

Seeking God Through Meditation

I. Seek God through Meditation

(NKJV) Dt 30:11 “For this commandment which I command you today is not too mysterious for you, nor is it far off.

12 It is not in heaven, that you should say, ‘Who will ascend into heaven for us and bring it to us, that we may hear it and do it?’ 13 Nor is it beyond the sea, that you should say, ‘Who will go over the sea for us and bring it to us, that we may hear it and do it?’ 14 **But the word is very near you, in your mouth and in your heart, that you may do it.**

15 “See, I have set before you today life and good, death and evil, 16 in that I command you today to love the LORD your God, to **walk** in His ways, and to keep His commandments, His statutes, and His judgments, that you may live and multiply; and the LORD your God will bless you in the land which you go to possess.

SEEK GOD THROUGH MEDITATION

David tells the people

(NKJV) 1 Ch 22:19 Now set your heart and your soul to **seek the LORD** your God.

(NKJV) Je 29:11 For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope.

12 Then you will call upon Me and go and pray to Me, and I will listen to you. (*prayer*)

13 And you will **seek Me** and find Me, when you search for Me with all your heart. (*meditation*)

14 I will be found by you, says the LORD, and

I will bring you back from your captivity; I will gather you from all the nations and from all the places where I have driven you, says the LORD, and I will bring you to the place from which I cause you to be carried away captive.

(NKJV) 2 Ch 7:14 if My people who are called by My name will humble themselves, and **pray and seek My face**, and turn from their wicked ways, then

I will hear from heaven, and will forgive their sin and heal their land.

(NKJV) Ho 4:6 My people are destroyed for lack of knowledge. Because you have rejected knowledge, I also will reject you from being priest for Me; Because you have forgotten the law of your God, I also will forget your children.

(NKJV) Ro 8:5 For those who live according to the flesh **set their minds** on the things of the flesh, but those who live according to the Spirit, **the things**

of the Spirit. 6 For to be carnally minded is death, but to be spiritually minded is life and peace.

- A. The coming of the word of God:
- B. We must learn to free our minds! (Egyptian slavery/slavery to sin). Though Moses and brought the Israelites out of Egypt, he could not get Egypt out of the Israelites. Their minds were too much rooted in the past!
 - 1. The generation that lived in Egypt had to completely die out in order for God to provide the revelation of the lifestyle he intended for them.
 - a. You and I have to die to self in order to experience quality of life God wants us to have.
- C. To bring about this ultimate change, the mind of man must be renewed to have the willing submission unto God as it was in the beginning.
(NKJV) Ro 12:1 I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. 2 And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

WE MUST DEVELOP THE MENTAL DISCIPLINE TO LEARN TO MEDITATE FOR THE RENEWING OF OUR MINDS AND OUR TRANSFORMATION

- D. **Jos 1: 8 This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.**
 - 1. We must learn to discipline ourselves to meditate upon the word of God for this great transformation to occur. We must learn to meditate upon those Scriptures that break the chains of bondage and open the gates of the prison we had been enslaved within to experience the freedom Christ has paid for us.

WHATEVER YOU CONSISTENTLY MEDITATE ON WILL ULTIMATELY BECOME WORDS IN YOUR MOUTH AND VISIONS IN YOUR HEAD AND THEN REALITIES IN YOUR LIFE

(NKJV) Pr 23:7 For as he thinks in his heart, so is he.

- E. Your thoughts have the ability to transform your physical body and your emotional state to either good or bad.
 - 1. The reason most people never succeed is because today starts out mostly as a repeat of yesterday.
 - 2. They never progress in their thinking, so they never progress in their living.

- F. Jesus told us if we think about a thing, it ultimately will be done. If you have lust in your heart it is as if you have done it.
1. Therefore, we must show our willingness to submit to the will of God so that his divine plan can be granted in our lives by doing the simple things he has told us to do.
 2. His plan is to give us whatever things we ask for in prayer and we must live in our life in submission to his Spirit by doing the things he tells us to.
- II. Meditating upon the Name of the Lord. **Mantra**

(NKJV) Ps 91:14 "Because he has set his love upon Me, therefore I will deliver him; I will set him on high, because he has known My name.

(NKJV) Ps 9:10 And those who know Your name will put their trust in You; For You, LORD, have not forsaken those who seek You.

(NKJV) Ps 20:7 Some trust in chariots, and some in horses; But we will remember the name of the LORD our God.

- III. The Word Came

(NKJV) 1 Ki 19:1 And Ahab told Jezebel all that Elijah had done, also how he had executed all the prophets with the sword. 2 Then Jezebel sent a messenger to Elijah, saying, "So let the gods do to me, and more also, if I do not make your life as the life of one of them by tomorrow about this time." 3 And when he saw that, he arose and ran for his life, and went to Beersheba, which belongs to Judah, and left his servant there. 4 But he himself went a day's journey into the wilderness, and came and sat down under a broom tree. And he prayed that he might die, and said, "It is enough! Now, LORD, take my life, for I am no better than my fathers!" 5 Then as he lay and slept under a broom tree, suddenly an angel touched him, and said to him, "Arise and eat." 6 Then he looked, and there by his head was a cake baked on coals, and a jar of water. So he ate and drank, and lay down again. 7 And the angel of the LORD came back the second time, and touched him, and said, "Arise and eat, because the journey is too great for you." 8 So he arose, and ate and drank; and he went in the strength of that food forty days and forty nights as far as Horeb, the mountain of God. 9 And there he went into a cave, and spent the night in that place; and behold, the word of the LORD came to him, and He said to him, "What are you doing here, Elijah?" 10 So he said, "I have been very zealous for the LORD God of hosts; for the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left; and they seek to take my life." 11 Then He said, "Go out, and stand on the mountain before the LORD." And behold, the LORD passed by, and a great and strong wind tore into the mountains and broke the rocks in pieces before the LORD, but the LORD was not in the wind; and after the wind an earthquake, but the LORD was not in the earthquake; 12 and after the earthquake a fire, but the LORD was not in the

fire; and after the fire a still small voice. 13 So it was, when Elijah heard it, that he wrapped his face in his mantle and went out and stood in the entrance of the cave. Suddenly a voice came to him, and said, "What are you doing here, Elijah?"