

DEEPENING PROPHETIC REVELATION THROUGH MEDITATION

(BASED ON TEACHING BY KIRK BENNETT AT IHOP-KC)

"Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful; but his delight is in the law of the Lord, and in His law he meditates day and night. He shall be like a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper." (Psalm: 1-3)

1. Benefits of meditation

a. Command

God commands the repetition of His words and acts because they reveal more of who He is, and this is the desperate need of the church today – the knowledge of God. All of God's commands are good and helpful. They empower us to walk into a closer walk with Him.

"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." (Joshua 1:8)

b. Enjoyment

One of the highest pleasures in life is to hear God speak. His voice is powerful, fascinating and always true. There is no higher joy than Him. Meditation is a way of pressing in to the joy of His presence. It truly creates a happy heart.

"May my meditation be sweet to Him; I will be glad in the Lord." (Psalm 104:34)

c. Wisdom

Wisdom can be simply defined as skilful living. There is no greater or more skilled way to live life than to know God. Meditation brings us revelation of God's thoughts and His ways. While His ways are higher than our ways, meditating on His causes us to move in wisdom.

"Oh how I love Your law! It is my meditation all the day. You, through Your commandments, make me wiser than my enemies; for they are ever with me." (Psalm 119:97-98)

d. Encounter and the fear of the Lord

The gaining of the fear of the Lord is the sure way to prepare for encounter with God. When we meditate on scripture we can then begin to tremble at His Word. When we tremble at His Word we can come to the knowledge of God.

"Then those who feared the Lord spoke to one another, and the Lord listened and heard them; so a book of remembrance was written before Him for those who fear the Lord and who meditate on His name. (Malachi 3:16)

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e. Transformation

Because of its sin nature, the human heart has no power to change or be changed. Only the Maker can change the heart. Meditation is a means of encountering the One who changes us. We all with unveiled faces behold as in a mirror the glory of the Lord and are changed from glory to glory by the Spirit of the Lord!

“Finally brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy – meditate on these things and the peace of God will be with you.”
(Philippians 4:8-9)

f. Increased revelation

What does it take for us to gain the spiritual understanding of God that our forefathers had? How do we receive the revelation that they had? We must simply meditate on the Lord’s testimony. Meditation puts us in a place to gain from those who have gone before us, and it will take us beyond them – further into the unending knowledge of God.

“I have more understanding than all my teachers, for Your testimonies are my meditation.” (Psalm 119:99)

g. Rest

Possessing a quiet confidence in the midst of a storm is possible in God. This is the posture Jesus had when He calmed the sea. When days of difficulty cloud over our lives, what do we draw on? Meditation is a means, both before the storm breaks out and amidst its fury, to find the place of peace.

“Be angry, and do not sin. Meditate within your heart on your bed and be still.” (Psalm 4:4)

2. Defining meditation

The dictionary defines to meditate as to contemplate, to dwell on anything in thought, to think seriously, to muse, to reflect, to think about at length and in depth.

Therefore I would define biblical meditation as a planned repetition of a scripture verse(s) or phrase(s) by which a person’s spirit is deepened in God. This act of discipline is intentional, walked out in faith, and moving toward a fresh encounter with Christ.

3. The components

a. Set a time

We live in a world with thousands of demands and opportunities hitting us daily. Finding a time for meditation is the critical beginning point. Just start! Kirk Bennett would say you need to try this model for at least an hour or two. There is a doorway in meditation through which you will find revelation.

b. Create an environment

Find a place where you can focus with little distraction. As you develop into a lifestyle of meditation you will be able to do it anywhere. When you are starting, though, there are a few simple challenges to overcome. Each time you overcome one of these challenges it becomes easier to focus on the Lord. Jesus likes to meet with us in environments that are conducive to encountering Him. Usually an environment like that has several components.

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- i **A quiet place** – sound noticeably affects us in many ways. To begin with a reasonable quiet place will help you focus and remain focused.
- ii **Space enough to walk, pace or dance** – having the ability to move around is a great advantage when focussing on the Lord
- iii **Music** – Having music on that is anointed, is in a style that you like and allows you to focus on Jesus is critical. Silence is great for meditation, but for most people, especially those beginning, their minds will be prone to wander without music.
- iv **A good position** – many people position themselves in a way when they pray that makes it much more likely that they sleep than pray. Stand, sit, pace, kneel, dance or draw. The repetition of these activities with your verse will facilitate focus and encounter.
- v **Good lighting** – allows you to have clearer focus, to read the scripture and to stay awake.
- vi **A simple drink** – as you speak, sing, pray, shout or dance you may need rehydration.
- vii **Bible** – you will only use this to write out the text and then put it away and try to stay with a translation rather than a paraphrase
- viii **Writing and/or drawing implements** – pen, pencil and/or art supplies if you like to draw what you receive by revelation

You will soon find out what things help you to focus and what things hinder but this is a good guideline.

c. Picking a verse

Which verse should you choose? Any one which you could gain more understanding from, which probably means any bible verse.

d. Meditate – RWSSP

- i **Read it** – Read the one verse several times through. Look for key phrases or words. Focus on what you read and what it may mean in its context. Think of other ways to say the words. Notice which words may be emphasised and how that affects the meaning of the verse.
- ii **Write it** – write the verse exactly as it is written one time. Close your Bible and set it aside. Once you have the verse, you don't want another verse pulling your attention away from this one. Write a small phrase and go to the next step – say it. Write the insights, thoughts and revelations that you get. Write the phrase over and over again in your meditation. Writing opens something that reading doesn't always open in our understanding. The written Word is powerful, and it is profound yet simple truth that we have the joy, right, privilege and opportunity to write the very words of the uncreated God.
- iii **Say it** – say the verse or the phrase out loud. Say it loud enough that your ears can hear it. Faith comes by hearing and hearing by the word of God. Most things that you believe are things that you have heard over and over again. As you repeat the verse or phrase

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certain words will leap out at you. These words should be repeated over and over again.

- iv **Sing it** – singing is a means to unlocking the heart. Take your isolated phrase and sing it over and over again. Use the melody or harmony of the music playing. Write out what you sense and perceive. When we sing our voices function in a way distinct from any other musical instrument. No other musical instrument carries both a flow of thoughts and a melody at the same time. This combining of thought and music is both a high calling and a privilege. To declare a Bible verse in song impacts our spirit, soul and body in a dynamic way. And God has ordained that our singing to Him would be allowed to move His heart as well.
- v **Pray it** – prayer is a divine means of communication with God. When you repeat a phrase and believe it you're speaking to God which is prayer. All scripture phrases are invitations to believe and/or faith to walk it out. While you are praying ask the Lord to help you to believe the verse. If the phrase is inviting faith to walk it out then ask God to help you live the verse.

Read it, Write it, Say it, Sing it, Pray it. That is meditation in its simplest form. **RWSSP the mediation recipe!**

You will, of course want to note down everything that comes through your meditation. On the following page is our suggested way of dividing up the pages of your notebook with three areas.

You can divide the page with two lines. First draw a line right across the page a little way up from the bottom. In this area you can note down any ideas and thoughts that you intend to pursue at a later date – this could include passages to look up, themes to explore, anything that comes out of meditation that requires time to pursue more fully.

Next draw a line a little way in from the right edge of the page from the top down to where it intersects your first line. This is where you can park distractions that you need to make a note of; once parked here you can forget about them and concentrate on the meditation passage.

The rest of the page is where you write out the meditation verse and make notes of all that comes to you in the course of your interaction with God through this verse.

Meditation

Write the verse here exactly as it is written in the bible

Meditate

Write down an isolated portion of the verse

Write out any thoughts, insights, visions, or anything that comes relevant to God and the verse

Use the RWSSP technique

Tasks

Use this section to write down anything that can be considered a distraction. Write down both good and bad thoughts and ideas. Whether you are trying to remember things for later or trying to get negative thoughts out of your head, writing things down causes your mind to forget for the moment and this allows you to focus back on meditation.

Future pursuits

Write other verses and themes to pursue later in this box.

Meditation

Psalm 24:1, “The earth is the Lord’s, and all its fullness, the world and those who dwell therein.”

The earth is the Lord’s

- All of creation is Yours, and I am bound to this One to whom I belong
- It’s all about You, Jesus. It all belongs to You. And since it’s Yours, You have the best plan for this earth
- It all belongs to You – everything Lord
- You cause everything to work together. You truly have a sovereign plan
- The timing and might of my God are perfect
- He ordained the earth. He appointed it to the right place at the right time – so I can fully trust Him no matter what happens in the earth.
- Even if shakings come to the earth, it’s still His, so I can trust Him even then.

And all its fullness

- You gave the earth fullness?
- Earth was meant to look like heaven
- Since it all belongs to You, and You are in control, what part do I play?
- **Be the leaning Beloved, the leaning Bride, Partner with Me, and after having done all, stand strong. Having done all, cleave to Me. Cling to the Whirlwind. I am the uncontainable, uncontrollable God, and I have a message for you, “Get ready. Prepare your heart.”**
- Father, help me realise that You are a glad God. You’re the One who delights in me. You’re my Beloved and I’m going to lean into You in intimacy and be filled with Your fullness in my life.
- Creation was birthed out of a place of desire in the heart of the eternal God.

And those who dwell therein

- The Lord created heaven and earth (and me) exactly how He wanted to
- It pleased the Lord to create me
- My God is my Father and my Husband, so I have access to all that He is, so I cease my striving and lay my life and its outcome into His hands
- My position is already settled and established by God Himself. I am His!
- The Trinity got together and chose me. They settled the matter from eternity past – I am chosen!

Tasks

- Clean out car
- Do laundry
- Go to grocery store (buy stuff for BBQ on Friday)
- Post newsletter
- Go to the bookstore and get book on meditation
- Respond to emails

Future pursuits

- Reread the accounts of creation in Genesis
- Cross-reference this verse and search for verses on creation
- Meditate on the God who was – eternity past

4. Goals of Meditation

What are we actually trying to achieve? Meditation is a way of achieving several goals in the Christian life.

a. Focus

Remaining undistracted is the means of developing faithfulness to God. Jesus warned that the cares of the world, the deceitfulness of riches and the desire for other things would choke out our life in God. Meditation as a lifestyle will directly confront these distractions that will seek to draw you away from a rich and dynamic life in God.

b. Belief

The people of God have not entered into many of His precious promises due to unbelief. In meditation, God invites us to a deeper reality of belief and faith in His Word, which will enable us to fully accomplish what He purposed in His Word. Today, if you hear His voice – the Living Word – enter in, and enjoy the reality of God.

c. Transformation

Romans 12 says to be transformed by the renewing of your mind. Meditation on scripture is a mind-renewing process. As your mind is renewed your actions will be renewed as well.

d. Encounter

Though it sounds rather mystical, having an encounter with God is as real and important for a believer as any part of our walk with the Lord. To see God, hear Him, and tangibly sense His nearness is a measure of our temporal nature. We can and should encounter God regularly – even daily. He said that he is always with us, and I believe He spoke these words so that we would live, talk and walk like we believe it.

e. Christ

Christ is the Alpha and the Omega. He is the beginning of the journey, the journey itself and the end of the journey. He is life, and to live is Christ; therefore, He is our ultimate goal. And when we see this Man, we will be like Him. All things are summed up in Him, so there is no better pursuit than Christ and Christ alone.

5. Types of meditation

a. Pondering

As we sit and ponder, or repeat simple thoughts of God, eternity opens up like the parting of clouds overhead. The wisest thing a person can do is to think of God over and over again. This simple form of meditation to gain simple insights into God will help us become more like our Maker and the Lover of our souls.

b. Ministering to God

1 Samuel chapter 3 talks of a time when a small boy ministered to the Lord and a whole nation heard the word of God as a result. There is no more powerful way for our families, cities, and nations to be changed than to minister the Word of God back to God. This ministry of taking the scriptures and repeating them to the Lord is the call of every single believer. God inhabits this activity as He is most glorified when His Word returns to Him accomplishing all that He said it would. There are almost no training grounds right now for

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this type of ministry, but it will be called the "main and plain" ministry of the church in the last days.

c. **Scribing**

Writing the scriptures and the "rhema" words of God (the "now words" of God) is something more powerful than when words are simply spoken. The scribes were sent by God to remember and recall when the voice of the Lord had spoken. God even required every king of Israel to write a copy of the scriptures as part of his role as leader of the nation. The scribal ministry is being restored to the church in our day. Never before have there been more Bibles, sermons, prophecies, dreams, and visions written down than in these last years of human history. The ministry of the scribe—writing historical and prophetic accounts of the heart and mind of God—is being restored like never before. And this ministry will powerfully impact both the church and the world.

d. **Beholding**

To behold the Lord is to gaze on Him. This type of meditation is the pursuit of the dimension of sight. By focusing on an attribute of the Father or the Son, we can virtually stare at that portion of God for hours. What we gaze upon is what will most influence our inner man. This understanding is termed "beholding and becoming." So if we gaze on God, we will become more like Him. (See Psalm 27:4.)

e. **Interaction**

I call this the "seer realm" or dimension. In this type of meditation, the Lord draws us into a state where some or all of our senses are heightened. In this place, we interact with the Lord by dialoguing, seeing, hearing, smelling, tasting, and perceiving. Basically, our understanding is enlightened as there is a virtual interface between our hearts and the Lord's. It is also the place where questions are both asked and answered. But this type of meditation is God-initiated and not man-initiated. (See Zechariah 3:1-5.)

6. **Practicals of Meditation**

a. **When do I start?**

Immediately! - The call to meditation as a daily part of our life in God is repeatedly made throughout scripture. Psalms 1 promises a blessing on those who meditate day and night.

b. **Scheduling**

People who do not have time to pray and meditate are almost always those who do not schedule prayer and meditation in their daily "to do" list. Writing your prayer/meditation life into your schedule will drastically increase your walk with the Lord as you value that time.

c. **The easiest time**

Start with the open times in your schedule. Yes, they really are there when you write out your schedule. I found an electronic scheduler very helpful for scheduling my time. Take the open time on a Sunday afternoon to start.

d. **The longest you can go**

Try meditating longer than you think is normal. The discomfort that you may feel is actually a helpful part of the meditation process because it creates a need to either press or quit. As

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soon as you begin, you will begin to think of good reasons why you should stop, which is because meditation contradicts our normal thinking process.

e. A lifestyle

When you schedule your prayer and meditation time, you are saying, "It will become my lifestyle." When meditation is your lifestyle, your whole perspective of life in God and His Word will change.

i **What if I get sleepy?**

You probably will get tired. Getting sleepy when you try to meditate is totally normal. Move around, walk, dance, pace, or draw, but don't sleep! Do whatever it takes to stay awake and focus. I know many people who move around while they pray and meditate. It doesn't make you any less spiritual!

ii **What if nothing happens?**

It will! I've taught this simple meditation model in many places around the world, and I have not heard of someone who didn't benefit from this practice over time. And remember that there is no loss from doing this because what God gets from it is even more valuable than what you get. He delights to just be with you.

So what? If nothing happens the first time or two or even week, don't be discouraged. God still likes you and wants to be with you! We seldom count the value of just being with God. Enjoy Him! His promise is that He will draw near to those who draw near to Him.

iii **Does it matter which verse?**

Not really. I encourage people to start with any verse they like. When I train people, I usually use Psalm 45:1 or John 17:24. I've meditated on hundreds of verses, and my heart has increased from all of them.

iv **How do I know if what I'm getting is true?**

Truth is a Man - How do we know if anything is true? Jesus said, "I am the truth." It is important to realize that truth is a Person and not just factual, accurate information. When we meditate, we are not trying to achieve intelligence but a relationship with a real Man. If the information is true, it will show its fruit in time as growth in our walk with the Lord.

v **Check it out**

Ask other people who get revelation or who have studied the scripture as one means of checking out what you get. Another way to test out your revelation is to read books or commentaries on the verse and compare. Know that truth is a journey in Christ and not simply obtaining concepts.

vi **Don't teach all that you learn**

Insight into scripture has a powerful effect on a person. It can make you think you are right just because you came into the understanding from no other source than the scripture and the Spirit. While it is true that this is the primary way that the Spirit of God wants to teach us, it does not mean that what we perceive is infallible. That being the case, don't try to teach anything as soon as you hear it, see it, or perceive it. Wait for clarity to come from the Lord. He is a good leader!

vii **Develop a secret history**

By holding onto insights and perceptions and ministering them back to the Lord, you can develop a secret history in God. That history over time becomes your "oil" or "fuel" for the Spirit life within (Matthew 25:1-13).

7. Challenges to overcome or enter into

Distractions

Staying focused requires aggressive activity. When we meditate, we think we should rest and focus on the Word and God. Focus requires that we press in— not rest.

Starting

Most people don't enjoy biblical meditation because they don't start. Just start, and then find a way.

Not stopping

I mentioned before that there will be thoughts and voices that try and convince you to stop as soon as you begin. Using the one-page layout will help you to deal with those thoughts. As soon as you write those distractions down, you're actually giving yourself permission to forget them and focus back on meditation.

Discouragement

Friendly and encouraging accountability as well as meditating with a group of friends can be really helpful. I have found that a group that meditates together goes farther faster.

Jumping around in verses

Close your Bible. Use the "Pursuits" section of your meditation sheet to write down other verses that pop up in your mind.

Dealing with boredom

Boredom should be seen as a motivator to help you press into God. I always say that revelation lies just beyond that veil of boredom.

Over mystifying

Gaining understanding of God is not unattainable. Realize that Jesus is called the Word of God because He is meant to be understood.

Not doing enough

Most of us live in a world of accomplishing things apart from God. Begin to train yourself to know God as a Person and not as another accomplishment or something we check off our list.

Sleep

Get into a normal sleep schedule. Don't save meditation for the last thing that you do when you are tired or the first thing that you do before you are actually awake.

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Inner turmoil

Many times we are not used to being still. Ask the Lord to deal with you about this. He may be highlighting issues in your life that you have been running from. The revelation of God can truly transform all of our broken areas.

No language

Often times we begin well but run out of things to say. Meditation builds your language by giving you God's language. When you don't know what to say just say what He says. (By the way, He will only do His will anyway!)

8. The Lack of Meditation

Boring Bible

Most people's Bible experience begins with being excited...unto more reading...unto prospering in Christ...unto thinking that accomplishments are more important than being with Jesus...unto getting distracted...unto reading less Bible...unto entering into Bible boredom. For the person seeking to gain something from the Bible that will enhance their life, the Word will definitely be boring. The Book is written first as a revelation of God. Most people that I know that have stopped encountering God through the scripture hit the "boredom veil," as I call it, because they perceive that the scripture is supposed to help them and not that it's supposed to reveal God for His glory.

Reading for distance

When I began to read the Bible, I was constantly instructed that if I read four chapters a day, I would read through the whole book in a year. I knew that this was a good goal and believed it would lead to excellence in my spirit. However, I never read through the Bible in one year! And actually having that as my goal de-motivated me more than anything! While I have read each and every book of the Bible, and I believe that the whole council of the Word is true, I do not believe that it is a command of God to read the whole of the book in a year. Most people that I know do not read the whole Bible in a year, and the most of the ones that I know that do, or get close, testify to me that they are not necessarily better off for it, except that their conscience is resolved with a reading accomplishment. Since there is no command to read the Bible in a 365-day calendar year, I have resolved to teach another way. I believe that "the Bible is deeper than it is long." By that, I mean that there is much more to gain in scripture by repeatedly reading, praying, or singing until something occurs within my spirit.

Lack of fire on the hearts of believers

We live in a time much like Hannah lived in 1 Samuel chapter 3, verse 1.

And the word of the LORD was rare in those days; there was no widespread revelation.

Most of the church in our day need fire on their hearts. I've found and observed this reality through the earth. While most people that I meet are sincere and even a bit zealous, we as the church are dramatically lacking a desire for widespread revelation. Almost no one knows what widespread revelation is let alone has a desire for it. When the young boy Samuel was set before the Lord to minister to Him, Samuel had never heard the voice of God. Samuel was trained to minister the scripture to God by meditation. Over the span of a few years (through the years of

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Samuel's life) a nation went from no widespread revelation to everyone hearing the voice of God. How? It's very simple; in 1 Samuel 3:1, the boy Samuel ministered to the Lord. A mere boy ministered to the Lord for his young years, and a nation was then transformed by Samuel's ministry. This is how widespread revelation occurs!

9. The Urgency of Meditation

In these days I believe that God is declaring that there is an urgency of intimacy. It is not just another message but a required way to know God. If we are not intimate with Him we will deny Him in the end when opposition and persecution comes. I believe we are in a season when we can know God intimately through meditation. I don't think that the knowledge of God is optional but critical. I want to be found watching, waiting and knowing His intimacy.

Meditation

Tasks

Future pursuits

Meditation

Tasks

Future pursuits