposite of it and roaring at any obstacle that stands in the way of implementing it. I then speak it forth and act on it.

Lord, I accept this awesome invitation from You, my Lord and my Redeemer. What a gracious gift You have offered me, and all I have to do is say yes, and we walk together. I receive Your life and fullness into my heart and life. Lord, what an amazing offer You are making. I roar at every false belief that I can do it on my own. That is a lie from satan. I renounce humanism and rationalism. Get out of my life, now! I choose to die daily and come alive only to Jesus, who is my life.

Lord, I will walk with You and talk with You in the cool of the day and I will present to You the issues I am facing and ask for Your wisdom and insight on them. I thank You, Lord, for Your gracious wisdom, revelation and strength which flow so freely!!!

*Our hearts burn within as He walks with us opening Scriptures to us (Lk. 24:32)*

*We are transformed as we look, and see what Jesus is doing (2 Cor. 3:18)*

**Let’s Begin Meditating and Enjoying Life-transforming Revelation & Empowerment**

Select one verse a day to meditate on. (It could be that some days you want to continue to meditate on the verse from the previous day.) Copy the above “7 Step Meditation Process” into your word processor and insert into it the Scripture you are meditating on for the day along with the revelation God gives you.

You could begin with the verses on meditation listed below and then move on to verses or topics which interest you. If you want more verses on the topic of meditation, refer to the Scriptures in the file “[Meditation – Hebrew and Greek Definitions](http://www.cwgministries.org/sites/default/files/files/Meditation%20-%20Hebrew%20and%20Greek%20Definitions.docx)” for an additional 40+ verses. For topical lists of verses to meditate on, use the “Bible search” feature, available as part of [the free software, e-Sword](http://www.e-sword.net/) and search for words which deal with the topic(s) you want to explore in depth.

Since revelation promotes transformation, I recommend meditating in areas where you are seeking change. If I desire to move into God’s miracle working power, I would meditate on the words for **power** and **healing** and **compassion**. If I need to discover the **many** ways He heals, I will meditate on all the verses in the Bible which speak of **health**. If I need improved interpersonal relationships, I will meditate on the “**one another**” commands in the New Testament. Additional meditation topics and resources are suggested at the end of this file.

I will stay with a topic **until** the revelation is complete, the enemy has been roared at and is defeated, and **I am a living testimony of God’s grace in that area**. Then the Holy Spirit will move me on to the next area where I need revelation, transformation and breakthrough. This is the process of life. This is the way we are called to live, so do not miss out on life! Since I am a teacher, I consolidate each year of God’s revelation and transformation to me [into a training book](http://www.cwgministries.org/store/results) in order to easily pass it on.

**Verses with “Meditate” or “Meditation” from the New American Standard Bible**

1. Isaac went out to **meditate** in the field toward evening... (Gen. 24:63)
2. "This book of the law shall not depart from your mouth, but you shall **meditate** on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success.” (Josh. 1:8)
3. Tremble, and do not sin; **Meditate** in your heart upon your bed, and be still. Selah. (Ps. 4:4)
4. One thing I have asked from the LORD, that I shall seek: That I may dwell in the house of the LORD all the days of my life, to behold the beauty of the LORD and to **meditate** in His temple. (Ps. 27:4)
5. My mouth will speak wisdom, and the **meditation** of my heart *will be* understanding. (Ps. 49:3)
6. When I remember You on my bed, I **meditate** on You in the night watches, (Ps. 63:6)
7. I will remember my song in the night; I will **meditate** with my heart, And my spirit ponders:

(Ps. 77:6)

1. I will **meditate** on all Your work and muse on Your deeds. (Ps. 77:12)
2. Let the words of my mouth and the **meditation** of my heart be acceptable in Your sight, O LORD, my rock and my Redeemer. (Ps. 19:14)
3. Let my **meditation** be pleasing to Him; As for me, I shall be glad in the LORD. (Ps. 104:34)
4. I will **meditate** on Your precepts and regard Your ways. (Ps. 119:15)
5. Make me understand the way of Your precepts, so I will **meditate** on Your wonders. (Ps. 119:27)
6. And I shall lift up my hands to Your commandments, which I love; And I will **meditate** on Your statutes. (Ps. 119:48)
7. May the arrogant be ashamed, for they subvert me with a lie; *But* I shall **meditate** on Your precepts. (Ps. 119:78)
8. O how I love Your law! It is my **meditation** all the day. (Ps. 119:97)
9. I have more insight than all my teachers, for Your testimonies are my **meditation**. (Ps. 119:99)
10. My eyes anticipate the night watches, that I may **meditate** on Your word. (Ps. 119:148)
11. I remember the days of old; I **meditate** on all Your doings; I muse on the work of Your hands.

(Ps. 143:5)

1. On the glorious splendor of Your majesty and on Your wonderful works, I will **meditate**. (Ps. 145:5)

**Additional Resources to Help You Move into Biblical Meditation**

* **Free:** [4 Keys to Hearting God’s Voice Tract](http://www.cwgministries.org/Four-Keys-to-Hearing-Gods-Voice) by Mark and Patti Virkler
* [*The Healing Journey*](http://www.cwgministries.org/store/healing-journey) by Thom Gardner – Guides you in experiencing 49 biblical meditations. Several steps in the 7 Step Meditation Process were drawn from this amazing book.
* [*4 Keys to Hearing God’s Voice*](http://www.cwgministries.org/store/4-keys-hearing-gods-voice-dvd-package) by Mark and Patti Virkler – Practical, experiential training
* [*The Great Mystery – Christ in You*](http://www.cwgministries.org/store/great-mystery) by Mark and Patti Virkler – Explores all New Testament verses that describe what Jesus provides for you through His indwelling Spirit.
* [*How to Walk by the Spirit*](http://www.cwgministries.org/store/how-walk-spirit-dvd-package) by Mark and Patti Virkler – Explores Scriptures concerning the heart
* [*Intimacy with the Holy Spirit*](http://www.cwgministries.org/store/intimacy-holy-spirit) by Mark and Patti Virkler– Explores Scriptures concerning the Holy Spirit
* [*How Do* You *Know*](http://www.cwgministries.org/store/how-do-you-know)*?* by Mark and Patti Virkler – Explores hundreds of verses which reveal God’s prescribed methodology for discovering truth.
* [Step by step through “Divine Reading” (lectio divina](http://www.qvdays.org/pdf/lectio_divina.pdf)) – Describes a spiritual process used in the historical Catholic church. My adapted, easier version is described in the above 7 Step Meditation Process and our book *4 Keys to Hearing God’s Voice*. Keep things simple!
* [The Quick Coherence® Technique for Adults](http://www.heartmath.org/free-services/tools-for-well-being/quick-coherence-adult.html) – One approach to connecting with your heart.
* [How the Heart Is Like a ‘Little Brain’: Which Is Really in Control?](http://www.theepochtimes.com/n3/372362-how-the-heart-is-like-a-little-brain-which-is-really-in-control/) – Science and the heart

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