

3 LEVELS OF MEDITATION



THREE LEVELS OF MEDITATION

Welcome to this reading class!

We are confident that an insightful learning experience awaits you. We encourage you to be armed with adequate materials to make your own notes and chronicle the inspirations that will come to you as the Spirit of God ministers to you uniquely.

This study seeks to expound on meditation in the context of the scripture, the importance of meditation to a minister, and its three levels.

Now let's get started.

Learning Objectives

At the end of this course, you would have understood:

- i. What meditation is according to the Bible
- ii. The role of meditation in creation
- iii. The importance of meditation to a minister
- iv. The three levels of meditation

WHAT IS MEDITATION?

Meditation is a very important subject in the scripture even though there are some Christians who do not understand it. For some, all they know about meditation is what has been made popular by some religions. However, the Bible shows us exactly what meditation truly means.



The Apostle Paul writing to Timothy said, ***"Meditate upon these things; give thyself wholly to them; that thy profit may appear to all"*** (1 Timothy 4:15). The phrase 'meditate' in the above scripture is from

the Greek: 'Meletao'. It means 'to premeditate' or 'to imagine'. This is not about some stray pictures coming to your mind. It is about constructing pictures in your mind and pondering on them for the purpose of putting them to practice. It is fundamentally about using your mind as a tool to create pictures. Additionally, we are specifically instructed in the Bible as to what we are to meditate upon. Therefore, meditation should not be done on just anything. Apostle Paul writing to the Philippian church wrote specific things they should set their minds on. ***"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtues, and if there be any praise, think on these things"*** (Philippians 4:8). Only God's Word has all these characteristics; thus, your meditation always should be on God's Word.

THE PLACE OF MEDITATION IN CREATION

The Bible shows us that God Himself meditated in the beginning. In Genesis 1:2 the Spirit of God **brooded** upon the face of the waters. He took His time to imagine and reconstruct what He wanted the earth to be like even before He began the actual creation. There is nothing that is an afterthought in all of God's creation. Hebrews 4:3 testifies "...*the works were finished from the foundation of the world.*" Everything was imagined and set in order before creation, and once He was done creating everything, the scripture records that God testified that everything was good; in other words, they were perfect (**Genesis 1:31**). The arrangement of the clouds in the sky and the design of the law of gravity keeping us all glued to the earth are from His meditation – all were made perfectly. Everything was first of all created in the mind of God as He brooded.

How great our LORD is!



God has put in you His creative ability. Of all the creatures of God, only man has creative ability. No animal or angel can imagine. Man is the only one that can imagine. How gracious it is that our heavenly Father has blessed us with the special gift of imaginative power! This power is your creative ability and can be used negatively or positively. For example, the scripture says of a violent man, "***He shutteth his eyes to devise froward things: moving his lips he bringeth evil to pass***" (**Proverb 16:30**). This is meditation but in a negative sense. You can do the same but with positive thoughts and positive outcomes.

THE IMPORTANCE OF MEDITATION TO A MINISTER

As a minister of the gospel, you are a custodian of God's Word, not just to preach and teach it, but to meditate on it until it becomes a part of you. In the Old Testament, the priests were instructed to eat the shewbread

the temple, which was symbolic of the Word of God.

Leviticus 24:5-9 describes the preparation and placement of the shewbread. The Lord instructed twelve loaves to be baked and set on a designated table in the Tabernacle before Him. Every Sabbath (seven days) fresh bread would be placed, and the old bread would be for the priests to eat: ***You shall take fine flour and bake twelve loaves, using two-tenths of an ephah for each loaf. You shall set them in two piles on the table of pure gold before the LORD. You shall put pure frankincense***



on each pile as a memorial portion, to be an offering by fire to the LORD. On every Sabbath day you shall arrange them afresh before the LORD as a perpetual covenant from the people of Israel. They

shall be for Aaron and his sons, who shall eat them in a holy place; for they are most holy portions for them from the LORD, an offering by fire." (NET)

Since the Old Testament was a shadow of the New, an inference of the above scripture in the New Testament would be that a minister of the gospel ought to meditate on (eat) God's Word for himself. This is further emphasized in Apostle Paul's instruction to Timothy, a young minister, ***Practice and cultivate and meditate upon these duties: throw yourself wholly into them [as your ministry], so that your progress may be evident to everybody. Look well to yourself [to your own personality] and to [your] teaching; persevere in these things [hold to them], for by so doing you will save both yourself and those who hear you.***" 1 Timothy 4:15 (AMPC)

For the purpose of emphasis, let us consider three major results of meditation on God's Word for a minister of the gospel.

1. A Renewed Mind

Every minister has a responsibility to renew his/her mind. There is a mentality a minister of the gospel should have which would be as a result of a renewed mind. There is a language a minister of the gospel should not be found with. Your natural upbringing definitely would have an impact on your character and personality. The only way to re-culture yourself is by the renewal of your mind with the Word. Meditation on God's Word gives you the right mindset the Lord would want you to have. As you meditate, you give up your way of thinking for God's way of thinking; you give up your opinions for His opinions. It will change your life completely and give you the language of the righteous.



This was the distinguishing factor between Joshua and Caleb, and the remaining ten people that were sent to spy out the Promised Land. Joshua and Caleb had come to unite their thoughts with God's Word which was why they were able to give a different report from that of others. While the other ten spies gave a very negative report, the Bible says *"And Caleb stilled the people before Moses, and said, Let us go up at once, and possess it; for we are well able to overcome it."* (Numbers 13:30). What a mentality Joshua and Caleb had! They must have gotten it from meditating on the Lord's greatness. They were not weak but full of courage. Dear Minister, be encouraged to imbibe this way of thinking not only for yourself but for the sake of your brethren as well.

2. A Well Charted Course of Life

The Lord gave you a mind with which to chart your course in life. The spirit realm is where you create anything that you want. Nothing is impossible! If you would meditate on God's Word, it has the ability to produce what it talks about in you. Whatever you desire to see in your life and ministry – be



it with regards to your health, finances, or the fulfillment of your ministry goals and objectives, learn to look inwards – the Lord who is your supply has given you everything that pertains to life and godliness (**2 Peter 1:3**)

The power of meditation which leads to confession can bring whatever it is that you have constructed in the realm of the spirit right into the natural world.

3. Success and Prosperity

Success and prosperity are very important in life. As a minister, these things should not be mysterious to you because the Lord has revealed the principles leading to them in the scripture. *“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.”* (**Joshua 1:8**). This verse of scripture reveals the recipe for success and prosperity. If you meditate on the Word of God long enough, you will have good success and you will make your way prosperous. Notice that it did not say God will make you prosperous. No! It comes as a result of your meditation. Do you want to have good success and make your way prosperous? Then start meditating on God’s Word.

THE THREE LEVELS OF MEDITATION

The Hebrew word translated “meditate” in Joshua 1:8 is “*hagah*”, and it means “to ponder, to mutter, to roar.” This reveals the three stages or levels of meditation. For further understanding of each of these levels, we will discuss them one after the other.

1. Pondering

The first level of meditation has to do with pondering, which means to revolve in the mind, ruminate or reflect upon. In the context of our discussion, it means to deliberately focus one's mind on God's Word. This is more like brooding in the mind with pictures for the purpose of practice. It describes what Isaac was found doing in Genesis 24:63. At this level of



meditation, you muse on God's Word. This is more like brooding in the mind with pictures for the purpose of practice. It describes what Isaac was found doing in Genesis 24:63. At this level of meditation, you muse on God's Word.

Isaac probably learned this from his father, Abraham, who was a deeply spiritual man. No wonder we see in Genesis Chapter 26, that when everyone was fleeing from Gerar and running to Egypt because of the famine in the land, Isaac received and adhered to the word of the Lord admonishing him to stay put. The Bible shows us that in spite of the severe drought, everywhere Isaac dug, his wells sprang water and when others' crops failed, his were productive. He became so great and prominent in the land that the Philistines envied him. He was a man of great prosperity, but he created it through meditation on God's promise.

2. Muttering

It is noteworthy that meditation does not only refer to pondering, ruminating, or reflecting on something; it also implies muttering the thought under your voice and speaking it out. In other words, you're saying something with your mind focused on it. You're getting your whole system to accept a certain truth. This is the second level of meditation. This is what the Jews do as they stand by the wailing wall of Jerusalem; nodding their

their heads continuously, they mutter the scriptures to themselves. What they're doing is meditating.

God expects us to meditate on the Scriptures. Have times when you sit somewhere all by yourself and continuously mutter Scriptures to yourself.

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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." (Joshua 1:8). God says



you must do this continually if you want to see prosperity and success. You need to talk the Word.

As a minister of God, when you act like the Bible says you should, yours won't always be the cool, calm, quiet and passive Christianity. In fact, sometimes, some folks will think you're out of your mind! God wants you to speak His Word and meditate on it because He knows that as you do, it will get into your spirit and become personal to you. It'll become 'rhema' to you, which is God's specific Word to you, at a specific time, for a specific purpose, and it will accomplish the desired purpose in your life.

3. Roaring

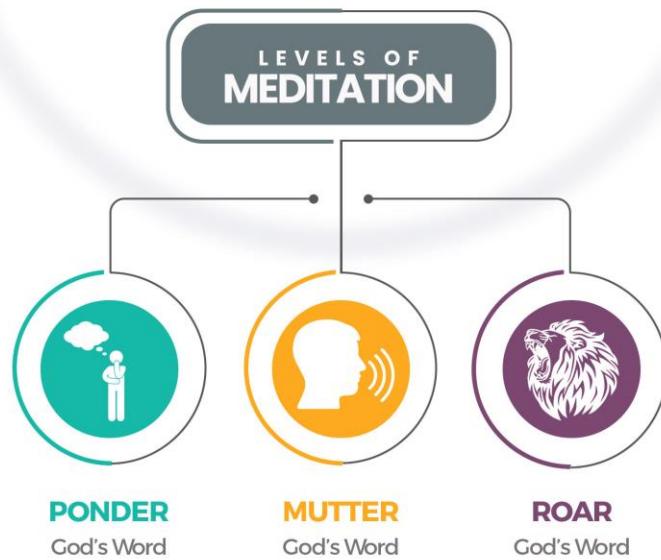
This is the third level of meditation. We started with pondering in your mind and went on to muttering. At those earlier levels of meditation, no one is hearing you but something is happening in your spirit. When you get to this third level, God's Word that you have been pondering over and speaking would have gotten to a stage where you would be shouting it. At this stage, you are drowning every negative voice or picture that negates the Word you have been meditating on.

The scripture that readily comes to mind here is in Isaiah 31:4 *"For thus hath the Lord spoken unto me, Like as the lion and the young lion roaring on his prey, when a multitude of shepherds is called for against him, he will not be afraid of their voice, nor abase himself for the noise of them: so shall the Lord of hosts come down to fight for mount Zion, and for the hill thereof."* As you roar – shouting – God's Word, nothing in the world can take the picture of victory that you have seen from you. It does not matter if physical circumstances say otherwise; the Word has been settled in your heart. Meditation causes you to write God's Word in your heart in an indelible manner. At this point, no person, circumstance or situation can make you believe otherwise. Glory to God!



ACTION NOTE

As a minister, learn to always take advantage of the three levels of meditation revealed to us in the scripture for a successful and prosperous life.



A FINAL WORD

Meditation is the introduction of the Word of God through your mind into your heart. It's not something you do in a hurry, it takes painstaking effort. The human spirit is designed to ingest the word in the same way the physical body is designed to ingest food. Meditation causes the Word to be ingested and become one with you. Once you've completed the construction in the spirit realm, with words and using the three levels of meditation highlighted in this study, you can bring them into the physical.

We trust you have been immensely blessed by this Reading Course and invite you to avail yourself to other insightful courses on our school website, all tailor made to enhance your spiritual growth and equip you with requisite knowledge, such that your results in ministry are pleasing to the Lord and evident for all to see.

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Thank You.