

GATE School of Ministry [DC] Bible Study Notes**Module** : Meditation**Session 2** : Meditation's Matter and Motive**Focus** : Meditation's Focus is the Word; It's Outcome is ObedienceWord to the World  
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**Meditation's matter, focus or object is the Word of God.** The primary object of biblical meditation is God's Word, especially as it is unveiled to you via your spiritual father in the Lord.

**Meditation's motive is 'understanding which is evidenced by obedience'.** The primary reason for meditation upon God's Word is **obedience to God's Word**. In this session I present to you a motive for meditation, viz. to **derive complete understanding of the TRUTH of God's Word so as to obey it** and thus partake of His Divine nature (for His Word reveals His person). More exact and deeper understanding of His Word provides more penetrative insight into His person. Meditate to know HIM through His Word more deeply.

There are many **benefits of meditation** that for some might serve also as motives to meditate, e.g. peace, clarity of God's will, etc. These powerful and essential benefits are subsidiary outcomes of meditation and we will give attention to them in a forthcoming session, but for this study we focus on what I consider to be the **primary motive** and result of biblical spiritual meditation, viz. obedience borne out from accurate understanding. **The secret of 'SUCCESS' is meditation that results in obedience** (Psalm 1:2,3; Josh.1:8).

HEARING THE WORD MUST CULMINATE IN OBEDIENCE TO THE WORD

**Jos 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; for then you will **MAKE YOUR WAY PROSPEROUS**, and then you will **have SUCCESS**."

The ultimate purpose of meditation is obedience. Note, "**meditate**, ... so that you may **'be careful to do'**". Prosperity and success then are outcomes of obedience. It is obedience that we want to ultimately see in our lives. Meditation is key to a lifestyle of complete obedience to God. Every time God speaks, He expects our obedient response and positive compliance to His Word. If we do, we will have a blessed life and things will go well with us.



**Deut. 6:3** Therefore **HEAR**, O Israel, and **BE CAREFUL TO OBSERVE IT**, that it may **be WELL WITH YOU**, and that you may multiply greatly as the LORD God of your fathers has promised you— 'a land flowing with milk and honey.'

## UNDERSTANDING OF THE WORD IS ESSENTIAL FOR OBEDIENCE TO THE WORD

Jesus often beckoned those who heard Him to listen to Him and to consciously seek understanding of what He said. The quest to understand was to be a deliberate disposition within them.

**Mark 7:14**

After He called the crowd to Him again, He *began* saying to them, "Listen to Me, all of you, and understand:

In the Parable of the Sower, Jesus interpreted the seed that fell on the roadside as follows:

**Mat 13:18–19**

"Hear then the parable of the sower. "When anyone hears the word of the kingdom and does not understand it, the evil *one* comes and snatches away what has been sown in his heart. This is the one on whom seed was sown beside the road.

The Word is stolen by the enemy when it is not understood. Hence Mary '**kept**' or '**treasured**' what she heard from the shepherds (Luke 2:18,19). The word translated 'snatched' is the Greek, '**harpazo**' which means '**to seize, to carry off by force**'. Satan's forceful seizure of the Word from sons of God is attained simply through him preventing the understanding of the Word. You cannot obey that which you do not understand.

**N.B.**

The '**Word OF THE KINGDOM**' is referred to here. God's word pertaining to His Kingdom expression in the earth is sorely misunderstood today. This Word, i.e. Word relative to how the Kingdom of God is expressed and functions, is what must be accurately understood. Present truth designed to lead people into Kingdom life and expression is being violently opposed today by the enemy.



The Scriptures need interpretation and illumination. God has graced some chosen ones to cast light upon His Word and to make it's meaning plain. The apostolic–prophetic mantles are key to this process. **Apostles and Prophets** are **revelatory gifts** to the Body of Christ. They decode the mysteries and secrets embedded within God's Word – Eph. 3:5. The church is built upon the foundation of apostles and prophets, Jesus Christ being the Cornerstone – Eph. 2:20. Spiritual fathers over Households of Faith who nourish their spiritual sons, fashioning them into the image of Christ, must of necessity be connected to a valid and authentic apostolic–prophetic grace. This will provide greater understanding and clarity on Truth in the Word of God. This for me is the **first barrier to overcoming a lack of understanding**. The Word of God need not be a difficult book.

**Psalm 119:130**

The unfolding of Your words gives light; It gives understanding to the simple.

**Unfolding = pethach** = disclosure, opening, entrance, doorway, a place of access into something.

**While the Word of God is light, it only gives light when it is unfolded.** You need someone to unfold the Word of God to you so that you can have 'entrance' into both understanding it and then obeying it – and so experience all the attendant blessings with obedience.

The first step to understanding is to be accurately positioned before the one sent you, who can unfold the Word of God and so provide entrance into understanding it. But further to this, this is simply the entrance – the doorway – the portal that will provide spiritual keys to exploring more deeply the full ambit of that which is released. Meditation is key to more penetrative insight into that which you hear from your spiritual father in the Lord.

**Psalm 119:130 (amp)** The entrance and unfolding of Your words give light; their unfolding gives understanding (discernment and comprehension) to the simple.

The ultimate indication of true understanding is obeying what is claimed to be understood.

**Psalm 111:10** The fear of the LORD is the beginning of wisdom; A good understanding have all those who do His commandments; His praise endures forever.

The claim to have superior knowledge, revelation and understanding must be demonstrated by superior lifestyle or exceeding practical righteousness and obedience, with all of the associated blessings (and the attendant trials off course). Meditation is key to this.

### MEDITATION ON THE WORD AIDS UNDERSTANDING OF THE WORD

**Understanding is then contingent upon your connection to an apostolic–prophetic flow of truth and to the principle of relevant spiritual fathering.** But even if these things are in place, there is still a demand placed upon the hearers of God's Word to consciously spend time in meditation, like a cow repetitively chewing the cud to extract the maximum benefit from it.

Paul, who is representative of accurate and relevant apostolic fathering grace, instructed his son Timothy to meditate so that understanding would be attained.

**2 Tim. 2:7** Consider what I say, for the Lord will give you understanding in everything.

**Consider = noieo** = to think upon, ponder

- (BBE) Give thought to what I say; for the Lord will give you wisdom in all things.
- (CEV) If you keep in mind what I have told you, the Lord will help you understand completely.
- (ESV) Think over what I say, for the Lord will give you understanding in everything.
- (MSG) Think it over. God will make it all plain.
- (NIV) Reflect on what I am saying, for the Lord will give you insight into all this.

Paul speaks as a spiritual father to Timothy, his spiritual son. The son is to consider what the father says. In the process of this consideration, understanding comes. Many, even within the context of powerful and accurate spiritual fathering where apostolic–prophetic truth is shared, still fail to truly understand and so fail to obey, simply because of failure to consciously apply their minds to meditate or ‘consider’ what they hear.

Note the order of things in this verse of Scripture:

1. Paul speaks.
2. Timothy hears.
3. Timothy must consider & ponder upon what Paul said.  
(Note the words “*what I say*”).
4. Understanding FROM THE LORD comes to Timothy concerning what Paul said.

**The Lord only gives understanding and insight when there is deep and earnest CONSIDERATION and MEDITATION on what is heard.** You do the CONSIDERATION, and God gives the UNDERSTANDING. Thus, a lack of understanding is the result of no or poor consideration or meditation.



When God speaks to us through His Word via our spiritual fathers or other servants of His, He wants us to clearly understand and comprehend what He is saying. But God may even want to communicate things to you personally beyond the intent of the speaker. Note Paul says that the Lord will give Timothy understanding in ALL THINGS through the process of meditation. Meditation also affords the opportunity to attain a level of insight beyond your teacher in as far as God’s sovereign choice to unveil ‘new’ things to you in your dispensation, that was not revealed to your teacher in his time. The principle still persists that the student is not greater than his teacher but the intent is to be like his teacher – in an epoch of time in which a specific body or frequency of truth is released to the earth.

**Psalms 119:99**

I have more insight than all my teachers, for I meditate on your statutes.  
(NIV)

**Luke 6:40**

A pupil is not above his teacher; but everyone, after he has been fully trained, will be LIKE his teacher.

(N.B. knowledge and insight is relative to what God chooses to give to each man personally, and to each man in his generation; this issue is broad and time and space do not permit its complete discussion here.)

To attain a more complete and holistic intention of God speaking, demands that you apply your mind to consistent meditation.

**An Aside:** In **2 Tim. 2:1–6**, Paul presents to Timothy three symbolic images, viz. that of a soldier, athlete and a farmer. Paul does not proceed to unravel and provide the meaning of these images, but calls upon Timothy to CONSIDER them, and the Lord will provide the understanding. Herein is also wisdom for spiritual fathers: Spiritual fathers do provide understanding to their sons through the unfolding of the Word of God, but should also coach their sons to access understanding directly from the Lord, within the framework of what they release to them.

**Psalm 119:27**      Make me understand the way of Your precepts, So I will meditate on Your wonders

**Psalm 49:3**      My mouth will speak wisdom, and the meditation of my heart will be understanding

### **MEDITATE ON THE TEACHINGS OF YOUR SPIRITUAL FATHER IN THE LORD:**

Marinate or pickle your mind in the marinade of the '**pattern**' (**2 Tim. 1:13**) or '**form**' (**Rom. 6:17**) of biblical teachings and scriptural spiritual principles as presented to you by your spiritual father in the Lord. Whilst you must meditate on the Word generally as in your own reading and study, **it is the matter of the Word as it is released by one's spiritual father that must receive priority as the subject of your meditation.**

It is critically important that one consistently and repetitively exposes oneself to the Word of the Lord as released through authentic apostolic spiritual fathers, who are connected to a relevant proceeding Word of God. Audio recordings, transcripts or your personal notes of your spiritual father's teachings are indispensable tools that aid and assist your meditative process. Play and hear the teachings over and over again until you are strongly obedient in the truths or principles taught. Do the same with written material of the teachings – read them regularly and meditate upon what you read. Think upon the principles taught repetitively. Revolve them over and over in your mind. Become a spiritual ruminant (like the cow), and from time to time, regurgitate the truth of the Word up to the forefront of your mind and saturate your mentality with it so that ultimately it becomes strongly evident within your life.

The verse below calls upon us to not simply meditate upon the content of what we hear but also on the '**pattern**' or **scheme** of the teachings of our spiritual fathers in the Lord. On the one hand, **the content** and on the other, **the frequency, spirit and 'framework/pattern/form'** of what is taught is to be focused upon. Note the words '**standard**' and '**pattern**' used in the verse below.

**2 Tim 1:13**      **Retain** the **standard** of **sound words** which you have **heard from me**, in **the faith and love** which are in Christ Jesus. (NASB)

**2 Tim. 1:13**      Hold the **pattern** of **sound words** which thou hast **heard from me**, in **faith and love** which is in Christ Jesus. (KJV)

**Standard/Pattern = hupotupōsis =** A *sketch* for imitation - form.  
 an **outline**, brief and summary exposition  
 an **example**

Timothy is to retain or hold fast to the outline or sketch of sound doctrine that he has received from Paul, his spiritual father.

**‘Sound’ = hugiainō =** to be **uncorrupt**; **‘free from the mixture of error’**.

The pattern or example of the doctrine which is uncorrupt or free from error is also to be meditated upon. The challenge is not to meditate, for example, on a verse of scripture according to an interpretation that contradicts the specific frequency of interpretation /application provided by one’s spiritual father in the Lord.

[Consider the phrase **‘form of teaching’** used in a similar way by Paul to the **Romans 6:17** -- “... you became **obedient** from the heart to **that form of teaching** to which you were committed]

Paul instructs Timothy to **RETAIN** the pattern of sound doctrine heard from him.

**Retain/Hold = echo =** to hold to oneself; to **have possession of the mind**; to have, i.e. own, possess;  
 to **adhere or cling to**; to be closely joined to a person or a thing

This word implies meditation, for Timothy is to ‘have possession of his mind’ in respect to the pattern of sound doctrine he has heard from Paul. This pattern of sound doctrine (not just the content) informs Paul’s ways in the Lord, which then Timothy himself will become proficient in and thus be able to teach others the same.

**1 Cor. 4:17** For this reason I have sent to you Timothy, who is **my beloved and faithful child** in the Lord, and he will **remind you of my ways** which are in Christ, just as **I teach everywhere in every church**.

**Prov. 6:20–22**

- 20 My son, **OBSERVE** the **commandment of your FATHER** and do not forsake the teaching of your mother;
- 21 Bind them continually on your heart; Tie them around your neck.
- 22 When you walk about, they will guide you; When you sleep, they will watch over you; And when you awake, **they will talk to you.**
- 23 For the commandment is a lamp and the teaching is light; And reproofs for discipline are the way of life

Verse 20 clearly illustrates that if the teaching of one’s spiritual father in the Lord is not OBSERVED, it will be FORSAKEN. Truth is forsaken when it is not observed. God is forgotten when the principles of His

Word are not consciously adhered to. Disobedience is proof that the person has factored God out from the high rank of esteem within the mind.

The Word of God, meditated upon daily, watches over us when we sleep. The Word is the principle of watchfulness over me. It is my guide (v.22a) and my guard (v.22b). More than simply watching over me as I sleep, if this Word has consumed my mind and thoughts, if I have saturated my mind in the meditation of His Word, so that even when I prepare for sleep, His Word is the lasting and overwhelming thought I have, then as I sleep, that Word is alive and active in my unconscious mind performing its mighty work in me.

Verse 22 indicates that when I awake, 'THEY' talk with me, viz. the Word of God which has now become my prevailing thought, now communes with me. I hear it consciously with ear of my spirit. From this basis of Word-Thought, further communication from God takes place revealing more and more truth or aspects of His nature and will.

Again I stress, these 'thoughts' must primarily be or be based upon principles released to you through the teachings of your spiritual father (see v.20)

**Psalm 139:17,18**

- 17      How precious also are Your thoughts to me, O God! How vast is the sum of them!  
18      If I should count them, they would outnumber the sand. **When I awake, I am still with You**

God's Word reveals His thoughts towards us. Generally, words are thoughts clothed in language. God's Words are His thoughts clothed in language that is intelligible to us. By knowing His Word, we know His thoughts. More than this, His Words are spirit and life. It is far more than a system of communicating. It is the very means by which His thoughts come into us, dislodge thoughts within us that are contrary to his. In the text quoted above, the Psalmist declares that God's thoughts are 'precious' and 'vast', and to assist our human minds to appreciate the vastness of the totality of God's thoughts towards us, he explains that's that they are innumerable as sand. All these thoughts are located in His Word – His Word is precious and vast.

- Cf. **Ps. 119:96** I have seen a limit to all perfection; Your commandment is exceedingly broad. **(Nasb)**  
**Ps. 119:96** I see limits to everything human, but horizons cant contain your commands. **(Msg)**

**Jer. 4:14**      **Wash your heart** from evil, O Jerusalem, that you may be saved. How long will your **wicked thoughts lodge** within you.

*"God shows us here that Israel's evil deeds were only the manifestation of their evil thoughts, which 'lodged' within them. Your predominant thoughts lodge (abide) within you. Thoughts are powerful. What we constantly ponder on/consider eventually alters our mindsets and behaviour. Meditating on the Word does not just bring us closer to God, but it allows His Word to Lodge within us, that we may obey and do what the Word requires of us, thus being transformed more and more into His Image." **Matthew Barnwell***

### **N.B. : MEDITATE WITH THE SPIRIT FIRST, THEN THE SOUL**

Biblical meditation is to be performed primarily with the mind of the spirit, and then secondarily with the mind of the soul. **The meditative process is first spiritual in nature before it is psychological.**

Spiritual things and thoughts are communicated with spiritual words. These words are spirit and life and thus must be received in and with our spirits first before our souls. **The reception of spiritual truth takes place from the bottom up, and not from the top down**, viz. from the spirit up to our mind of the soul and not the other way around. That which is spirit must be received and encoded within the realm that is compatible to it in substance – i.e. words, which are spirit, are to be received and then understood first in your spirit. Thus not only the reception of truth, but also then the meditation on truth is to first of all take place within the spirit, which would lead the soul in the same activity/process.

The 'heart' is the Scriptures cited below could very well relate to the spirit of man also:

**Luke 24:38** And he said unto them, Why are ye troubled? and why do **thoughts arise in your hearts.**

**Psalms 49:3** My mouth will speak wisdom, and the **meditation of my heart** will be understanding

**Psalms 19:14** Let the **words of my mouth** and the **meditation of my heart** Be acceptable in Your sight, O LORD, my rock and my Redeemer.

**Psalms 77:6** I will **remember my song in the night**; I will **meditate with my heart**, And my **SPIRIT ponders**:

**Psalms 77:6** I call to remembrance my song in the night; I **meditate within my heart**, And **my spirit makes diligent search**. (NKJV)

**Ponders = chapas =** Signifies such an investigation as a man makes who is obliged to strip himself in order to do it; or, to lift up coverings, to search fold by fold, to leave no stone unturned

The word meditate here is the Hebrew, '**siyach**' = to ponder, converse (with oneself and aloud), muse. The KJV renders **Ps. 77:6b** as '**I commune with my own heart**'.

**The Holy Spirit via your spirit must DIRECT the soul in meditation.**

**Eccl. 7:25a** I **DIRECTED MY MIND** to know, to investigate and to seek wisdom and an explanation.

**Mental drift** is a growing problem. Do not allow your mind of your soul to DRIFT - but DIRECT it towards God's Word through daily meditation.



**Consider:**

**Jer. 31:21** “Set up for yourself roadmarks, Place for yourself **guideposts**; **DIRECT YOUR MIND** to the **highway**, The way by which you went. Return, O virgin of Israel, Return to these your cities.

**Psalm 84:5** How blessed is the man whose strength is in You, **In whose heart** are the **highways to Zion**

God calls a repentant Israel (Ephraim) to direct their minds by setting up road marks and placing guideposts within their thinking. This will assist to regulate and thus direct their thoughts. This is essential if they are to ‘RETURN’ to the ‘HIGHWAY’ – which alludes to thoughts that facilitate their movement to maturity (represented by the term ‘ZION’).

Whilst the ideal scenario is for understanding (especially in the realm of the mind of the soul) to precede obedience, reflexive obedience occurs because the mind of the spirit has accepted and understood the Word or command from God and does not necessarily require immediate co-operation of the mind of the soul. The mind of the soul is purified by the act of obedience (1 Pet. 1:22). At times your willingness to obey is borne out from your conviction of the rightness of your actions from the platform of the mind of your spirit and even though the mind of the soul may not immediately comply, it submits to the leading of the mind of the spirit. As it does so, it discovers too that your actions were the right thing to do. As the mind of the soul learns to repeatedly follow the leading the Lord via the spirit, the more and more it becomes renewed, and soon in time, there will come a stage in which there is absolute harmony between the mind of the soul and mind of the spirit in obeying God. Meditation aids the acceleration of this process. This kind of man is then not ‘double-minded’ and is thus not unstable in all his ways. I refer the reader to Session 16 in which I demonstrate this process.

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### **A SOUL IMPRESSED WITH THE WORD IS ONE MARINATED IN THE WORD VIA THE PROCESS OF MEDITATION**

In the previous sessions we have laboured the point that the SOUL is purified so that it can submit to the will of God through HIS Word, as the Holy Spirit within the spirit of the man reveals it. Whenever God’s Word is heard, it is to be received and encoded within one’s spirit, and then be IMPRESSED upon one’s soul. **An ‘impressed’ soul is one marinated in truth by the meditation upon God’s Word.**

**Deut. 11:18** “ **You shall therefore impress these words of mine on your heart and on your soul;** and you shall bind them as a sign on your hand, and they shall be as **frontals on your forehead.**

God’s principles must be IMPRESSED upon the soul, bound on the hand (denoting they determine our actions) and on the frontals of the forehead (must dominate our thinking, mindset and mentality). **Meditation tantamounts to you IMPRESSING the Word of God upon the mind of the soul, until it is so saturated by it that it reflexively will obey.**

**Impress = sum, siym = to put, to set, to place.**

- This Hebrew word 'sum' / 'siym' is used to describe the **placing of man in the garden** (Gen 2:8). The garden was made for man and without man, it could not be brought **to maximum productivity**. Likewise is the effect of the Word of God in the soul of man. Without the Word of God impressed upon the soul, the soul will not be renewed or prosper. The 'impress' of the Word upon the soul is through meditation.
- Man was positioned **in the garden and this would be the position from which he would rule, expressing God's sovereignty over all creation**. In its general usage in the Bible, the Hebrew word sum/siym predominantly indicates God's ability **to establish the order of things, bringing everything into alignment with His will**. So too, **the extent to which the Word of God finds expression in the soul of man will determine the degree of God's rule through him in this life**. Again, meditation is key to this.

May your meditation be **pleasing to our God**. (Psalm 104:34). Grace be with your spirit.

[\[To Be Continued\]](#)

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