

# ***REVELATION BY MEDITATION***

## ***PRAYER ROOM***

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### **What is revelation by meditation?**

It is taking a verse in scripture and repeating it over and over again (meditation). Asking God to give you understanding (revelation) of what it means. The longer that you stay on a verse, the more you will begin to realize what the Lord is speaking through it.

***“O how I love Your law! It is my meditation all the day. Your commandments make me wiser than my enemies, for they are ever mine.” (Psalm 119:97-98)***

As you begin to meditate on the Word of God, a battle begins! The enemy does not want the Word of God to dwell richly in you! Many distractions will come to get you to stop. An easy way to stay focused and to meditate is **R-W-S-S-P. Read it, write it, say it, sing it and pray it.**

**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 emphasized and how that affects the meaning of the verse.

**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 a profound, yet simple truth that we have the joy, right, privilege, and opportunity to do.

**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 the phrase, certain words will leap out at you. These words should be repeated over and over again.

**Sing it-** singing is a means to unlocking the heart. Take your isolated phrase and sing it over and over again. 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.

**Pray it-** prayer is a divine means of communion with God. When you repeat a phrase and believe it, you're speaking it 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 believe the verse. If the phrase is inviting faith to walk it out, then ask God to help you live the verse.

<i><b>Meditation</b></i>	<i><b>Tasks:</b></i>
<p><u><b>Meditation:</b></u></p> <p>Lay out a piece of paper like this.</p> <ol style="list-style-type: none"><li>1. Make the largest section for your meditation writing.</li><li>2. Write the verse here exactly as it is written in the Bible.</li><li>3. Write down an isolated portion of the verse.</li><li>4. Wrote out any thoughts, insights, visions, or anything that becomes relevant to God and the verse.</li><li>5. Use the R-W-S-S-P technique.</li></ol>	<p>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 for later or trying to get negative thoughts out of your head, writing things down causes you mind to forget for the moment, and this allows you to focus back on meditation.</p>
<p><u><b>Pursuits:</b></u></p> <p>Write other verses and themes to pursue later in this box.</p>	

<i><b>Meditation (example)</b></i>	<i><b>Tasks:</b></i>
<p><u><b>Verse:</b></u> Psalm 24:1, “The earth is the Lord’s, and all its fullness, the world and those who dwell therein.”</p> <p><u><b>Revelation:</b></u></p> <p>“the earth is the Lord’s”</p> <ul style="list-style-type: none"><li>• All of creation is Yours, and I am bound to this One to whom I belong.</li><li>• Its all about You, Jesus. It all belongs to You. And since it’s Yours, You have the best plan for this earth.</li><li>• It all belongs to You—everything, Lord.</li></ul> <p>“and all its fullness”</p> <ul style="list-style-type: none"><li>• You gave the earth fullness?</li><li>• Earth was meant to look like heaven?</li><li>• Since it all belongs to You, and You are in control, what part do I play?</li><li>• <b>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 you heart.”</b></li></ul>	<ul style="list-style-type: none"><li>• Clean out car</li><li>• Do laundry</li><li>• Go grocery shopping</li></ul>
<p><u><b>Pursuits:</b></u></p> <ul style="list-style-type: none"><li>• Reread the accounts of creation in Genesis</li><li>• Cross-reference this verse and search for verses on creation</li></ul>	

\*If you would like to learn more about revelation by meditation, we highly recommend *Deepening Prophetic Revelation through Meditation* by Kirk Bennett ([www.zhop.org](http://www.zhop.org)). Most of the information on this sheet is from this study.