

WAY OF THE MASTER YAHSHUA

Meditating on God's Word: A Journey Through Time and Dimensions

Ancient Jewish Traditions

In ancient times, the Jewish people held meditation in high regard as a means of connecting with God and deepening their understanding of His Word. They believed that meditation was not merely a passive activity but an active engagement with the scriptures, requiring focus and reflection.

Digesting God's Word Like Sheep

The Bible compares the process of meditating on God's Word to the way sheep digest their food. Sheep have a four-chambered stomach that allows them to thoroughly break down and absorb nutrients from their food. Similarly, meditation enables us to 'chew' on God's Word, extracting its richness and applying it to our lives.

Methods of Scripture Memorization

The ancient Jews developed ingenious methods to memorize vast amounts of scripture. These included:

Repetition: A passage would be repeated over and over until it was committed to memory.

Chunking: Long passages were broken down into smaller chunks for easier memorization.

Association: Verses were associated with specific objects, places, or events to aid recall.

Step-by-Step Meditation Lesson

1. Find a quiet place: Choose a place where you can be free from distractions and focus on your meditation.

2. Set a time limit: Determine how long you want to meditate, starting with a short period and gradually increasing it.

- 3. Choose a scripture passage: Select a passage that resonates with you or addresses a specific need in your life.**
- 4. Read the passage slowly and thoughtfully: Allow the words to penetrate your mind and heart.**
- 5. Reflect on the meaning: Consider the context, key words, and personal implications of the passage.**
- 6. Apply the passage to your life: Explore how the passage can guide your thoughts, actions, and decisions.**
- 7. Pray: Express your thoughts and feelings to God in prayer, asking for wisdom and guidance.**
- 8. Pray: While meditating on God's word, pray over the Scriptures in the Spirit with your heavenly language.**

Connecting with the Fourth Dimension

Meditation has the potential to connect us with the fourth dimension, a realm where time and space are irrelevant. As we align ourselves with God's Word, we can receive revelation and insights that transcend our physical limitations.

Quicken Revelation Through Meditation

Meditation can quicken the process of revelation, allowing us to receive guidance and understanding from God in a more profound way. It is like tapping into a higher frequency, where communication with the divine becomes easier.

Mixing Meditation and Tongues

Combining meditation with praying in the spiritual language of tongues can further accelerate revelation. Tongues bypass the conscious mind and allow us to connect with God on a deeper level, receiving insights that may not be accessible through rational thought.

Scriptural Passages on Meditation

Psalm 1:2: 'And in his law he meditates day and night.'

Joshua 1:8: '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.'

Psalm 119:97: 'Oh how I love your law! I meditate on it all day long.'

Philippians 4:8: 'Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.'

1 Timothy 4:15: 'Practice these things, immerse yourself in them, so that all may see your progress.'

Discussion Time –



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