

The logo features a stylized red line-art illustration of a church building with a central steeple and two side towers. Below the illustration, the words "CITY CHAPEL" are written in a red, spaced-out, sans-serif font. Underneath that, "SCHOOL OF MINISTRY" is written in a larger, bold, red, sans-serif font.

CITY CHAPEL SCHOOL OF MINISTRY

DISCIPLESHIP LEVEL – LESSON 5 MEDITATION

Introduction

Now we move into the interesting phase of our discipleship program beginning with the fascinating subject of Meditation. This is becoming a lost art within the Church primarily due to time poverty and attention deficit syndrome in this generation. We will look at how to meditate on two levels; mental and spiritual. To be very effective in your Christian walk, you have to operate on both levels efficiently.

MENTAL MEDITATION

The mind is an incredible machine given to us as a gift by God. It is like a living computer which harnesses data and information beyond any known man-made device.

Think about how much data your brain and mind have stored since you were born! Every smell, touch, sound, taste and sound as well as thought are all stored away in your subconscious mind and brain. The fact that you cannot remember it does not mean it is not stored. Have you ever had the experience of tasting something which opens a portal of memory from your childhood? The taste was stored in your brain or subconscious mind and your taste buds remembered that same taste from years gone by! We are indeed wonderfully and incredibly made as the Psalmist said.

The Greek (meletao) and Hebrew (hagah), words for Meditate collectively mean: to pay careful attention to, ponder on, practise, contrive, recite in the mind, moan, growl, utter, groan, muse, imagine, mutter, plot, to speak.



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A good definition for mental meditation is:

To exercise the muscles of the brain and the capacity of your creative imagination to examine, inquire, focus on and analyse scripture over and over until you transit from information unto understanding.

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

To rightly divide (*orthotomounta*) literally means to “cutting straight”. Surgical precision in presenting and teaching or reading the scriptures. Such correct direct and accurate application of God’s word is the result of diligent study and consistent meditation. The word ‘workman’ means toil and effort. As a good follower of Christ, you MUST apply effort and toil in studying, memorising, reading and searching the scriptures. Give attention to reading (1Timothy 4:13)

Challenge yourself to reading through the whole Bible regularly. Be very familiar with your Bible. Take one version throughout life for memorisation and use several versions for study, research and analysis.

TRY READING OR LISTENING TO THE NEW TESTAMENT IN ONE WEEK!

According to Google, It takes 70 hours and 40 minutes to read the Bible through at “pulpit rate” and aloud. 52 hours and 20 minutes for the Old Testament and just 18 hours and 20 minutes for the New Testament. It takes 4hours and 28 minutes to read the Psalms.

This is merely laying the foundation of the Logos in your mind and thoughts. Has it ever occurred to you the several times you have started out to read the Bible through and stopped? Your flesh, the World and satan are a ‘trinity’



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working against you becoming sharp and full of the Word of God. Somehow you tell yourself, its because you are busy and occupied with good things. Too many Christians are living parallel to their true destinies and identities in God and eternity. It is time to make the shift!!

PRACTICAL STEPS

- Have a clear plan to read the entire Bible
- Choose ONE version for your reading and memorisation
- Tell your spouse or family or loved ones of your plan for accountability
- If possible, get your family involved
- Create an atmosphere for 'bible talk' in your home
- Download the Blue Letter Bible App onto your phone or computer
- Get a notebook or electronic writing journal
- The objective is to get the Word in
- If you fail miserably, start again and don't berate yourself!
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¹⁶ Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. Colossians 3:16

SPIRITUAL MEDITATION

Now that we have looked at Mental Meditation, we will examine Spiritual Meditation. The best way to differentiate the two, is that one operates on the level of the mind whilst the other operates at the level of the spirit. The key difference is that one results in understanding as we have been talking about while the other results in Revelation.

Reading, studying and memorising the scriptures help to train the mind. The brain is filled with Knowledge. The 'big brother' of knowledge however is



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Revelation. Knowledge causes you to think, Revelation causes you to see. Knowledge is easy to forget, while revelation is easy to remember.

One of the best ways I can describe Revelation was the day my eyes were opened to the reality that Jesus was the Christ. I had been told about Jesus over a period of time being in Medical School. I had debated about Islam versus Christianity. Mohammed versus Jesus Christ. I knew about Jesus but I didn't know Jesus.

The fateful night I walked into that village church deep in the West Africa green forests of Western Nigeria. That night the Almighty God began flooding my

heart with the Revelation of Christ as His Son. I heard the sermon of the preacher but I have forgotten what he preached. However, I cannot forget God's words to me that night "receive my Son Jesus". I was filled with the Holy Ghost that night and revelation flooded my spirit.

The entrance of Your words gives light; It gives understanding to the simple. Psalms 119:130

Revelation is spirit to spirit and brings about enlightenment. This knowledge goes beyond mental comprehension. It touches the heart and floods the soul with light.

⁶For it is the God who commanded light to shine out of darkness, who has shone in our hearts to *give* the light of the knowledge of the glory of God in the face of Jesus Christ. 2 Corinthians 4:6

Your eyes are opened to the truth and reality being revealed. You are seeing the information or knowledge with the 'eyes of your heart'.

¹⁷that the God of our Lord Jesus Christ, the Father of glory, may give to you the spirit of wisdom and revelation in the knowledge of Him, ¹⁸the eyes of your understanding being enlightened; that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, Ephesians 1:17-18



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MEDITATION

Knowledge is a fantastic bridge but a lousy destination for spiritual things. Knowledge puffs people up with pride whilst revelation humbles the soul. Meditation is the key to being strong in God and full of His essence and life. The more meditation we do the closer we walk with God and abide in Him.

²¹ He who has My commandments and keeps them, it is he who loves Me. And he who loves Me will be loved by My Father, and I will love him and ²²manifest Myself to him." ²³ Jesus answered and said to him, "If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our home with him.

This is a deeper walk than the average Believer of this age and generation. We are so much in a rush to get things, to reach a goal, to make a living and we fail to 'pause' and take in the reality of God within us.

But his delight *is* in the law of the LORD, And in His law he ²meditates day and night. ³ He shall be like a tree Planted by the ¹rivers of water, That brings forth its fruit in its season, Whose leaf also shall not wither; And whatever he does shall prosper. Psalm 1: 1-3

The LORD *is* my shepherd; I shall not ¹want. ² He makes me to lie down in ²green pastures; He leads me beside the ¹still waters. ³ He restores my soul; He leads me in the paths of righteousness For His name's sake. Psalm 23

CONCLUSION

Meditation is for the Lovers of Christ. It is for those who really want Him and not things from Him. We have to learn to let go of life so that we can find life. Life is much more simpler than we have made it. The cosmos of the world is driving all of us into a frenzy of emptiness and nothingness. All is vanity. It is time to find God in the quietness and peacefulness of meditation and prayer. Will you respond to this invitation?