

LWMSTL

Ancient Secrets Of Bible Meditation And Its Power (Part II)

Minister R. Thomas Lambur

Prayer Meditation Brings Our Awareness Of His Spiritual Presence

“Prayer Meditation” is the path to connection and fellowship with the Eternal Spirit. *Prayer Meditation* is the act connecting with the Spirit... it embodies more than just the intellect of the human soul reaching into the spirit of man (the inner-man). In these moments of quiet stillness in our soul... as we are focused upon His words in our minds and then deeper into the heart we begin to experience Him in short *finite moments*... yet have the spiritual capacity for *connecting with the infinite Eternal* and *being aware of His presence* if we will become rooted in this fundamental practice. The Lord is *warm hearted* in these times we spend with Him daily depositing the strengths that come from His grace, spiritual virtue and also the benefits of insight which come from spending time with His person. His grace actually comes and loves on us... spiritually touching us in *spirit, soul, and body*, *“the very essence* of His life giving person, His *love, faith* and *virtue* of His Spirit is *deposited in us* in these meetings.” Then we carry that *essence... of His Spirit* presence with all the day long.

Not only can we ourselves be aware of *His divine presence* being *with us* but we as carriers of that *divine anointing* can go farther and *administer* that substance into the lives of those who we come in contact with.

Mark 5:30 And Jesus, immediately knowing in himself that virtue had gone out of him, turned him about in the press, and said, Who touched my clothes?

Luke 6:19 And the whole multitude sought to touch him: for there went virtue out of him, and healed them all.

Luke 8:46 And Jesus said, Somebody hath touched me: for I perceive that virtue is gone out of me.

Acts 5:15 Insomuch that they brought forth the sick into the streets, and laid them on beds and couches, that at the least the shadow of Peter passing by might overshadow some of them.

Growth in grace... is one of the benefits ...along with the spiritual strength, depths knowing the Lord and of ones character on “in Christ” (walking in love, patience, and other fruits of the Spirit within) are all benefits... *Prayer Meditation* with the Lord... awakens us and connects us to those impartations which can be taken into our everyday surroundings of life itself. In these times of *prayerful meditation* we take with us what is *imparted* there in *these encounters* with the Eternal.

Knowing *what to do* and *how to, when to*, are the products of our encounters with God... we then conduct oneself *in times of decision* in a sound way being rooted and grounded “In Him.” Here I am not just speaking of the information that one received in there spiritual training at a seminary of theology but the experiential life that is essential to ones daily walk with the Lord in this life.

The Rhythm Of Prayer Meditation

What is involved in “Prayer Meditation” is a regular rhythm of meeting with the Lord... *once, twice, or three times daily*. Many great people of the Bible met three times daily and received spiritual strengthening, illumination, and spiritual guidance ...

Daniel 6:10 Now when Daniel knew that the writing was signed, he went into his house; and his windows being open in his chamber toward Jerusalem, he kneeled upon his knees three times a day, and prayed, and gave thanks before his God, as he did aforetime.

In this time period a person is setting aside around 30 min. or so to spend time with the Lord daily. The early Christian were instructed to do so...

Matt. 6:6 But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.

This often involves a comfortable spot for sitting sometime. What we are going for is to seek His Spirit' presence... *tasting* of the Lord.

Psalms 34:8 O taste and see that the LORD is good: blessed is the man that trusteth in him.

TASTE HIS GOODNESS! 😊

The Sparks And Breath Of The Eternal

Something *from the text sparks* our hearts *into a flame* which the Lord wishes to *breath His breath upon...*

Isaiah 42:3 A bruised reed shall he not break, and the smoking flax shall he not quench; he shall bring forth judgment unto truth.

John 20:22 And when he had said this, he breathed on them, and saith unto them, Receive ye the Holy Ghost...

It is what we are *prayerfully meditating* upon in His Word that the Spirit desires to fan... to release His *breath upon...* so then what starts as a small spark (from His Word)... even a glimpse of Him (the revelation of His person active in our lives) in the time we spend with Him is turned into a great blaze inside (inspiration is given) for His glory. When we receive this spark in our soul and spirit (the inner-man) we are ushered into a state of worship by His Spirit of grace.

As we are sitting there we are being overtaken by His grace... His Spirit presence... and divine glory... *we are in awe of Him.*

Sometimes we... in our *awareness* of Him... His illuminating light shed into our heart... see our personal *spiritual state*... but *after His strengthening* direct divine knowledge is administered from His Spirit is *imparted to us...* and that knowledge is always *unifying* first with the written text the Word from God (the Bible) and then in context to the correspondence... its ministry *to our lives and those around us* in His body.

As we enter into this time of *prayer meditation* it is the Spirit' presence... we enters *as we take up our reverence and worship of Him*. Sometimes a *single worshipful Word or a few Words of the passage (Scripture) we are meditating upon* released from our heart (coming out of our spirit) *maybe a single Name of God in worship* toward the Lord is so meaningful to Him that we feel His presence immediately whisk into the room and touch us from head to toe.

The Stirring

Genesis 1:1-2 In the beginning God created the heaven and the earth.

2 And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters.

As we surrender ourselves to the Lord in prayer meditation... to the fellowship with His person... we find that our soul is taken by His Spirit and reformed into His designs for our lives. Yes, the Spirit hovers and broods over us in these times of getting with the Lord... the Spirit moves upon us... upon the waters of our conscience into the depths of our sub-conscience... into the inner-man (our very person)... and there He creates...

2Corin. 3:3 Forasmuch as ye are manifestly declared to be the epistle of Christ ministered by us, written not with ink, but with the Spirit of the living God; not in tables of stone, but in fleshy tables of the heart.

The Spirit' work in the time we give Him in prayerful meditation is to writing upon our heart – engrafting His Word into us... connecting us to Him... causing spiritual union with the Eternal.

James 1:21 ...receive with meekness the engrafted word, which is able to save your souls.

1Corin. 6:17 But he that is joined unto the Lord is one spirit.

The Spirit brings us into this enjoining and we continue to fellowship and walk in harmony with His Spirit Word... Will, Desires...

Psalm 4:4 Stand in awe, and sin not: commune with your own heart upon your bed, and be still. Selah. (Pause to Reflect)

We begin just sitting there *reading a passage* from God's Word *rolling it over and over* in our mind... digest the Word...

Ezekiel 3:3 And he said unto me, Son of man, "cause" thy belly to eat, and "fill thy bowels" with this roll (the Spirit Words of the Bible) that I give thee. Then did I eat it; and it was in my mouth as honey for sweetness.

..."cause" yourself to eat this Word...means you are to prayerfully meditate it to get it down into your inner-man. Notice "fill thy bowel."

The Scriptures talk about as *musings* but you can also call this *pondering*... it is all about spiritually digesting... taking the Words down deep inside of you.

Luke 2:19 But Mary kept all these things, and pondered them in her heart.

Pondering is to just relax and think about those Words... the Words spiritually as the Lord's Spirit enters into them in our heart can be transforming...

illuminational... and take us into a place of reflection and because of trust (rest and peace – the blessing that *Psalm 34:8* is talking about). In "*Prayer Meditation*" we

come in contact with the Eternal and His grace affects us (confidences is obtained and assurance is given) which leads us into surrender and in faith releasing our cares, burdens, worries and fears to Him.

Connecting Brings Blessing

De 32:9-14 For the LORD'S portion is his people; Jacob is the lot of his inheritance. He found him in a desert land, and in the waste howling wilderness; he led him about, he instructed him, he kept him as the apple of his eye.

As an eagle stirreth up her nest, fluttereth over her young, spreadeth abroad her wings, taketh them, beareth them on her wings: So the LORD alone did lead him, and there was no strange god with him. He made him ride on the high places of the earth, that he might eat the increase of the fields; and he made him to suck honey out of the rock, and oil out of the flinty rock; Butter of kine, and milk of sheep, with fat of lambs, and rams of the breed of Bashan, and goats, with the fat of kidneys of wheat; and thou didst drink the pure blood of the grape.

Revelation And Benefits Given Beyond Ourselves

Moving passed our own person there is a greater awareness which comes to us as we are intimate in fellowship with the Eternal... and that is the awareness of how we fit into the plans and purposes of the Eternal.

John 3:16 For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

When we fellowship with the Eternal we are brought into His over-all plans and purposes which have to do with His plan of redemption for the fallen world. Though *prayerful meditation* we see through new eyes and hear through new ears... seeing and hearing the cry of humanity without the Lord in there lives.

Procedure of "Prayer Meditation"...

*Read The Bible... Out Loud into the Eye and Ear Gateway

*Speak or Chant Slowly... (Listen to the Word's Metre) (If Possible Sing the Word in the Spirit)

*Repeat ... Again And Again

*Pray Over ... Each Verse and Over Each Word (look up their meanings) (in the Spirit pray in Tongues) Praying in the Spirit to seat His Word within your human spirit – The image you now see is the mind of Christ revealed by His Spirit.

Realization - (in your minds eye) see yourself in the Word (our relationship to His Covenant Names or Covenant Promises)

Imagine/Picture... see yourself in the Word

Speak the Word of God...Confessing Out Loud... Hear what you are saying... again and again.

*Gaze... Looking into the Spirit of God over what Has been spoken out of your lips – allow what has been spoken to sink in (SELAH of Scripture – the pause and gazing that is required when meditating God's Word)

*Speak... from the heart... speak the Word Out Loud... coming from Faith

(Rom.10:9,10)

***Radiance... Begin to worship the Lord in His Presence as He seals what He has said to you in your heart by His Spirit in His Glory... His Spirit seals the spiritual reality of His Word in us... then we carry that on the inside of us... watch Him work... and also as co-laborers us in cooperation with that work. This is what is known as the spiritual substance and evidence that comes to one who has become fully persuaded (as Abraham did) that “He who promised is able to bring to pass the Word that was spoken.” His Word doesn’t come back void or empty but accomplishes those things of which it was sent out to do” fulfilling His purposes and Kingdom on earth.**

***Listen ...Be very quiet (still our soul) the voice of the Lord comes and speaks through His Word to us by His Spirit. We will hear Him is a still small voice (I Kgs.19:12). Receive His guidance that agrees with His written Word. I John 2:27 says the Holy Spirit will instruct you in His truth.**

***Invoke... Always being lead or guided by the Holy Spirit in your mind and heart... We then invoke by speaking the Word of God or Names or Promises of God into your life or the life of another. Expect God to manifest Himself in just the way the Word says He will. Always being lead or guided by the Holy Spirit in your mind and heart.**

Be thankful for what the Lord is doing... Worship Him! ...Thank Him for what the Lord has done in the Realm of the Spirit... until the day of “Manifestation!”

Discussion:

End

2Tim. 2:15 Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.

The following outline has been giving here in this open PDF format for your study and discipleship online. The PDF study is offered to our students in a CD Outline bundle for printing out. Contact LWMSTL for details and cost of this CD bundle. May you be blessed in your studies of God’s Word.

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