

A Little Guide To



EFFECTIVE BIBLE MEDITATION



S. Olufemi Babalola

A Little Guide To Effective Bible Meditation

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INTRODUCTION

This book in your hand is a product of a series of teachings in a Christian [WhatsApp Group](#). Every Sunday by 9pm, we share insights from the Word and we are blessed. You can join the group [here](#).

What we have realised is that our generation is experiencing a degeneration. We are becoming more intellectual than spiritual. While there is nothing wrong with being intellectual, we also know that there is a dimension of intellectualism that can only be accessed by the Spirit.

Daniel's excellence wasn't a product of brilliance. He was operating under the influence of the Spirit of excellence. It's why he was called a god.

This is why priority must be given to the development and the nourishment of our spirit

else the mind will become a major hindrance to connecting with the Spirit.

Most Christians find it difficult to differentiate what's coming from the mind from what is coming from the Spirit. So, they cannot discern God's will and God's voice.

Have you been in that situation where so many voices are speaking to you at the same time and you can't distinguish which one is God's voice?

We have grown spiritually when we can distinguish accurately from what's coming from our mind and what is coming from the Spirit.

Unfortunately the church today seems to be turning to a place where our minds are further educated apart from what we get in school and the media, our spirits are not edified. Some churches are simply places where ideas, opinions and motivational talks are presented.

You make a lot of notes, get a lot of ideas and your head is full but your spirit remains empty after church. You are not revived. You know something is still missing. □

So, the challenge is how can I sharpen my spirit? How can I move from the level of an intellectual Christian to a spiritual one?

One of the ways to sharpen your spirit is meditation in God's word and this book is a guide to effective meditation based on the word of God and my own personal experience with God in about 15 years of walk with Him.

You don't have to adopt the method written here but I believe it will serve as a guide as you allow the Holy Spirit to lead you. It is my earnest prayer that this guide will bring a revival to your personal meditation in the Word. May you fall in love again with the Lord and His word again.

May you be revived according to His word
(Psalm 119:25,107).

Chapter One

WHAT IS MEDITATION?

The online Cambridge Dictionary defines meditation as the act of giving your attention to only one thing, either as a religious activity or as a way of becoming calm and relaxed.

Another online dictionary defines meditation as *the process of quieting the mind in order to spend time in thought for relaxation or religious/spiritual purposes. The goal is to attain an inner state of awareness and intensify personal and spiritual growth. In practice, meditation involves a concentrated focus on something such as a sound, image or feeling.* □

Bishop David Oyedepo defines meditation as thinking through the word of God to locate the mysteries within the stories. In other words, Bible stories are no more than tales if you cannot

connect with the mysteries therein. And meditation is the spiritual exercise that helps you to connect with the mysteries in the stories.

I define meditation as the art of reasoning or thinking with God in His Word until your thoughts align with God's thoughts over a situation. □

Isaiah 55:8 says, "**For My thoughts are not your thoughts,**"

In other words, we are not always thinking the way God is thinking in a particular situation. For example, if you feel sick the normal thing to do is to seek medical attention. You are not likely to pray or declare God's word concerning your sickness. It is alright to seek medical attention and we may get healed but we deny ourselves of God's supernatural solutions to our problems by neglecting His word.

God is a Spirit and He offers spiritual solutions to our problems. We are spirits too but we live in an

earth suit, humus. Hence, we tend to think in the natural and only natural solutions to our problems. But through meditation in God's word, our thoughts are upgraded to God's thought.

Meditation is what turns the letter into "rhema". In other words, as you meditate the written word becomes the revealed word; a general word becomes a personal word. It would seem as if the word is directed at your specific situation. □

There is a difference between the Bible and the Word of God. The Bible is the book that helps you gain access into the Word of God. If you aren't getting the Word from the Bible then it is not different from any other book you have in the house. Meditation is that spiritual exercise that helps you get the word out of the Bible.

When you start reading the Bible, it is like cold water. But when you begin to meditate, you

have put the water on fire. Before you know it, the water particles will start "dancing" and begin to boil. The more you meditate, the hotter the word becomes.

If you are familiar with what I am saying, you will realize that when the word becomes hot, you can begin to shout, sing, cry, pray uncontrollably or speak with other tongues. The word at that point is at a higher temperature. It is now meeting a specific need or addressing a particular situation in your life.

You see, meditation is the secret of ministers of God who share God's word with you and you are blessed. Have you wondered why the same word you have read and read and made no sense to you suddenly becomes powerful when a particular minister of God handles it? The secret is meditation. Meditation is the bedrock of a vibrant Christian Life.

In my opinion, meditation seems to be the most important practice for any Christian. Meditation is more important than prayer. The depth of your prayer is determined by the depth of your meditation. Meditation is also what determines the power your prayer can command in the spirit.

Meditation can also determine the length of your prayer. If you have wondered why someone else kept on praying when you had no more words to say, the reason is that there are thoughts from God in the person's heart that you don't have access to. When the devil succeeds in attacking your meditation life, he has succeeded in attacking your entire Christian life.

Joshua 1:8 tells us,

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.

I want you to take note of a few things in this verse;

1. You must meditate day and night in the word. In other words, there shouldn't be a break even when you are not with your Bible. Your mind ought to always be thinking about God and His word.
2. Meditation is what empowers you to do. It says when you meditate day and night; you will be able to observe to do according to all that is written in the law. Most of us know the word but we lack the power to do it. The problem is that we read the word. We sometimes study or

even memorize it but we rarely meditate in it.

Reading will make you familiar with the word. Study will make you know the word beyond familiarity. Memorization will store the word in your head. But only meditation keeps the word in the heart. And only the word in the heart can help you in the day of temptation.

This is why the Psalmist said.

Your word I have hidden in my heart, that I might not sin against You (Psalm 119:11NKJV).

He was kept from sin because the word was in his heart. It wasn't the word in his head that preserved him but the word in the heart. Meditation is the way to get the word into the heart.

I know a brother who can recite the Gospels from memory. He used to do it often when we

were in school. One would expect that he would be great for God. The last time I saw him, I was disappointed. He is still a Christian but I was expecting more from him because of the quantity of God's word he has memorized. So, it is not the quantity of God's word in your head but the quality of God's word in your heart.

Meditation is what brings out the quality in the quantity. As you meditate, you are drawing out value from the word. The ordinary becomes extraordinary.□

John 3:16 is one of the most commonly recited scriptures in the Bible. We have recited it so much so that it looks so ordinary. You might be pissed off if I tell you I want to preach from it. But when you begin to think with God (meditate) in the same word, and the Holy Spirit illuminates it, your life will be completely transformed.

Let me reiterate this again, **never let anything take away your meditation time.**

Chapter Two

EXAMPLES IN MEDITATION

Meditation is the bedrock of all other Christian practices. If you are not praying, check your meditation. If you are not fasting, check it. If you are not giving, evangelizing, check your meditation. If you are sinning, then you are no longer meditating in the word.

Meditation is what takes your prayer life from monologue to a dialogue with God. What most people do is dump their prayer points on God and expect God to answer. We rarely commune with God. We rarely receive immediate feedback. Here are few examples of men who experienced a higher dimension of grace and success through the art of meditation.

DAVID

Meditation is the secret of the success of great men like David and Isaac.

Joshua 1:8 already told us that if we are committed to meditation, we will have good success.

If you check the same Psalm 119 and verses 15, 27, 48, 78, 97, 99, and 148, you will see David's commitment to meditation.

Specifically, verse 97 says,

Oh, how I love Your law! It is my meditation all the day.

This was the secret of David. He is always meditating in the word. It is a break in meditation that gives room to temptation and sinful thoughts. When your gaze is fixed on the word, you become impenetrable for the enemy. Even when David is under pressure to take a decision, he will meditate and consult God first.

And he always comes up with a solution. A very good example was when he came back to Ziklag in 1 Samuel 30 and realized the Amalekites had burned his camp and taken his people captive. Everything was lost. There was practically no hope. These were soldiers but record had it that they cried until they had no more power to cry. They were devastated. David was distressed; his people thought of stoning Him. It was the height of frustration. But then David resorted to meditation. He engaged God in His word.

“But David strengthened himself in the Lord his God. Then David said to Abiathar the priest, Ahimelech’s son, “Please bring the ephod here to me.” And Abiathar brought the ephod to David. So David inquired of the Lord, saying, “Shall I pursue this troop? Shall I overtake them?” And He answered him, “Pursue, for you

shall surely overtake them and without fail recover all.” 1 Samuel 30:6-8

If we can engaged God thinking through with Him in His word with every sense of focus, we can always download His mind concerning a situation. There is a word from the Lord concerning every situation. He has answer for every question; a solution to every problem. When David acted on what God told Him, the results was phenomenal.

So David recovered all that the Amalekites had carried away, and David rescued his two wives. 19 And nothing of theirs was lacking, either small or great, sons or daughters, spoil or anything which they had taken from them; David recovered all. 1 Sam 30:18-19

May there be a revival to our meditation lifestyle in Jesus name.☐

ISAAC

Meditation was the secret of Isaac's breakthrough in Gerar. There was a great dearth in the land and he was thinking of going to Egypt just like his father.

In Genesis 26:2-3, the Bible says,

Then the Lord appeared to him and said: “Do not go down to Egypt; live in the land of which I shall tell you. Dwell in this land, and I will be with you and bless you; for to you and your descendants I give all these lands, and I will perform the oath which I swore to Abraham your father.

By the time you get to verse 12-14, Isaac had become strikingly rich. He was so rich the Philistines envied him. He planted in famine and reaped a hundredfold. □

Was rain falling specifically on Isaac's farm? No!
Was it a miracle? Not really!

So, how did Isaac get this breakthrough? I believe it was through meditation. From verse 15, the Bible told us that the Philistines began to stop Isaac's wells. Why? I believe these were the wells from which Isaac irrigated his farm. As he was meditating, the Lord gave him the idea and it worked.

Isaac was committed to meditation. He was coming from the place of meditation the day his wife arrived.

Now Isaac came from the way of Beer Lahai Roi, for he dwelt in the South. And Isaac went out to meditate in the field in the evening, and he lifted his eyes and looked, and there, the camels were coming (Genesis 24:62-63).

In the place of meditation, Isaac got an answer to his desires before God. Maybe you need to

take a break and begin to think with God on that issue in your life. The solution may not be to jump into prayer but to find a quiet place and meditate.

JOSEPH, THE HUSBAND OF MARY

Joseph was in crisis. His fiancée was impregnated by another man. This was his thought. He could not have thought of any other thing. Never has it been heard that a woman got pregnant by the Holy Spirit.

They had fixed the wedding date. Invitation cards were out and alas Mary had become pregnant. The young man was traumatized. He had been betrayed. And he made up his mind he was going to quit secretly.□

“But as he was thinking this over, behold, an angel of the Lord appeared to him in a dream, saying, Joseph, descendant of David, do not be afraid to take Mary [as] your wife, for that which

is conceived in her is of (from, out of) the Holy Spirit” Matthew 1:20 AMP.

Take note, Joseph didn't fast and pray about it. The Bible said he was "thinking this over". And while he was doing that, God spoke to Him. God often has more chance to speak to us in meditation than when our mind is agitated in prayer.

Isaiah 30:15 says,

For thus says the Lord God, the Holy One of Israel: “In returning and rest you shall be saved; in quietness and confidence shall be your strength.” But you would not.

Take note of quietness and confidence. God said there is strength in it.

We must never trade away that daily time of meeting God in meditation.

Don't forget, meditation is reasoning or thinking with God in His Word until your thoughts align with God's thoughts over a situation.□

I wouldn't know what you are going through but I can assure that God has a word or an answer for you if you can make time out with him on the matter in meditation. May the Lord help you.

Chapter Three

TIPS FOR EFFECTIVE MEDITATION

God's word is God's thoughts. Hence when we meditate in it, our thoughts are upgraded to His. The more you meditate, the more you think and see things the way God sees and thinks. □

Someone said, "The only and the best alternative to medication is meditation".

In other words, meditation has therapeutic powers. First, your mind is healed. Then the healing of your mind brings healing to your body. This is why there is a need for constant renewal of our mind through meditation in the word. □

So, how can you have an effective and productive MEDITATION?

You may already be practicing meditation but I can assure you that what you are about to learn will supercharge your meditation life.□

LOCATE A QUIET PLACE:

This is very important. You cannot get the most out of your meditation if your environment is noisy.

When I was on campus, I used to go into the bush to meditate. I often leave my roommate in the room and I will go to a faraway place to think and reason with God in His word. The presence of people disturbs me when I am meditating. By getting alone in a quiet place, you have created an environment that helps you focus maximally on God.

If you cannot get a quiet place, you can target a quiet time. For example, it is always quiet late in the night or early in the morning. Most people are inactive. Sometimes you may need to

adjust how you sleep so you can have a quiet time to meditate. Sleep when others are awake, then wake up and meditate when others are sleeping. □

Genesis 24:63 says,

"And Isaac went out to meditate in the field in the evening, and he lifted his eyes and looked, and there, the camels were coming."□

Take note of what Isaac did so that he could have an effective meditation. He went out. He left where people are so that he can get alone. You must learn how to withdraw from people so you can be alone.

Then, he went to a field; a place where the grass is green. There is a way nature helps inspiration. Places like rivers, field, mountains, etc are good places to meditate. Then Isaac went in the evening; a time when the sun is setting and it is becoming dark. All these are

geared towards attaining serene environment that elicits effective meditation. You must attain both external and internal quietness for you to trap the still small voice of God.

Again, Isaiah 30:15 says,

For thus says the Lord God, the Holy One of Israel: “In returning and rest you shall be saved; in quietness and confidence shall be your strength.” But you would not.

Your strength is in quietness!

AVOID ALL DISTRACTION

Every form of distraction must be avoided. The number one distraction for most people today is their smartphones. Smartphones can drive a wedge between you and God. Phones can become a god that competes with God in your heart. People can spend hours with the phone

but find it difficult to stay with God for 30 minutes.

I am learning not to wake up and start pressing the phone in the morning. It can disrupt the whole day. Most of the time, I don't even want to check the Bible on the phone. I can get distracted by notifications. If you must use your phone, then put it in airplane mode. You can also block social media app so they don't get you distracted.

Another distraction can be the way your room or place of meditation is arranged. You must learn to organize your physical space because physical clutter can distract and cause mental clutter. You need to be mentally alert for effective meditation. I believe part of the reason Isaac went out was to avoid distraction. I find it hard to concentrate in meditation when I am surrounded by people. So, I often withdraw. You might need to do the same too.

BEGIN WITH PRAYER

A simple prayer before you start meditating goes a long way. It takes you from depending on your own mental powers and analytical mind to trusting the Holy Spirit for His mind. If you don't depend on God through prayer, you might as well come up with thoughts that complicate your problems. The Bible is not a book you can understand with your carnal mind, you need the Holy Spirit. He is the Author, not Peter, Paul or Moses.

“Knowing this first, that no prophecy of Scripture is of any private interpretation, for prophecy never came by the will of man, but holy men of God spoke as they were moved by the Holy Spirit.” 2 Peter 1:20-21

So, pray before you start. Look at David's prayer each time he wants to read the word in Psalm 119:18,

"Open my eyes, that I may see wondrous things from Your law."

He knew that if the Lord didn't open his eyes, he would look into the word with his natural mind. This won't bless him.

CLEAR YOUR MIND OF HATE, ANGER, BITTERNESS, WORRY OR ANY OTHER THING THAT WILL HINDER THE WORD.

When your mind is filled with these, you cannot have the best from the word. You will be beclouded. Your spirit will not be released to get the best from God.□

James 1:21 says,

"Therefore lay aside all filthiness and overflow of wickedness, and receive with meekness the implanted word, which is able to save your souls."

You cannot receive the implanted word when your heart is filled with a lot of filth and wickedness. The best way to do this is to confess them when you begin to pray. Simply tell God that you are giving them up so you can receive His best. Do it sincerely and wholeheartedly. You cannot expect to receive from God when there is an unsettled matter between you and Him.

He who covers his sins will not prosper, but whoever confesses and forsakes them will have mercy. Happy is the man who is always reverent, But he who hardens his heart will fall into calamity. Proverbs 28:13-14 NKJV

"Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift. Matthew 5:23-24 NIV

MAKE YOUR GREATEST AND PRESSING NEED THE FOCUS OF YOUR MEDITATION

The best way to get the most out of your meditation is to make your pressing need the focus of your meditation.

Have you ever been in that position in which you meditated in the word before leaving home but you felt odd all day?

You are not happy. It all seemed as if you didn't meet God. What I have realized is that most people meditate in the word contrary to the pressing need in their lives. What is the point meditating on marriage when your greatest need is meeting your financial needs.

You shouldn't be meditating on divine healing when the need in your life is overcoming sin. You won't be blessed. It will look like a routine. You will do it because you had to do it.

And this is what I see most Christians do in their quiet time. It is not refreshing or dynamic. What the author of the devotional discussed is not the pressing need in their lives. They only became biblically educated, they are not blessed.

This is one reason why I rarely use devotionals. I realized what the devotional discussed is not the need in my life at the moment. So, what's the point of talking about divine provision when I am struggling with a sinful habit? So, I prefer going straight to the word and looking for those scriptures that talks about my need. This is not an attempt to discredit devotionals. There is always the place of reading and using Christian books and resources. They have been a great blessing to the body but there comes a time when your soul wants more and you don't need an intermediary.

Don't forget that we defined meditation as **the art of reasoning or thinking with God in His Word**

until your thoughts align with God's thoughts over a situation.

There is a situation in my life and I am looking for God's solution on the matter. And I do not think there is a single day we don't have an issue to deal with.

If I cannot get an answer yet, I will keep on thinking with God in His word until I find a solution. Imagine Joseph thinking about revival in Jerusalem when his fiancée had just been impregnated a few days to their wedding.

That will be silly. Instead, Joseph began to think about it. Perhaps, he began to think about all his convictions about Mary being the will of God for his life. He began to think about Mary being a well-cultured girl and how on earth Mary will do such a thing.

The Bible then tells us that;

**“While he thought about these things, behold, an angel of the Lord appeared to him in a dream, saying, “Joseph, son of David, do not be afraid to take to you Mary your wife, for that which is conceived in her is of the Holy Spirit”
Matthew 1:20.**

Perhaps, the reason you are not getting answers is that your meditation time is only religious; you are not engaging God on the pressing issues in your life. While Joseph meditated on the greatest need in his life, the answer came.

If you need money, then make that the focus of your meditation. Read Scriptures about divine provision. As you do, God will speak to you. He will lead and direct you on what you need to do. If your challenge is marriage, make it the focus of your meditation. It is impossible for you not to come out blessed if you approach your meditation this way.

BE SERIOUS, SINCERE AND BELIEVE GOD

Desperately desire to meet God. Let there be a hunger in your heart to find answers to the questions bothering your heart. Believe that God will lead and guide you according to His Word. Have faith in Him. Trust Him absolutely for direction and solutions. Don't give room for doubt or any other alternative in your heart as you approach God in meditation.

“But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him” Hebrews 11:6.

START YOUR MEDITATION BY CONVERSING WITH GOD IN YOUR HEART

God is very close to you.

Acts 17:28 says,

“...for in Him we live and move and have our being, as also some of your own poets have said, ‘For we are also His offspring.’

In other words, God is not far away. His Spirit lives right within you. Begin to talk to Him as a friend in your heart. Remember I said that you need to make your pressing need the focus of your meditation. If your pressing need is the focus of your meditation, it will bother you and it will be easy to talk to God about it.

As you do this, His word will begin to flood your soul. You will begin to remember Bible stories that are related to your situation. His Spirit will begin to bring to your remembrance God's promises. This will be more so if you have been a Bible student. It will not be difficult for God to use His word to speak to you. As you do this, you will be led to find where these words are in the Bible. A particular passage may be strongly impressed on your heart. That's where to go. In

case you are not familiar with scriptures that are related to your condition, you can use concordance or Google to find scriptures that speak about your need. This is important.

I will take you back to the case of Joseph in the Bible.

But while he thought about these things, behold, an angel of the Lord appeared to him in a dream, saying, “Joseph, son of David, do not be afraid to take to you Mary your wife, for that which is conceived in her is of the Holy Spirit. Matthew 1:20.

I believe that thinking was a kind of conversation in Joseph's heart with God. And it was while he thought that God spoke to Him.

HANG ON EVERY WORD

As you meditate on the word, take note of every word in the verse or passage including

the comma and full stop. Everything is powerful; that was what Mary did.

The Message translation of Luke 10:39 says, **"Mary, who sat before the Master, hanging on every word he said."**

So, take note of every word. Hang on every word. Take God at every of His word. A particular word can give you the breakthrough you need. For example, I was meditating on 1 Kings 6:7 recently and a particular word became a serious burden in my heart.

"And the temple, when it was being built, was built with stone finished at the quarry, so that no hammer or chisel or any iron tool was heard in the temple while it was being built."

The word "finished" was the word. The Lord began to show me that He is not done with me yet. He hasn't completed what He is doing in my life.

I realized that there are so many things that are not finished yet. You know there is a way you can have a pseudo sense of arrival. You think you have overcome that sin or habit until you fall into it again. You are not finished yet. Some of us are not ready for God's building site. God cannot use us. We need to be taken back to the quarry. God needs to use some hammer, chisel on those habits and addictions. We are not finished yet. You see why it's important for you to hang on every word?

I will give you two more scriptures on this.

Matthew 4:4 says, "***Man shall not live by bread alone, but by every word that proceeds from the mouth of God.***"

Take note of "every word," the Bible says you live by **every word**.

Matthew 5:18 says, "***For assuredly, I say to you, till heaven and earth pass away, one jot or one***

tittle will by no means pass from the law till all is fulfilled."

God is committed to every jot and tittle of His word. This is why you need to hang on every word of God. Be detailed with God's word. Be keen. Process every word of God with your mind and spirit.

MEDITATE ON A VERY FEW PORTION OF THE SCRIPTURES.

I am not always after a large junk of the word. If you want to hang on every word, you cannot take a large portion of it at a time. I deal with a few verses. Sometimes, it can even be a verse or a line in a verse. That's how to have the best of the word.□

What's the point reading so much but assimilating so little. You can, however, read passages before and after the portion you want to concentrate on. This is to enable you to

understand the context of the word. So you don't misinterpret what God is saying. But make sure you focus only on a little portion of the scriptures.□

USE DIFFERENT VERSIONS OF THE BIBLE.

It will aid your understanding. When you read the same truth in a different way, it increases the depth of your understanding. Thank God for Bible apps. You have access to limitless versions of the word. You don't have to buy the hard copies. The only challenge is for you to be disciplined enough to focus on the Bible alone. Let me say this, KJV doesn't make you super spiritual. Spirituality is not in thou, thee, ye, hath, and all those archaic English words

So, use other versions. That's why there is the New King James Version. It's difficult to sometimes understand KJV. You may give the word a wrong meaning. I still use KJV but it is not

my primary Bible version. NKJV is basic for me. Some of my favourite alternative versions include; The Message, The Voice, Easy To Read, Amplified, Amplified Classic, J. B. Phillips, Living Bible and New Living Translation.

GO WITH YOUR PEN AND PAPER.

Write down the insights God is giving you. By paper, I am not talking about those jotters you collect as souvenirs from weddings, birthdays and funerals. I am talking about designated and quality journals.

For more than a decade, I have consistently kept journals of the insights God is giving me from His word. This is a long higher education hardcover notebook. I have a number of such journals in my library.

The following are reasons you need to write down the insights you are receiving from the word;

- a. **Clarity:** The more you write, the clearer the word in your heart. The word breaks forth as you write.

- b. **Healing:** There is the therapeutic benefit of writing. You will be healed in your mind and spirit as you do so.

- c. **Reference:** What is written becomes a reference in the future. You can take God's word back to Him in seasons of challenges.

- d. **Remembrance:** We all have limited memory but by writing down what God is telling you, it becomes impossible to forget. You will remember as you go back and read.

- e. **Focus:** When you write you are focused. Writing concentrates your energy on what you are doing.

- f. **Accountability:** You are more responsible when you write things down. You become more committed when it is written.

So, write what God is telling you down. God will take you more seriously when you write. I believe the Psalms were David's devotional notes. Imagine if they were not written. All those amazing and inspiring prayers would have been lost. Imagine going to class and you don't have a pen and your notebook. If you are serious with your meditation time, you will write. And the kind of notebook you use is a reflection of your seriousness.□

FLOW WITH THE MOVE OF THE SPIRIT.

Don't be rigid. The things I have shared with you here should be subjected to the leadership of the Holy Spirit. He is the ultimate.

You may not end up with what you set out to meditate upon most of the time. If you always end up with your plan in God's presence, then maybe you are only using your mind. God is not speaking to you. Be open to what God might want to show you in His word. He may begin to call your attention to something else as you meditate. Flow with it.

May God bless you.

Chapter Four

WATERING THE WORD, A MUST!

There is one thing you must do to make the most of your meditation. If you don't do it, you will waste your meditation

Have you ever been in this situation? While you were meditating, you got a Scripture and you felt God has spoken to you but later another scripture came to your mind on the matter that seems contradictory and you became confused.

There are moments when you are not sure again you are hearing God because the words you were receiving seems to be going against itself. This happens because one thing most of us don't do or we don't do well after meditation.

We don't pray or we don't pray enough over what we have received in the word.

1 Corinthians 3:6, says,

"I planted, Apollos watered, but God gave the increase."

Take note of three things in that verse;

- a. The Planting
- b. The Watering
- c. The Increase

Meditation is the planting. When you meditate, you are planting God's word in your heart. The Bible calls God's word **seed** (Matthew 13:18-23). The word is also called **the implanted word** (James 1:21). So, meditation is the planting.

Most of us simply plant and expect the increase without the watering. We then wonder why we didn't see the increase. There was no watering.

Prayer is the watering. The more you water the word in your heart with prayer, the more likely are you going get results.

When you water the word in your heart with prayer, it has the chance to germinate, grow and produce fruits. It is the lack of watering that makes us think what we read in the word of God cannot be experienced in the contemporary world.

Most of us lack the power to practice what we read in the word. We know the truth but we can't live it. The truth is not setting us free. The seed of God's word dies in our heart because it is not watered with prayer. God will not be able to bring increase to His word in your heart when you don't **sufficiently** pray over it.

This is why watering is extremely important. Watering is what transforms promises to

performance. Watering in prayer brings prophecies to fulfilment.

Watering in prayer is what brings clarity on what God is saying to you when there are contradictory scriptures. Watering the word in prayer takes you deeper in the understanding of the word. Watering the word in prayer helps you to get focused on what God is saying exactly to you.

When you don't sufficiently pray over what has been meditated over, it is like eating without taking water. You may have constipation. The food won't get down. You won't feel fine though you have eaten.

How often we get tempted to rush out as soon as we are done with meditation! And when we pray sometimes, we rush it over. We don't pray deep and heartfelt prayer on the word.

Your spiritual system will not assimilate the word if you don't pray enough on it. Prayer is what releases the spiritual digestive enzymes the word needs to be broken down and become useful to the spirit being.

You need to take time to pray so you can effectively process what you have meditated upon in the spirit.

Meditation and watering with prayer are sometimes simultaneous exercises. You don't have to wait until the end. Sometimes you pray as you meditate then pray over all you have thought about at the end.

You also need to be sensitive to when you need to stop and start praying. Don't insist on getting to an end you set for yourself when the Holy Spirit is already mobilizing you to pray. If you don't key in immediately, you will lose the spirit of prayer and when you lose it you may not get

it back when you need it. Let the Holy Spirit coordinate.

ABOUT THE AUTHOR

S. Olufemi Babalola is an enthusiastic writer and inspirational speaker who is passionate about helping people develop sound spiritual lives, discover and fulfil their God-given purpose, and live productively while maintaining wholesome relationships.

He loves sharing the Word and spreading the knowledge of the Truth as the critical solution to personal, family, corporate and societal ruin. He believes that everyone ought to live a well-rounded life. We ought to experience rest on every side of our lives. Unfortunately, this is rarely so because there is a lack of knowledge. The lack in our lives is not the lack of resources but the lack of information required to obtain the resources. People are destroyed for the lack of knowledge.

'Femi writes and speaks with the hope that people will find this knowledge and gain access

to all the resources that are already theirs. He earnestly yearns for that day when the earth shall be filled with the knowledge of the glory of the Lord just as the waters cover the sea (Habakkuk 2:14).

He is the editor-in-chief of *Fresh Bread*, a top-notch inspirational magazine that is focused on helping people experience God's life in the Word. He also publishes a monthly prophetic e-bulletin, *The Working Word*, which is designed to help people keep hope alive in the face of daunting life challenges.

Femi has written so many articles, manuscripts, studies, and tracts, and his writings continue to inspire several lives. He is a guest writer for a number of print and electronic media, and he also speaks in churches and conferences as opportunities unfold. He is the author of *Step Out*, a book designed to help you ditch your

fears and inspire you to pursue the purpose of God for your life.

Send him a [message](#) on how to get the book.

[Join](#) the host of others who receive latest updates, FREE resources, and notifications of articles on Spirituality, Purposeful Living, Productivity and Relationships from him.

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JOIN THE CHALLENGE

It can be a herculean task developing a habit especially a spiritual one. This is more so if you have not been practicing meditation at all.

With this in mind, I have organized a 21-day Bible Meditation Challenge between Thursday 15th November and Wednesday 5th December, 2018. This challenge will provide an atmosphere of encouragement, responsibility and accountability that you need to develop or strengthen your life of meditation.

We believe that a daily habit of Bible meditation would have been imbibed after these 21 days and you will be well off to stand on your own.

Your love for the Lord and His word will be revived. You will find it difficult henceforth to go a day without the Word.

You will find answers, insights and breakthrough to long standing issues in your life from the Word. So, connect this challenge to specific needs in your life so as to make the most of it. What things do you trust God for? In what areas do you need to know God's will? Do you trust Him for directions? Make these the focus of your meditation. Desperately desire that you will find answers in these 21 days. Begin to make a list of pressing needs in your life, then decide on the ones that are most important and needs urgent attention.

You will be expected to select scriptures for meditation in line with these needs and trust God for revelation and answers.

You will have to decide on a specific time and location you will be having your daily meditation. Deciding on specific time and location will help you imbibe the habit faster. Stick to it except you have to travel.

You will be expected to buy a hard cover note book where you will write down insights you are receiving from the word. You will have to show the hard cover book on the WhatsApp Group. If you have one already, you can use it.

You will be expected to share your experience everyday in the group. There is no room for silence. Please don't join if you are not ready to share your experience with others. To share your experience, use this format,

#Day1

#BibleMeditationChallenge

Today, I read and meditated on Matthew 1:20. The Lord showed me that... and so on.

Your name

Make it simple and brief. The purpose is for accountability.

There will be an ongoing prayer support for every participant and an opportunity to get

help through calls or chat in case you are having challenges.

You can also tell your friends or family members about the challenge so they can hold you accountable.

If you are ready to abide by these simple rules, kindly join the challenge [here](#).

JOIN THE CHALLENGE