

WORD MEDITATION

Word meditation is a most powerful tool for the believer. It is designed to cause the Word that God speaks to transform you from the inside out; making you into another man/woman, concerning the thing in which you have meditated. Word meditation produces an extreme expression of the thing meditated. In many cases this explains why many people are considered “gifted” or “genius” in certain abilities and skill. They have meditated themselves to that place of performance.

The Word is designed for meditation and meditation is created for the Word. This process bypasses your emotional and intellectual capabilities. Now the Word is not regulated to what you think or feel, but strictly based on what God says as received by your spirit through meditation. Meditation is a biblical principle given to us by God to receive his Word spoken to our spirits. It serves as the very tool necessary to *see* and *perform* what He speaks. In other words, this process of meditation produces a *vision* and a *supernatural ability* concerning the Word that God speaks to you.

Joshua 1:8 (KJV)

(8) This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

Notice how God prepares Joshua to become the next Commander and Chief of the Nation of Israel. One of the critical pieces of instruction was for Joshua to meditate the Word. This word “meditate” is a Hebrew word which refers to meditated speech by way of uttering or muttering. It also includes meditated thought through pondering or musing by way of the imagination.

One of my most enjoyable illustrations is that of a cow chewing a cud (ball of grass). The cow chews and chews this cud until it is ready to be swallowed. Sometime after swallowing it, he regurgitates it to chew again. He repeats this process about two or three times until the cud is dissolved. Now the cud has literally become a part of the cow. I am not trying to be gross, but this illustration accurately describes the process of meditation. This is the same way we are to process the Word of God.

So, the origin of mediation is not the far eastern practices that we find in cultic religious circles, but rather it is a practice originated and divinely instituted in

the earth by God Himself. Our meditation of the Word includes the pondering, uttering, muttering, musing [where we get our word music from] of the specific scriptures that will bring us manifestation.

For example, if I am experiencing sickness in my body. I need word meditation on healing. If I am experiencing poverty or shortage, I need word meditation on wealth, increase, and abundance. If I am experiencing torment in my mind, I need word meditation on the peace of God. So, I endeavor to gather those scriptures and compose a confession which I speak out loud daily (several times a day). This is designed to transform my inner image (spirit). When my inner image is transformed, then there is hope for my circumstances to be transformed. But as long as I have an image of sickness, it doesn't matter what happens, my image will work overtime to produce a manifestation of sickness in my body. I must change on the inside first. Then my body will change as a result.

The reason this is so is because I live my life out of what I believe. I can only believe what I have meditated. What I meditate becomes my truest reality.

Genesis 11:6 (KJV)

(6) And the LORD said, Behold, the people is one, and they have all one language; and this they begin to do: and now nothing will be restrained from them, which they have imagined to do.

When you read the full account of the above passage, you will find that these people made a decision to build themselves a city, name, and a tower that reached into the heavens. Although this had never been done before, they pursued this plan because they saw it as a possible endeavor. Genesis 11:6 tells us why they saw it as a possibility as opposed to seeing it as impossible.

First, they were one (or they believed the same thing). Secondly, they had one language (or they spoke the same thing). Both of these forces combined produced an unstoppable power. Notice, God says, "*...now nothing will be restrained from them, which they have imagined to do*". Through persistent meditation of a word to build a city, a name, and a tower; they began to imagine it. Once they could see it (through the imagination) they could do it. God did **not** say "which they have the **ability** to do", "...which they have the **money** to do", "...which they have the **expertise or the skill** to do". No, He said, "...which they have **imagined** to do." Continued reading of this text reveals that the way God stopped the project was to confuse their words, thus confusing their meditation (thoughts).

Again, meditation is the foundation of our believing. It is critically important to meditate the scriptures for answers in our life. When we do so we are empowered to believe the Word with our hearts. Manifestation in life is directly linked to our ability to believe (exhibit faith) with our heart. This is the essence of faith. If we don't have faith for it, we can't have it or experience it. Notice what Jesus said.

Mark 11:22-24 (KJV)

(22) And Jesus answering saith unto them, Have faith in God. (23) For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; HE SHALL HAVE WHATSOEVER HE SAITH. (24) Therefore I say unto you, What things soever ye desire, when ye pray, BELIEVE THAT YE RECEIVE THEM, AND YE SHALL HAVE THEM.

We must *"believe that we receive before we can have"* and *"we shall have what we say"*. When you meditate the Word, it gets into your heart. When the Word is in your heart, you will speak it. When you speak it from the heart (believing), you will have it. The Bible says that from the abundance of the heart the mouth speaks (Luke 6:45).

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