



# Welcome to Rehoboth New Life Center

**Sunday Study**  
**March 6<sup>TH</sup> 2016**

# Meditation

- The Rhema & The Graphe
- The Transformed Mind
- Understanding & Revelation
- Victorious Living

# Meditation :Overview

## Part 1

Psalms 119:11 ¶Thy word have I hid  
in mine heart, that I might not sin  
against thee.

# Forms of the Word

- Rhema: Spoken Word, Utterance
- Logos: Word → Sentence
- Onoma: Word → Noun
- Graphe: Written word, scripture.
- The Seed: The Planted Word.



# The Way In by Word



Psalms 119:130 ¶ **The entrance of thy words giveth light**; it giveth understanding unto the simple.

2 Peter 1:10 Wherefore the rather, brethren, give diligence to make your calling and election sure: for if ye do these things, ye shall never fall:

11 **For so an entrance shall be ministered unto you** abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ.

Revelation 2:7 He that hath an ear, **let him hear what the Spirit saith** unto the churches; To him that overcometh will I give to eat of the tree of life, which is in the midst of the paradise of God.

# Hearing from God: The Written Word



Joshua 1:8 This book of the law shall not depart out of thy mouth; **but thou shalt meditate therein day and night**, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

Prayer involves speaking to God

**Meditation involves Listening to God**

# Our Natural Man



- Genesis 6:5 And GOD saw that the wickedness of man was great in the earth, and that **every imagination** of the thoughts of his heart was only evil continually.
- Proverbs 4:23 - Keep thy heart with all diligence; for out of it [are] the issues of life.

# Negative thinking



- Psalms 37:1 **Fret not thyself because of evildoers**, neither be thou envious against the workers of iniquity.
- 2 For they shall soon be cut down like the grass, and wither as the green herb.
- 3 Trust in the LORD, and do good; so shalt thou dwell in the land, and verily thou shalt be fed.



# Even science has discovered Truth

## Positive thinking: Stop negative self-talk to reduce stress

Positive thinking helps with stress management and can even improve your health. Practice overcoming negative self-talk with examples provided.

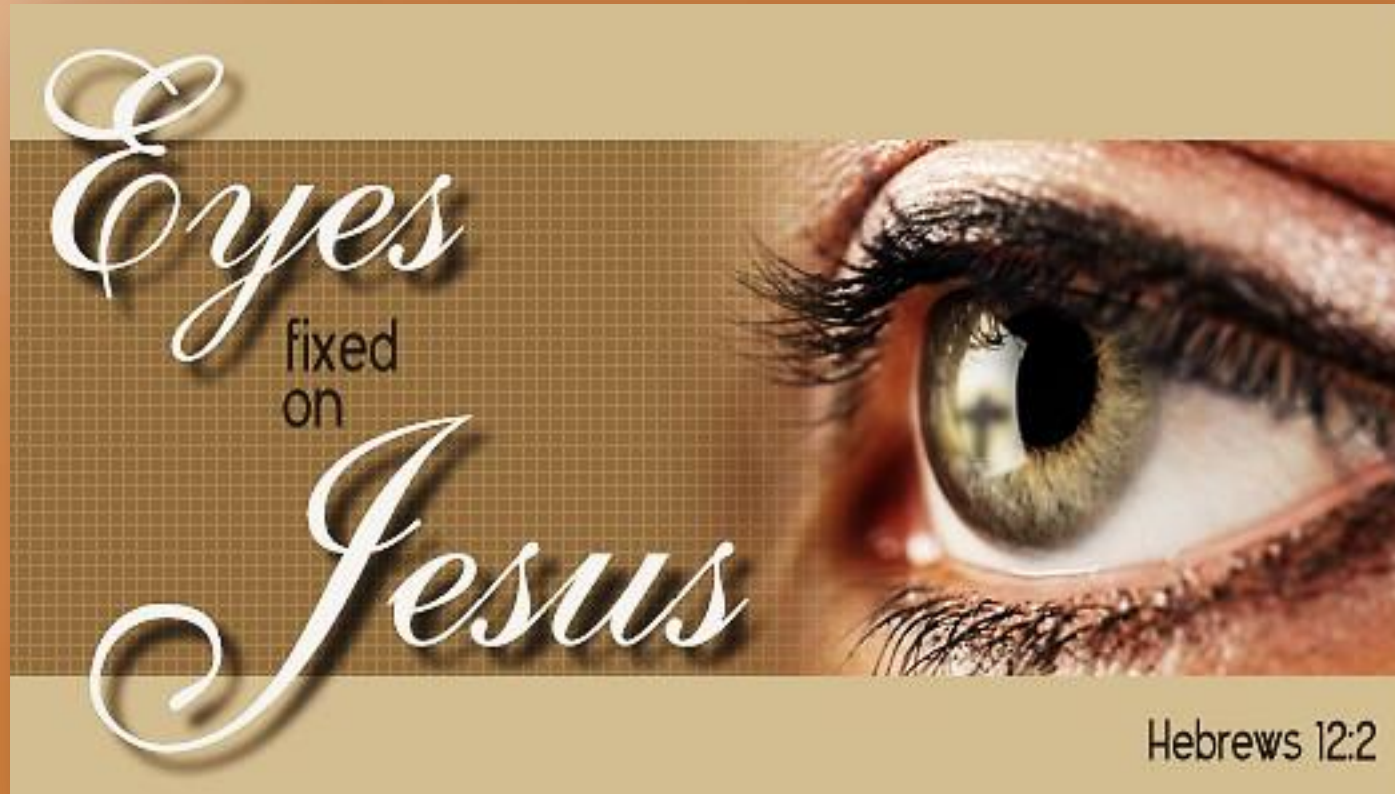
By Mayo Clinic Staff

Is your glass half-empty or half-full? How you answer this age-old question about positive thinking may reflect your outlook on life, your attitude toward yourself, and whether you're optimistic or pessimistic — and it may even affect your health.

Indeed, some studies show that personality traits like optimism and pessimism can affect many areas of your health and well-being. The positive thinking that typically comes with optimism is a key part of effective stress management. And effective stress management is associated with many health benefits. If you tend to be pessimistic, don't despair — you can learn positive thinking skills.

- Proverbs 23:7 **For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.**

# Meditation: Our Inward thoughts



- Hebrews 12:2 **Looking unto Jesus** the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.

# A Man of Meditation

## The KJV Old Testament Hebrew Lexicon

Strong's Number: 01641

[Browse Lexicon](#)

### Original Word

rrg

### Word Origin

a primitive root


### Transliterated Word

Garar

### TDNT Entry

TWOT - 386

### Phonetic Spelling

gaw-rar' 

### Parts of Speech

Verb

### Definition

1. to drag, drag away
  - a. (Qal) to drag away
  - b. (Niphal) to chew the cud**
  - c. (Poal) sawn (participle)
  - d. (Hithpoel) roaring (participle)

King James Word Usage - Total: 5

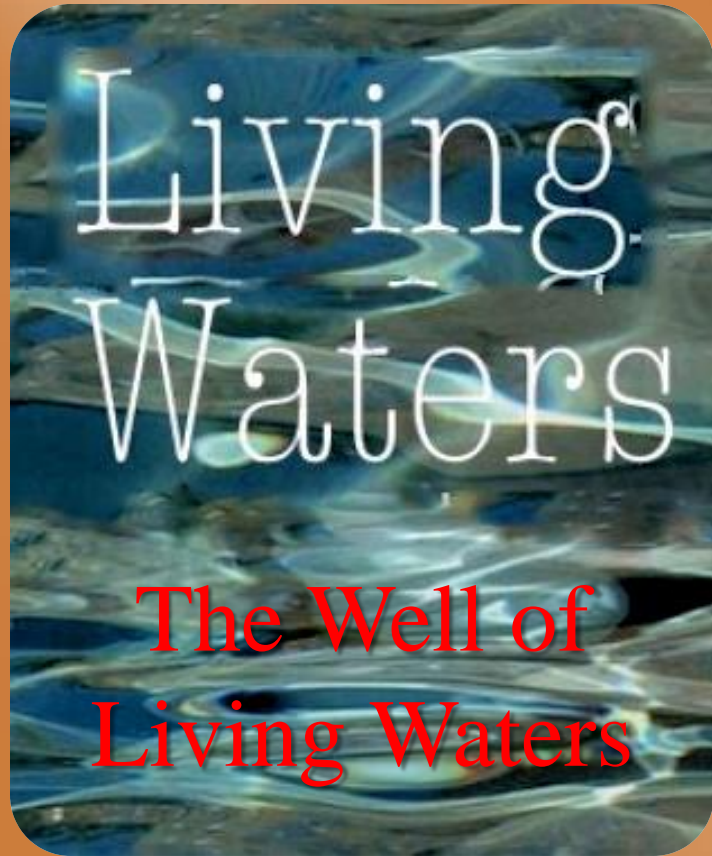
catch 1, destroy 1, chew 1, saw 1, continuing 1

Genesis 26:1 ¶And there was a famine in the land, beside the first famine that was in the days of Abraham. And Isaac went unto Abimelech king of the Philistines **unto Gerar.**

**3 Sojourn in this land,** and I will be with thee, and will bless thee; for unto thee, and unto thy seed, I will give all these countries, and I will perform the oath which I swear unto Abraham thy father;

- **6 ¶And Isaac dwelt in Gerar:**

# A Man of Meditation

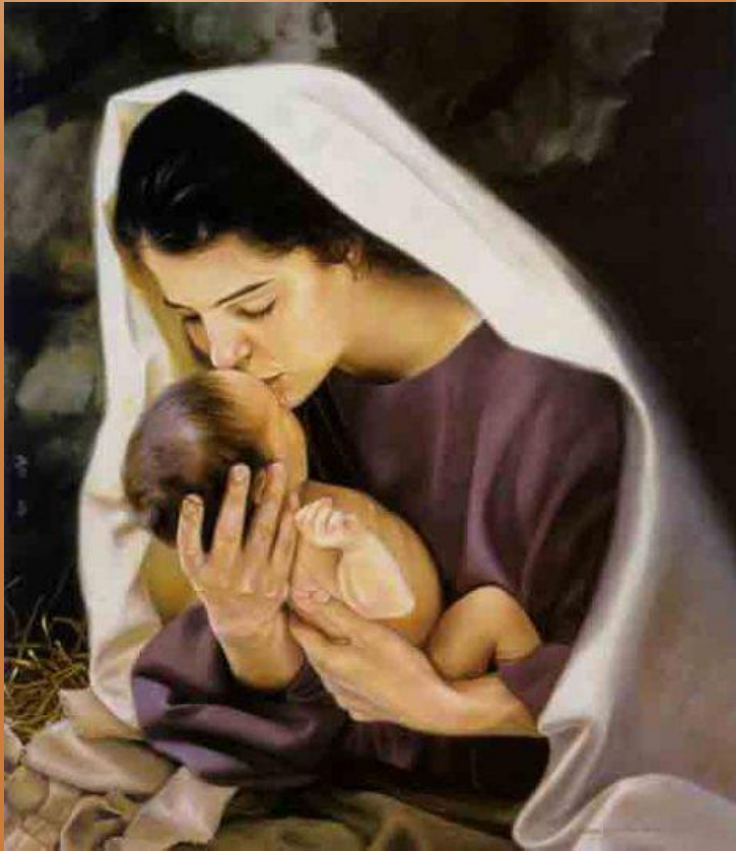


Genesis 24:62 ¶ And Isaac came from the way of the well Lahairoi; for he dwelt in the south country.

63 And Isaac went out to meditate in the field at the eventide: and he lifted up his eyes, and saw, and, behold, the camels were coming.

1 Chronicles 16:7 ¶ Then on that day David delivered first this psalm to thank the LORD into the hand of Asaph and his brethren. 8 Give thanks unto the LORD, call upon his name, make known his deeds among the people. 9 Sing unto him, sing psalms unto him, talk (Meditate) ye of all his wondrous works.

# Meditation ...as Listening



Luke 2:15 And it came to pass, as the angels were gone away from them into heaven, the shepherds said one to another, Let us now go even unto Bethlehem, and see this thing which is come to pass, which the Lord hath made known unto us.

16 And they came with haste, and found Mary, and Joseph, and the babe lying in a manger.

17 And when they had seen it, they made known abroad the saying which was told them concerning this child.

18 And all they that heard it wondered at those things which were told them by the shepherds.

19 But Mary kept all these things, and **pondered them in her heart.**

# David and the Benefits of Meditation



- Psalms 1:2 But his delight is in the law of the LORD; and **in his law doth he meditate day and night.**
- **3 And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and**  
**whatsoever he doeth shall prosper.**

# David and fighting Giants



- 1 Samuel 17:37 David said moreover, **The LORD that delivered me out of the paw of the lion, and out of the paw of the bear, he will deliver me out of the hand of this Philistine.** And Saul said unto David, Go, and the LORD be with thee.

**Isaiah 26:3 Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.**

# The Meditation Weapon



- 2 Corinthians 10:3 For though we walk in the flesh, we do not war after the flesh:
- 4 (For the weapons of our warfare are not carnal, **but mighty through God to the pulling down of strong holds;**)
- 5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;