



## Section 1 Lesson 10: Meditation Principles, Learning to Memorize

### This Lesson Will Focus On:

1. What is Meditation and its Purpose?
2. Meditation Prerequisite: You Must Give God Your Whole Heart
3. Creating the Appropriate Atmosphere for God to Inhabit
4. Required Principles: Memorization

(See right side of each page & Page 7's Sectional Breakdown for the student verbal presentations...1-12)

### 1. What is Meditation and its Purpose?

Meditation: to engage in thought or contemplation; reflect.

Synonyms: [think](#), [study](#), [cogitate](#), [ruminate](#), [muse](#), [ponder](#)

**DEFINITION:** Meditate means to murmur, in pleasure or in anger. It further means to **muse, ponder, speculate, think, study, brood over, and contemplate**. It is a **concentrated, repeated thinking** on specific items of thought. It requires **prioritization, intention, and time**. Thoughts would be **spoken out, murmured** and even at times **hummed or put with music**. Meditation on the word, statues, precepts, commandments and testimonies revealed in scripture has not been suggested by God, **but commanded**. All of the people used mightily in scripture did so; David and Joshua were good examples See Joshua 1:8 and Psalm 1:1-3: **EXAMPLE:** take the following scripture and memorize it;

**Meditation's purpose is to restore fallen mankind's thinking to God's thinking. The purpose of our having God's thoughts is so that we can do the SUPERNATURAL things God has called us to manifest!**

When man was made, he was made in God's image and had God's thoughts because he was one with God. Mankind originally was free from the sin state, and therefore, never had to pray, fast or meditate; because of his being one with God, he had God's thoughts and ways. Think about that for a while. \_\_\_\_\_ . When God told Adam to give the animals their name, what this meant was to **speak-create into the animals their nature**, just as God had done for man. Adam hearing God's thinking because he was one with God, knew God's thoughts of what He wanted in each animal and decreed, declared, spoke-it into being in each animal. Note the scripture says, *Genesis 1:19 (God's Word Translation) The LORD God had formed all the wild animals and all the birds out of the ground. Then he brought them to the man to see what he would call them. Whatever the man called each creature became its name.* \_\_\_\_\_

Sin separated man from God **and therefore in the same way man became separated, he (2) had to reverse it, to come back into the Kingdom of God to receive God's thoughts**. He had to repent of how he was in a *fallen-thinking-state* and then seek, focus, and grab hold of

God's spoken word, focus on it until it changed his mind, and wait for God to **open-up revelation and belief** on the thoughts of God that had become foreign to man's thinking, understanding and behavior. (this is called repentance, see Proverbs 1:23 and 2 Chronicles 7:14, and the renewing of the mind, Romans 12:2), *Proverbs 1:23 Turn you at my reproof: behold, I will pour out my spirit unto you, I will make known my words unto you.* Therefore, Adam had to go through a far greater process to come into the same thoughts and ways as God had, to do God's will in the earth. **This, before sin's rebellion of Adam, was the norm.** But now, in a fallen state, Adam had to work to get back into right relationship, with God to receive God's secrets, that we call revelation from his fallen mind and ways. (*Seeking God's word, memorizing it, focusing, focusing, speaking it aloud repeatedly, repenting of how one had been thinking and acting...then God releases His Spirit to make known and impregnate His thoughts into R..E..V..E..L..A..T..I..O..N!!*)

## **2. Meditation Prerequisite, You must Give God Your Whole Heart!**

*Deuteronomy 6:4 Hear, O Israel: The LORD our God is one LORD: 5 And thou shalt love the LORD thy God with all thine heart, and with all thy soul, and with all thy might.*

*Matthew 6:33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.*

*Matthew 22:37 Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. 38 This is the first and great commandment. 39 And the second is like unto it, Thou shalt love thy neighbour as thyself. 40 On these two commandments hang all the law and the prophets.*

*Luke 17:20 And when he was demanded of the Pharisees, when the kingdom of God should come, he answered them and said, The kingdom of God cometh not with observation: 21 Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you.*

These 4 scriptures underline the importance and value that God considers regarding all people and their relationship with Him as it relates to Him being **PRIORITY** in their lives! When God sent His prophet Samuel to Jesse's house to anoint the new king of Israel, Jesse brought forth 7 sons. The first son Eliab, was tall, dark and handsome, smart, etc.; but God rejected him from being king because as he told Samuel, He looks at the inside of us not the outside; He looks at the heart. *1 Samuel 16:3 And call Jesse to the sacrifice, and I will shew thee what thou shalt do: and thou shalt anoint unto me him whom I name unto thee. 4 And Samuel did that which the LORD spake, and came to Bethlehem. And the elders of the town trembled at his coming, and said, Comest thou peaceably? 5 And he said, Peaceably: I am come to sacrifice unto the LORD: sanctify yourselves, and come with me to the sacrifice. And he sanctified Jesse and his sons, and called them to the sacrifice. 6 And it came to pass, when they were come, that he looked on Eliab, and said, Surely the LORD's anointed is before him. 7 But the LORD said unto Samuel, Look not on his countenance, or on the height of his stature; because I have refused him: for the LORD seeth not as man seeth; for man looketh on the outward appearance, but the LORD looketh on the heart. 8 Then Jesse called Abinadab, and made him pass before Samuel. And he said, Neither hath the LORD chosen this. 9 Then Jesse made Shammah to pass by. And he said, Neither hath the LORD chosen this. 10 Again, Jesse made seven of his sons to pass before Samuel. And Samuel said unto Jesse, The LORD hath not chosen these. 11 And Samuel said unto Jesse, Are here all thy children? And he said, There remaineth yet the youngest, and, behold, he keepeth the sheep. And Samuel said unto Jesse, Send and fetch him: for we will not sit down till he come hither. 12 And he sent, and brought him in. Now he was ruddy, and withal of a beautiful countenance, and goodly to look to. **And the LORD said, Arise, anoint him: for this is he.** 13 Then Samuel took the horn of oil, and anointed him in the midst of his brethren: and the Spirit of the LORD came upon David from that day forward. So Samuel rose up, and went to Ramah.*

Therefore, as we focus on the Lord God Almighty through His Son Jesus, and put Him, make Him, apply in our lives His priority, in our daily living, God sees by His Spirit, our thoughts and heart and when you make Him first literally... He puts you first in every issue in life! This is the test that manifests in your life...if He's first, He makes you first! .....

## **B. God's Guidance In Our Lives, By His Spirit, As we Put Him First**

*Jeremiah 29:11 For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.*

*Psalms 32:8 I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye.*

*Proverbs 3:5 Trust in the LORD with all thine heart; and lean not unto thine own understanding. 6 In all thy ways acknowledge him, and he shall direct thy paths.*

Years ago, while employed at the post office, I had a position that put me in charge of all of the district's large post offices. I had just come out of a position as Postmaster of a large office that had responsibility of the cities of Wayne, Westland and Canton MI. In that position, as I followed the Lord, I had experienced tremendous success. I was then placed in a position that was over all of the large suburban post offices; and things weren't going as well. I asked the Lord what was the problem, seeing that I was following His directions found in Psalm 1? A few days after my asking the Lord this, while busy on an assignment at the church preparing for a speaker that was coming in for the weekend at our local church, the Lord spoke very clearly to me and stated thusly, "you have taken care of my business, I will take care of yours!" Shortly after that, everything turned around in my position over those large offices and I began experiencing once again, tremendous success. A few months later, I was put in charge of a higher position as the acting postmaster for the city of Detroit and 14 other cities.

The Lord, in following Jeremiah 29:11, will always lead His people, who have put in first place in their lives, by His word into those things that he has preordained for you to do. He says very clearly in *Ephesians 2:10 For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.* .....

### **3. Creating the Appropriate Atmosphere for God to Inhabit**

*Psalms 100:1 Make a joyful noise unto the LORD, all ye lands. 2 Serve the LORD with gladness: come before his presence with singing. 3 Know ye that the LORD he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture. 4 Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name. 5 For the LORD is good; his mercy is everlasting; and his truth endureth to all generations.*

*Matthew 6:9 After this manner therefore pray ye: our Father which art in heaven Hallowed be thy name.*

*John 4:22 Ye worship ye know not what: we know what we worship: for salvation is of the Jews. 23 But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him. 24 God is a Spirit: and they that worship him must worship him in spirit and in truth.*

**As we 1<sup>st</sup>. establish God's atmosphere in Joy, Gladness, Singing, Thanksgiving and Praise, while being Thankful and Blessing His Name (Mt. 6:9 & Ps. 100); which is empowered by the outpouring of the Holy Ghost; we're enabled to Pray**

**from the “Presence of God,” through His thoughts; therefore, we pray from Victory’s glory which is His will!**

Let’s look closer at these statements. Jesus said in *Matthew 6:9* *After this manner therefore pray ye: our Father which art in heaven Hallowed be thy name.* The meaning of Hallowed is: **G37 hagiázō**, hag-ee-ad'-zo; from **G40**; to make holy, i.e. (ceremonially) **purify or consecrate**; (mentally) to venerate:—hallow, be holy, sanctify.

I. to render or acknowledge, or **to be venerable (commanding respect because of great age or impressive dignity; worthy of veneration or reverence, as because of high office or noble character)** or hallow II. to separate from profane things and dedicate to God 1. consecrate things to God 2. dedicate people to God III. to purify 1. to cleanse externally 2. to purify by expiation: (expiation = 1. the act of expiating. 2.the means by which atonement or reparation is made) free from the guilt of sin 3. to purify internally by renewing of the soul.

We can “*venerate or make one holy*” through congratulations and or adoration; this equates to praise. Praise, singing, clapping joyously, dancing, utilization of various musical instruments, poems, songs for the purpose of lifting-up God’s name and great and wonderful Almighty nature!

Worship is awe, adoration, devotion, homage, adulation, exaltation, glory, honor, praise, prostration, regard, respect, reverence, service, supplication and veneration towards and to God Almighty!

Worship: **G4352 proskynéō**, pros-koo-neh'-o; from **G4314** and a probable derivative of **G2965** (meaning to kiss, like a dog licking his master's hand); to fawn or crouch to, i.e. (literally or figuratively) prostrate oneself in homage (do reverence to, adore):—worship.

I. to kiss the hand to (towards) one, in token of reverence II. among the Orientals, esp. the Persians, to fall upon the knees and touch the ground with the forehead as an expression of profound reverence III. in the NT by kneeling or prostration to do homage (to one) or make obeisance, whether in order to express respect or to make supplication 1. used of homage shown to men and beings of superior rank 1. to the Jewish high priests 2. to God 3. to Christ 4. to heavenly beings 5. to demons. ....

*Psalm 22:3 But thou art holy, O thou that inhabitest the praises of Israel.* Take note, when we praise God, He comes and lives and moves through and in His character in our praise and worship towards Him!

*1 Samuel 16:23 And it came to pass, when the evil spirit from God was upon Saul, that David took an harp, and played with his hand: so Saul was refreshed, and was well, and the evil spirit departed from him.*

*2 Chronicles 20:20 And they rose early in the morning, and went forth into the wilderness of Tekoa: and as they went forth, Jehoshaphat stood and said, Hear me, O Judah, and ye inhabitants of Jerusalem; Believe in the LORD your God, so shall ye be established; believe his prophets, so shall ye prosper. 21 And when he had consulted with the people, he appointed singers unto the LORD, and that should praise the beauty of holiness, as they went out before the army, and to say, Praise the LORD; for his mercy endureth for ever. 22 And when they began to sing and to praise, the LORD set ambushments against the children of Ammon, Moab, and mount Seir, which were come against Judah; and they were smitten. 23 For the children of Ammon and Moab stood up against the inhabitants of mount Seir, utterly to slay and destroy them: and when they had made an end of the inhabitants of Seir, every one helped to destroy another. 24 And when Judah came toward the watch tower in the wilderness, they looked unto the multitude, and, behold, they were dead bodies fallen to the earth, and none escaped. 25 And when Jehoshaphat and his people came to take away the spoil of them, they found among them in abundance both riches with the dead bodies, and precious jewels, which*



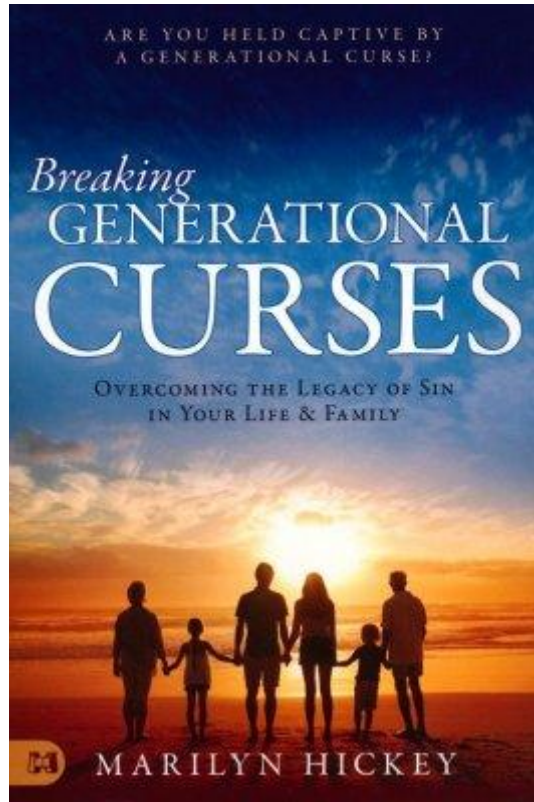


**1 Timothy 4:15 (NIV) Be diligent in these matters; give yourself wholly to them, so that everyone may see your progress.**

## **References**

### ***Breaking Generational Curses: Overcoming the Legacy of Sin in Your Life and Family***

By: [Marilyn Hickey](#)  
sometimes baggage in you and those you love  
*Generational Curses*, freedom and release spiritual bondage, once  
**Refuge Ministries Book**



God has great plans in store for you, but the form of generational sin could hold back from reaching them. In *Breaking* Marilyn Hickey teaches how Jesus offers from every form of emotional and and for all. \$15.49 (**\$10.00 at Grace Store**)

### ***Sections 9 Student Presentation Assignments***

- (9) In the book *Breaking Generational Curses*, pages 7-8 stopping at the end of Deuteronomy 7:9.**
- (10) In the book *Breaking Generational Curses*, page 8, from “Do you want to be blessed” to end of page 9.**
- (11) In the book *Breaking Generational Curses*, pages 10-12, charts 7 & 8.**
- (12) In the book *Breaking Generational Curses*, pages 13-14 Definition of a Generational Curse, chart 2.**