7 Step Meditation

God’s Spirit utilizing every faculty of my heart and mind

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.

2. **Quiet down:** I become still in God’s presence, loving Him through soft soaking music (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, 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.”

4. **Speak & Imagine:** I ponder the Scripture, speaking it to myself softly 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 theme:** 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 were wither as He opened Scriptures to us (Lk. 24:32)

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