

Taking Quality Time with the Lord in Meditation



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(All prophecies are Jesus speaking unless otherwise indicated)

Introduction by Dad

We just can't go on without hearing Thy voice and breathing the fragrance of that wonderful incense and seeing the beautiful starry sky and getting inspired by the Upward look!

Have you been in the temple today? Are you taking a look upward? Have you breathed deeply of that Heavenly elixir? Have you heard those beautiful notes of Heavenly music--marveled at God's starry sky, His great creation, His universe, to know that all is well, and find rest and peace to your souls before you go back to work in the wings? Hallelujah! (Tongues) Thank you Jesus! "O Jerusalem, Jerusalem, Jerusalem, how oft would I have gathered thee under My wings that thou mayest hear My voice and be comforted by My Words and breathe of My Spirit!"

I think that means you wouldn't worry and fret so and be so upset if you spent more time with the lord looking Up through that starry dome and breathing that Heavenly air and hearing that beautiful music! You'd find peace and rest unto your souls. Amen? You just cannot go on if you only hurry around all the time in the wings and you never step into the rotunda and look up through the dome, spending quiet time, seeing Heavenly visions and breathing Heavenly air and hearing Heavenly music and voices! It just totally renews you and completely refreshes you and gives you new vision and fresh inspiration, new strength, rest and peace and joy!

(1)

What is Meditation?

Meditation and what it means has become somewhat muddled over the years, especially nowadays when it's practiced in varying forms the world over. Its therapeutic benefits--whether physical, medicinal, or spiritual--are widely confirmed. Originally, meditation was related to the act of "curing" or healing, and I confirm that meditation in any form is a healing agent for both the body and the spirit.

Meditation by definition is the act of emptying your mind of any thoughts, and concentrating on just one thing in order to reach that point of total relaxation and rest of spirit. The objective is peace--peace of mind and peace of spirit. Even this act

in itself-divorcing your mind and self from the busyness and hustle and bustle of the world around you is rejuvenating to the human spirit. Many of the world find a measure of tranquility of mind and spirit through the elementary steps of meditation, simply because they are exercising basic spiritual principles and laws. ⁽²⁾

Many people of the world or followers of false religions who meditate even benefit from the experience. Of course, they also open themselves up to the wrong side of the spirit world, which is extremely dangerous, but the concept of meditating is still very sound and is certainly safe for you, My children. It's all about getting quiet and tuning in to the spirit world; clearing your mind, relaxing, and getting away from the hubbub of the wings.

That means you need at least a little time every day where you're completely quiet in voice and mind. A time where you're not even getting direct answers from Me about your work, or pouring your heart out in prayer, or confessing your sins to Me. A time of absolute peace and quiet in body and spirit. ⁽³⁾

Many of the world who meditate find their peace and rest of spirit through looking within or toward nature. Nature is a reflection of Me and contains many healing elements; for example, the healing power of green, and the peace and slowing of the heart rate that looking up at the blue sky gives you. In My love and wisdom I created these colors in large measure as healing agents and elements for My children when I knew their need would be great. I gave you My creation as a symbol and reflection of the peace and beauty I can give your spirit. That's why tucking yourself away in a quiet, secluded place surrounded by My creation almost immediately puts your spirit and body in a position of rest and quiet.

But finding peace and rest of spirit through meditating on nature or a focal point within themselves is where many lost of the world stop short of My true meditation. They have not found or tapped into the highest form of energy and power and regeneration, which is found only in Me. I am the center of true meditation. To look for that center in anything other than Me can only take you to certain levels. My power-when you are focused and meditating on Me-can lift you above the heavenlies, transcending all other levels. This is the power and tranquility and rest of spirit I can give you, My intimate brides and lovers, if you avail yourself of My highest and purest form of meditation and its benefits.

The basic foundation truths of true meditation can be found in the message I gave to David many years ago in "Morning Prayer," where he reiterated the fundamental truth that the main job of a shepherd is to keep in touch with Me, beginning each day with sweet music, praise, and fellowship with Me (ML #98, Vol.1).

Each of you must learn how to enter into that rest and meditation, so that you too can play sweet music to your flock. This is why I encourage you to labor to enter into that rest (Heb.4:9-11). That means you have to work at entering that rest. That may seem like a contradiction, but there is effort and a certain amount of willpower you must exercise in order to enter into that rest and into My courts.

Each of you will need to work at learning how to enter into that state of quiet, contemplative meditation, however it works best for you-claiming the keys of meditation. Just as each of My brides must personally search out the keys that will activate the weapon of intercessory prayer in their lives, so too must you ask Me how you can enter into that place of meditation.

If you haven't formed a habit of taking this time every day, it may mean simply scheduling that time and making it so that it cannot be brushed aside for anything else. I look at this time of meditation and communion as I look at your Word time.- It's sacred.

You'll never have the rest of spirit, nor the peace and faith you'll need, without that time. Without that rest of spirit-found only in quiet meditation and communion with Me-the busyness, the responsibilities, the cares, the concerns and the burdens of the work will eventually extinguish your spirit. It will certainly extinguish your spiritual strength, endurance, faith, trust, and peace. And pretty soon, as David expressed, the flock will pick up on your spirit, because you won't be piping them My music, but your own. Your flame will flicker, burn low, and pretty soon your wick will begin to smoke, because you won't be running on My oil anymore.

Without first entering into that state of meditation and rest of spirit, it's difficult for Me to even pour into you. Even My Word will not enter and penetrate or move you unless you are still first. You must cease from all activity; you must be still in spirit and find a state of quietness, rest of spirit, and emptiness of yourself. And when you have entered that state, this is when I can pour into you in ways beyond your comprehension-ways that will supernaturally and inexplicably sustain you.

All of you must have that time. For some it will mean tucking yourself away in a secluded place; for others that's not an option or choice. Whatever your situation, you must find somewhere as quiet as possible, where you will not be disturbed; you must find a way to link up with Me and connect in the spirit, in the quiet, in the stillness, without distractions. For each of you, finding the right circumstances and conditions and what works best for you to secure this time will be something different, just as finding how to enter into this state of meditation will be something different for each of you. Just as the essence of your prayer life and walk with Me is very personal and individual, varying from person to person, so too will be the formula for entering into meditation.

What is meditating upon Me? It's ceasing from all activity, it's emptying your

mind of all thoughts, and it's concentrating and focusing on Me. It's laying yourself and your mind naked before Me, your Husband. It's stripping yourself of anything that would come between us and allowing Me full access to your being.

People often equate meditation with reflection, but reflection has more to do with careful thought on past happenings, decisions, and events in your lives, or even something you've read. Meditation is emptying yourself of everything-any thoughts-and letting Me fill you. It's harnessing your mind and giving it to Me, and allowing Me the freedom to connect with you in whatever way I want to.

You, My brides and lovers, have immediate access to My inner chambers through loving Me intimately, through your intimate words of love and arousal, and through your words of praise. Loving Me and praising Me in full and total abandon and surrender will clear your mind of all other thoughts and will help you enter the place of meditation. So praise and loving Me intimately is the doorway, or the threshold, to meditation.

If you can learn to truly meditate, meditate on Me and My Word and open yourself up to receive Me and My seeds, then you will be a completely different person. You will be spending sufficient time with Me, with the flower, with the rose of Sharon, and you will go away smelling like the rose.

This meditation can be quiet time when you open yourself up to Me, when you are not thinking about much, you're just opening your mind and your heart to Me so I can fill you. I want you to have a mind that is open to Me with no preconceived ideas or mindsets; a mind that is waiting and willing to receive My seeds-open, not knowing what it will be filled with.

This is time when I can pour into you, and then when I give you an idea, you can think about that, you can mull it over and pore over it in your mind and heart-an idea that you need in order to personally strengthen your own spiritual fitness or an idea for your field or for your Home or for those that you're training. I can give you whatever particular idea I want to give you, but you must stop and go slow enough to receive My seeds and My Words, even My ideas. ⁽⁴⁾

You need this time every single day, and if you're not already used to getting quiet before Me, it might take self-discipline for you to learn to relax and let Me take over your mind and spirit. It's a temporary possession where I control your mind, and you do not. With all the business and problems that flood your mind, it's probably going to take practice-maybe even multiple tries-to learn to truly rest in Me for a time.

Whether you feel like it that day or not, you're going to have to find a time-preferably the same time every day-when you not only pray and praise and receive prophecies from Me, but when you are absolutely quiet and thinking of nothing but

My loving, peaceful face, or meditating on a simple scriptural truth.

It will probably help you to have something small and simple to concentrate on. Pick a key promise you've memorized or a verse like, "I will not leave you comfortless; I will come to you," then close your eyes and say it slowly and peacefully in your mind. Or picture My face and concentrate on it quietly and in a relaxed manner. I may then speak to you directly, or I may simply want to lie with you for a while in silence and rest. In fact, the busier you are, the more of a chance there is that I won't say a thing, or will simply whisper a few words to your heart and then be very quiet.

As I have said, all these other forms of time with Me are important: prayer, praise, prophecy, and reading My Word. Without them you cannot function properly as a leader or even as a disciple. But sometimes you're in such a busy spirit that even these forms of communion with Me carry a spirit of business, where you might feel you have to be constantly coming up with unique ways to praise, or pray passionate prayers for as many requests as humanly possible, or that you must receive prophecies regarding how to work most effectively. But please, I beg of you, take some time every day to be quiet and restful. Please don't neglect quiet, peaceful meditation-because you cannot survive without it. ⁽⁵⁾

Meditation was an important part of My life on earth. My ministry only lasted three years, yet collectively I spent years of My adult life before My ministry communing with My Father in the quietness and solitude of a mountain or the wilderness. But even once My primary ministry had begun, I spent hours in close communion and meditation with My Father. What exactly did I do during these times of meditation? I spent a whole lot of time just being quiet and listening. ⁽⁶⁾

Yes, there were times when My prayers were desperate and emotional, such as My prayer in the Garden of Gethsemane. That desperate prayer and the emotional outpouring of My heart with tears were necessary. However, do you think I did that all night? No, not even under the extreme circumstances of impending death did I neglect to get quiet and still for a good portion of the evening; and this was an important part of My preparation for the battle ahead.

It wasn't easy to get quiet under those circumstances, but I knew about the "stop, look, listen" concept long before your Father David. And because I obeyed and meditated, My Father was able to give Me the supernatural peace I needed to endure the pain and death that was before Me.

Think of what these three words mean: "Stop, look, listen."

Stop: That means exactly what you think-you must stop whatever you're doing or wherever you're going. But it's not just physical; you also have to discipline

your mind to stop thinking of the worries of the past, or the business of the day, or the fear of the future. This might take practice.

Look: This doesn't always mean frantically looking to Me for answers to your daily business. In the context of meditation it means picturing My face, or looking for a simple, relaxing spiritual truth to concentrate on, such as a memorized verse, key promise, or prophecy excerpt. Once you've found what you're looking for, then the trick is to keep looking at that and not to let your mind wander toward your problems or business or the pressures of your responsibilities.

Listen: Just be quiet. Relax. Listen to My whispers. Even if I say nothing at all, keep listening to that peace, quiet, and stillness in the spirit. It might take a lot of faith for some of you to be so quiet and still, but it's an important part of meditation.

Take it from Me, you'll be much happier and a much more effective leader if you take regular time in quiet meditation. Find that quiet place where you know you can't be disturbed and get completely quiet in body, mind, and spirit. Do it every single day. It might come easy to you, or it might take some practice. And if it does take practice, then keep trying until the "meditation of your heart is acceptable in My sight," and I will be "your strength and your redeemer" (Psa.19:14). ⁽⁷⁾

Meditation and listening for My still small voice is important, because you're allowing your mind to be unfocused on everything except Me, which gives Me a chance to do just about anything for you. This kind of communication or time spent with Me is good for you because of the reasons listed in the Word, and the reasons you already know. It also gives Me a chance to punch through with feelings, thoughts, and ideas that might never have come through any other way.

When your Father David was leading the Family, I often spoke to him and guided him in dreams. This was the time when he was open for Me to punch through, and that's when he received many far-out yet down-to-earth revelations and ideas that helped shape the Family into what I wanted it to be. He had to be in that blank state, not thinking about or doing anything, in order to be ready for whatever I had to give.

Meditation and deep communion with Me, when you get quiet before Me without a question or thought on your heart, allows you that same channel and opportunity for Me to punch through with things that you wouldn't have been expecting or wouldn't have even known to ask for. It's not that you're going to come before Me expecting a revelation--because that would defeat the purpose of emptying your mind and just coming to commune with Me. But it's good for Me to know that you're there in case I do need to tell you anything, or put a feeling on your heart that wasn't there before.

It's not that this is a superior way to get My answers now; prophecy is still the

method of choice for getting My mind on situations and receiving My words. But quiet meditation and clearing your mind of all else but Me does fill a special role. And it is through this practice that I'd like to start introducing thoughts and ideas to your minds that wouldn't have come through other means, or that would have been much more difficult for Me to get through to you any other way.

Sometimes when hearing from Me in prophecy, some of you have had experience with this, where you came before Me to ask a question or just to hear My words in general, and I punched through with something completely different from what you originally had in mind. I showed you something completely new and far removed from the things that had been on your mind up to that point.

But when seeking Me in prophecy, normally you have a question on your heart, or are coming before Me with specific feelings from the day, your work, or your personal life. You don't bother to repress these too much because when you come before Me with these feelings, it gives Me a chance to talk about them, comment on them, and show you what to do, which is very good and an important aspect of the gift of prophecy.

However, when you do have thoughts and feelings and needs on your heart, it makes it harder for you to truly be blank and ready to receive anything I may have to give--no matter how unusual, far-out, or unrelated to your current state of affairs and thoughts and needs.

But, My loves, I am sometimes going to need to show you things that don't have anything to do with the thoughts and questions currently on your heart, and don't have anything to do with plans you've been mulling over, whether short- or long-term.

These are the "great and mighty things that thou knowest not" (Jeremiah 33:3). I can give you keys to your own life and personal situation, miraculous answers out of the blue that make problems melt away, or dissolve a long-lasting tangle in some area. Or maybe I'll highlight a problem area that you never even dreamed was a problem, but since I am able to show you, you're able to take steps to rectify the situation before it becomes a mess. Or maybe I'll just put a feeling of encouragement in your heart--that of being loved and secure in Me--when perhaps you weren't feeling that way before.

Whatever I give, I need that forum to speak to you about things that you're not necessarily asking for or sucking for, but that are the extras, the far-out, the things you wouldn't have thought to ask about, because maybe you don't even know the questions. And meditation is one way that I can give you those answers.

Meditation isn't only about hearing My answers, nor is it the only way to receive those unexpected truths. But that is part of it, and it's an important part that I wanted to touch on. Having that time where you're just thinking on Me, listening to

Me, and focusing on Me gives Me a very special forum to speak, guide, and inspire, and it's something you shouldn't go without.

Maybe you thought meditation was just about relaxation and resting in Me, or an exercise in spiritual concentration and learning to block out other thoughts. Or maybe you thought it was a variation of loving Me intimately, where you're not thinking about anything else but Me and how much you love Me; or maybe one of the aspects of heavenly thought power or full possession. (See ML #3376, and #3377) Well, it's all of those things to a degree, but it's also a time when your antenna is up, even though you're not specifically sucking for anything.

That's the way it should be when you're communing privately with Me and meditating on Me. You're on My channel and tuning in to Me, but not specifically asking for anything. You're just spending time with Me. Don't expect Me to start speaking a gush of words right away as I do when you're receiving My words in prophecy. Rather, just keep your mind stayed on Me, thinking about Me, focusing on Me or something that helps you to think about Me, clearing your mind of all other thoughts and just trying to be open to Me and receptive--empty and ready for Me to fill.

Work on learning to come into My presence and getting to a place where you can either feel Me closer, or at least know that your spirit is able to feel Me and has entered into My presence because you've shut out everything else. Not everyone has the touch of "feelings," but most of you will find that you will know when you've entered into this rest and into a special communion with Me.

Then, once you're there, stay awhile. Rest and have patience for whatever I'll send your way. Perhaps I'll say nothing and will let you benefit from the quietness and blankness of spirit. Or maybe I'll fill your heart and life with a refreshed feeling, a blast of the heavenly air from the dome. Or maybe I'll whisper one of those revelations or new ideas that I talked about. Or maybe I'll even strike up a conversation with you, which is something I love to do with My brides when they let Me.

Learning to converse with Me is a skill and gift you have to hone--that of being able to chat back and forth with Me without losing concentration or thinking that it's just in your mind. When you're receiving prophecy you usually don't do much talking--outside of your prayers and questions--and you're trying hard to block out anything else but the words that I'm giving you. But if we're having a conversation in the stillness of your heart and mind, it's not intended to be just a one-way affair, thus you need to be able to respond to Me, commune with Me, and hear My responses.

The things I give you in your times of deep communion with Me--whether casual conversation, meditation, or simply resting in My arms--may not always be

big, heavy points; in fact, they may rarely be. But at least I'll know the opportunity is there should I need to get your attention about something vital that you wouldn't ever have hit upon otherwise.

It's important to come to our time together without expectations, except to get still and quiet before Me, because your mind and spirit needs this time. Don't come looking for anything; just come to Me empty and quiet and know that if I need to give you something, I will.

Being able to enter into that state of stillness more and more quickly is a goal that is good to shoot for as you practice your meditation times with Me. I want you to gain the ability to push your own thoughts away more quickly, and to be able to focus on Me faster and more effectively. It's a great way to purge away the thoughts of the day and the carnal before hearing from Me in prophecy, or before starting your Word time, or even before going to sleep. It's going to be a vital skill in the days to come--both the days immediately ahead of you, and those that are in the future.

It's just a good all-around practice both for your spiritual man and for your physical mind and body. It's not the most important of your links with Me or the most vital of your spiritual weapons, but it is something that will be a benefit to you and something that you shouldn't skip. The more regular and practiced at this you become, the more you'll find yourself benefiting from these times. Once I know that this is a time in which I can get your attention or refresh you, I'll start to take advantage of it to enrich and guide your life.

Of course, I'll try to give you some special things even if it's just your first few tries. But the real benefits start to come with practice as you regularly enter into My presence in this way. ⁽⁸⁾

You must look at your heart to understand if what you are doing is meditating. The key to meditation is that you have set everything else aside.

Think about the principle of forsaking all. If you give something to Me and I give it back to you to use for My glory, do you refuse to take it up again, or become worried that you haven't actually forsaken it? Or is forsaking all a matter of the heart? You've laid it at My feet and you aren't going to try to take it back. You don't forsake it expecting to get it back, or it isn't forsaking it. But if I choose to give it back to you, it's because I intend for you to use it for My glory.

The same principle is true when you enter a time of meditation. You lay everything down in your heart and mind. You aren't expecting to get answers to questions. You aren't setting any limits or guidelines on what comes next. You are simply surrendering your will to Me. Your fully open heart and spirit are laid bare before Me. You place yourself in My arms in complete, unconditional trust. You aren't hoping for an answer to this or that question, or expecting Me to do this or

that. You've removed all limitations and conditions. You have literally set your own will and every other thing aside, and you are ready to accept and drink in whatever I know is best.

What comes next is of My choosing, according to what I know you need and what I want to give you. It might be complete stillness and a sensing of the security of My arms around you. It might be words of comfort about some deep heartache or a key to unlock the victory in some area. It might be something so otherworldly that your mind can't even express it. But the point is that you are not directing things, I am. If I give you My words, then you receive them. If I give you something else, you receive that.

You will know that You have meditated on Me because, even though the things of life will still be there when you finish, there will also be that peace that passes understanding surrounding you. A calm will fill your heart that will help you to see Me superimposed on everything and everyone else. The difference between meditation and coming into My presence to pray or to receive answers in prophecy is your abandonment of your own questions or thoughts or leading our conversation, so to speak. When you come before Me to hear from Me, even when you ask Me to speak to you about anything I want to say about your day, there is still the element of your directing the limits on what I can say and do.

Meditation is in essence a time of complete abandonment of your programs, plans, needs, desires--everything except engulfing yourself in Me. Some describe it as "losing yourself in Me," and that is a fairly good illustration, because you are no longer trying to direct or control. You have stopped all else.

Then, whatever form or plan I want our time to take, I have complete control and all else becomes unimportant. Whether I choose to speak to you or not doesn't matter. It's the position of the heart that creates the state of meditation. ⁽⁹⁾

(Dad speaking:) The best cure for a hurried spirit and the pressures of the work is changing gears, and meditation will do that for you. Conditions and circumstances can be obstacles, but they don't have to be. You can let them help you by driving you to the Lord, where He will wash away all your cares. You can have peace in the midst of turmoil, right in the middle of the physical conditions, by focusing on His Spirit.

Personality doesn't have anything to do with your ability to be close to God. Anyone, any type of personality, can have a personal connection with the Lord and can meditate on Him.

It's not like going into a trance or being hypnotized. You can't just will yourself at some command to go into a state of meditation. I think the reason the Lord

doesn't let that happen is because He wants you to do your part of coming to Him, of getting quiet in reverence and love for Him.

He wants you to do the wanting of taking the time, of coming apart, of getting quiet. He blesses that. You can't take time, come apart and get quiet on the spur of the moment. You can have moments of reflection or meditation in the middle of your work, but it's not like full quality meditation time when you give the Lord your attention and let Him minister to your spirit. It takes time to get to that state with Him. ⁽¹⁰⁾

I love it when you take time to just sit back in My arms and commune with Me. There don't always have to be words, prayers, or even praises involved. Our souls can commune in spirit if you turn your thoughts toward Me and let your mind and spirit dwell there.

We can be like two lovers who are happy at the thought of just being in each other's presence, no words passing between them. Holding each other and gazing into the other's eyes is communication enough. It's like their hearts are getting on the same wavelength. They don't even need to communicate verbally because the touches, the looks, the smiles, that closeness, lets them know what the other person is thinking, or at least helps them to be in the same frame of mind as their lover.

It can be the same with Me and you. You start out by praising Me or thinking about Me, turning your heart toward Me and meditating on My goodness to you, and as you do, we start to connect in the spirit. Then you can stay there and rest a while in My arms.

This communion of heart with heart is not something that can be worked up. It takes a real peace and contentment in spirit to create this link with Me. Often the connection won't happen if you are worked up in the flesh or worried about things, or if you are in desperate need of My answers on timely matters. In that case, too much of the flesh can stand in the way. The pressing urgency of all that you have to do will not allow you to enter into My presence empty, ready to be filled, if you bring it with you. So try this type of meditation when you feel rested and have been soaking in My Words, have already primed the pump of praise, and poured your heart out to Me in prayer.

This time of communion is a time for you to let Me guide your thoughts. It's not even time for you to make supplication of Me, but to just let your mind dwell on Me, and let My Spirit interweave with yours till we have a free flow of communication between us.

Think of this type of meditation as learning to float in water. It takes that amount of relaxation--not just in spirit but in flesh too (you need to be physically comfortable and rested)--in order to let My Spirit give you the buoyancy you need. If

you struggle and try to poke your head up to see what's happening around you, the balance will be upset and you'll break the connection with Me. Whereas if you just lie back and focus on relaxing every muscle in your body, shutting out the noise of the world, you'll find that the water holds you up perfectly, and it's such a wonderful feeling.

I want you to learn how to enter that state of full relaxation of mind and body, your thoughts filled entirely with Me. That is where I can minister to your spirit more directly, guide you in important matters in your life, and give you major breakthrough solutions to problems that have been nagging you, because you're becoming one with My mind.

I want to give you a better understanding of how things correlate between the flesh and the spirit when you enter into intimate meditation and communion with Me--and what good I can help it to achieve. In many ways it's similar to the state you're in when you're almost sleeping, or just waking up. That time of relaxation when you're just drifting in or out of sleep, when your body loosens its grip on your mind and lets it travel upward to a spiritual heavenly dimension, is very similar to what I can do for your mind during this type of restful communion with Me.

It's as if your mind has a door that I can have complete access to if you let Me. During these moments when our minds are communing as one, I can give you so many answers, reveal to you deep spiritual truths, and take you farther in spirit than you have ever gone before. This time will also fill you with My power, strength, and energy like you've never imagined.

You might wonder, "How do I get to this point of intimate communion with the Lord? It sounds deep and complicated." I understand why you might feel that way, but the truth is that the beauty of meditation lies in its simplicity. You don't need props, activities, reading material, or anything of that sort. All you need is to place your mind on My mind. All you need is to relax and set down the weights that are burdening you--however you best do that--through praise, committing them to Me in prayer, singing to Me, reading My Word, or loving Me intimately, so that you can come into My presence empty, free, and ready to be filled.

Do whatever works for you and helps you to get into a restful state. Everyone has different needs, so ask Me what will work best for you. If you find it easiest to meditate a few moments when you first wake up, try that. Or if you can focus best right after or during your time in the Word, do that. You might find that while on a walk, or just before going to bed, or while lying down for a rest during the day, is ideal for you, and that's great too. Whatever works for you is fine for Me. I'm here all the time, ready and waiting for you to come to Me.

I love you so much, and can't wait to fill you with My thoughts, My solutions, and My heavenly perspective, which will really get you high in the spirit and take

you places! ⁽¹¹⁾

The Meadow of Meditation and Reflection

Come, My darling. Come, My precious one. Take My hand. Let Me love you. Let Me give you rest. Let Me comfort you. Let Me take you away from all of this--from your work, from the burdens that weigh heavily upon you as you look about you and see work, and more work, and more work. You know that the business and the affairs of the Kingdom are timely and important, so you struggle and you push and you strive with so much work. But I say to you, My precious one, it is enough. Come, take My hand. Let Me lead you to a quiet place where you will find rest and comfort and peace to your weary soul.

You've poured forth without end, without measure, and still you say, "It is not enough! I must pour forth more and more, for people are hungry and thirsty." You hear their cries and you're moved with compassion and you give of yourself even to your own hurt. But now I will take you on a journey of rest, relaxation, and renewal.

Let Me take you away, My darling. I sweep you up in My arms and you feel My strength. You're able to let go of all that you're holding onto and holding up, and all the weight that you feel. You simply let it go as you rest and relax in My arms. You find reassurance that I am in control, that I do all things well, that I will cause all things to work together for good. You're again reminded that it isn't you who protects the children, it isn't you who feeds the sheep or wins the victories that are needed, but it's Me. And in this reminder you find relaxation and rest and peace of mind.

As I pick you up, I carry you away from your work and all that presses on you from every side. I take you to a quiet place, a beautiful meadow, and I lay you down on the soft grass, My arm as your pillow. You feel the warm sun upon your face. You feel the soft breeze blow through your hair. You smell the scent of lilacs, jasmine, roses, sweet peas and many heavenly flowers that you've never smelled before! And there you rest.

All about you is calm. There's only the sound of birds, the sound of the wind rustling the trees, the sound of the water in the brook, and the sound of My sweet words of love in your ear. You know that all is well, that I'm in complete control. You know that as you rest in Me and give your burdens to Me, I carry them. You cast all your cares upon Me and I carry them, for I care for you. I love you.

I know your deepest needs. I know your most intimate secrets. I know your every thought and desire. I know that your greatest wish is to please Me. But I also know that you must take time away from the battle, away from the pouring forth,

away from the work which presses heavily upon you.

You must take time to rest in My meadow of reflection where you can smell the scent of My sweetness, you can feel the warmth of My love, you can feel the strength of My protection. You can hear the sounds of My Kingdom, of events that move slowly, peacefully, and rhythmically along--never too fast, never too slow, but always marching along in perfect order, perfect calm, perfect rest.

As you rest and relax in My arms, I touch you and caress you ever so softly. I kiss your eyes, I touch your cheeks, I kiss your gentle lips. My hands roam freely and gently over your entire body, and with My soft touches flow out all the tension, all the worries, all the stress, all the pressure, and you find complete relaxation, for you are able to trust Me. You're sensing My presence, My power, My strength.

As you commit all your cares, your thoughts, your plans and your programs to Me, I am able to take them and sort them out and bring out of all of this My plan, My understanding, My order, My priorities. As you seek Me and call on the keys during this time of rest and reflection and quiet prayer and total relaxation, I clarify your priorities and help you to more clearly sort those things which need your attention from those that you don't have to worry about.

Oh, My darling, take your rest. Let go of all of your burdens, all of your concerns, the nagging questions and worries that sap your strength and distract you and drain you. Let go of all of this and rest completely in My arms. Concentrate on the sunshine on your face, the elixir of Heaven that I'm pouring across your mind, your eyes, your heart, your spirit, your entire body, bringing rest and strength and renewal. Breathe deeply of My heavenly power, through which you find rest and peace and quietness.

You find strength, you find the answers to your questions, and you let go of your burdens, as you look deeply and intently into My eyes and you hear Me say, "Take your rest, My darling; you have done what you could, and I will do the rest. Now take your rest, My precious one. Rest from your labors, from your ardent lovemaking, from your much pouring forth, from your giving. Take your rest. Lie in My arms, feel My strength and warmth about you. Rest your head upon My shoulder and feel My caresses, My touches and My gentle kisses, as I kiss you to sleep ever so gently so as not to wake you or disturb your dreams."

You have nothing to worry about. You have no need to be in a hurry. You have no need to set any alarms or worry about the time that passes as you rest in My arms, for in this resting, you find the strength and peace and renewal that you desperately need. This, My darling, is time well spent. Whether it be an hour or two or ten, it is time well spent in My arms.

After you have drunk deeply of the rest and refreshing at My hand, I will wake you ever so gently with a morning kiss--a kiss of sunshine, a kiss of beauty, a kiss of

refreshing, a kiss of anointing, a kiss of power, a kiss of My presence. These kisses will go with you as you return to the battle and to your much pouring forth. It is in these kisses that you will find the key to the many treasures of My Kingdom.

So fear not, My dear one, My precious bride and lover. Fear not to steal away with Me into the meadow of meditation and reflection where you can rest in My arms, free from worry, free from burdens, free from pressures, and you can feel My warmth and strength and gentle kisses. I will sing you a lullaby and beckon you ever so gently into sweet sleep, and you will find such relaxation and peace as you sense the perfect order of the universe. You will sense My power. You will know that I am in control, and you will be able to cast all your burdens upon Me, knowing that I love you, I care for you, and I care for My children.

So take your rest, My precious lover, My ardent bride. Rest from your labors and from your loving. Rest from your giving and from your pouring forth. Rest, My darling. Rest in My arms and find sweet sleep. Know that while you are resting, I am a faithful watchman and I care for everything. ⁽¹²⁾

Meditation Experiences of Missionaries and Evangelists

(Adoniram Judson speaking:) It was hard for me at first to want to meditate or even see the need for it. I was young and had a lot more physical energy. So it was a real sacrifice to make the time for meditation, because I felt so capable. But as I grew older, and after many bouts of poor health, I was in a slower state physically. This helped me take advantage of the power of meditation. ⁽¹³⁾

(George Mueller speaking:) At first it was a real battle to get to that place of complete calm and meditation. Some days I felt like I couldn't even meditate, and the more I tried, the more frustrated I became, because I was trying to do it in the flesh and to turn it on like a light switch. The problem is, it is a spiritual switch you have to turn on, and the flesh just can't hit that button; it's something that has to be done in the spirit.

You do have to do some things in the physical to set the stage for meditating, but once that's been done, then the spirit has to take over and carry you away.

As I felt my spirit switching on and entering that place of rest, I would relax and let the Lord's Spirit fill me. It's a very special time and a special feeling. It feels like time has no meaning for you. Sometimes I would get some amazing things from the Lord, and other times I would just get refreshed and replenished.

After some practice, I could begin meditating pretty quickly, and it wouldn't take longer than a few minutes. Of course, even then I had times when it would take

a little longer, and the secret is patience and faith. You can't get hurried about it or bothered, because if you do so, it will work against you. ⁽¹⁴⁾

(David Livingstone speaking:) Meditating was a big part of my life. I never let a single day pass for most of my life, if I could possibly help it, when I didn't take at least a little time to meditate. My life and survival, not to mention my sanity, depended on it.

When I first started taking quiet time with the Lord and meditating on Him, I really had to work hard at focusing and putting other thoughts out of my mind. It took a lot of work and preparation to get my heart ready to focus solely on the Lord. However, as the years passed, my connection with the Lord grew stronger, and because I had made it a habit to meditate every single day, it became easier to do so. ⁽¹⁵⁾

(David Livingstone speaking:) The Enemy fought my times of meditating tooth and nail. He hated that time when I would get close to the Lord because he knew it was my strength and support, and he knew that without it, I wouldn't make it. It was a constant battle between us, and I was determined to win.

He tried sickness, extreme fatigue, insect bites, heavy rain--just about anything. It was almost amusing sometimes to see what trick he would try next and also to see how the Lord would help me through it. But the secret was in not giving up, in being more determined to do it than the Enemy was to have me not do it, and as a result, the Enemy would back down and I would be strengthened and fed from our Lord.

It's amazing what comes to mind when you're trying to tap into Heaven, what the Enemy uses to get you distracted, even for a moment, trying to disrupt what you're doing in the hopes of getting you to give up and call it a day. But you must never give up!

The closer you get to victory, to regular, daily communion, no matter what you've got on your to-do list or what's going on around you, the more he's going to try to pull you down and trip you up, making you feel like you're just no good at it and quitting is your only option. To hell with what that disgusting punk says! He tried it on me long ago and he's still using it today. But it's only as effective as you let it be. ⁽¹⁶⁾

(Hudson Taylor speaking:) I knew that my being in China was His highest will for me, of that I had no doubt. I knew that He would take care of me and prosper His work. My doubts were in my own ability to be what I knew He needed me to be, so that I could be a fit tool in His hand, and this is what made me turn to Him.

I would stand outside the hut that I lived in, looking at the fields and the people, and I would feel so humbled at all that I was faced with. And in my heart I would cry out to Him to hear me, to make me into whatever He needed me to be in order that I might reach this great land. And after I had poured out my heart to Him, after I had given Him every thought and intent of my heart, I would be quiet. And within my heart would return a strength that was not of me; it would steal into my soul and lift my heart with renewed courage and vigor.

There would be whispers in my ear and mind that only my spirit could understand. My carnal mind was gone, and although at times I did not know what was transmitted to my spirit, I knew that I was strengthened. And throughout the day as I worked, I would find the answers to problems that had been perplexing me, the solutions to difficulties, and I knew that this wisdom was not mine; it was given to me during those times of meditation on the work that I had been called to do. ⁽¹⁷⁾

(George Mueller speaking:) The Enemy always tries to get in no matter what. He would always attack me before I even set out to meditate. If I was planning on taking some meditation time, he would hit me with everything you can think of--emergencies, things I had to take care of, worries, or whatever. And it would sometimes be a real fight to even try to get around to meditating.

But when the Enemy fights you, you realize what he's doing and why. He knows how powerful meditation is, and so you can bet he will hit you with whatever he can to prevent you from even starting to do it. Like David says, the Enemy only starts shooting once you go over the top, and that's what he's trying to do--prevent you from even getting time in to meditate.

That's when I would see how important my times of meditation were, because the Enemy would always fight so hard against it. But I was determined that he would not defeat me, so I would attack right back and still be sure to get in my meditation time.

Once I started my pre-meditating procedure, it was a lot harder for the Enemy to fight me, because there was less room for him to enter in. That's not to say it wasn't a fight, but once you have slammed the door in his face from the beginning, it tends to get easier. ⁽¹⁸⁾

(Hudson Taylor speaking:) There is a secret place of refuge in our Heavenly Father's arms that is the source of all strength, fortitude, and courage. This is a truth that I had to learn over and over during my time on Earth.

Many a time when I was striving in my own flesh to get a thing done, or to minister to this person or family, so anxious to serve the Lord that I would rely on my strength, He, ever faithful, would press me to His chest through a seeming

calamity, difficulty, or hardship. But it was only through this pressing that I was able to receive strength from His arms.

It was at such times that He would strengthen my resolve and my faith in Him.
(19)

(Hudson Taylor speaking:) At times my passion for souls would cause me to try to push in my own strength. I would be filled with a self-righteous fervor to accomplish what was on my heart, and it was at such times that I would fall, I would disappoint others and myself. And in this disappointment I found myself turning to Jesus.

I learned that this passion was necessary, but that spending time with Him was even more necessary, so that I could be more like Him in every way. That way it wouldn't just be my preaching that people heard, but they might see Him through me; I knew that this would be the only way for my endeavors to be successful.

So I learned to be quiet. I learned to let Him take control, because without Him, I was nothing. The force of my nature would only get me so far, and I knew that I needed to have His divine nature within me. And in meditation, I found a key to letting Him flow freely through me. (20)

(Adoniram Judson speaking:) When I realized how incapable I was, how unhealthy I was, how much work there was to be done, and what conditions I labored under, the desperation as a result made me cherish and value those times of meditation all the more. It was like my lifesaver, my rescue.

I would think of my Savior, how He was so great, so awesome, so amazing. I would adore Him in my mind and heart, praising Him in my thoughts for everything He was and had done for me and with me in my life. It was a boost in the spirit to do this, because then my heart and spirit were already in that mode, and it just naturally flowed to meditating. (21)

(Adoniram Judson speaking:) Each afternoon, as the sun was setting, I would go out on my little porch and commune with my Lord. As I would watch the sun set, I would reflect on the events of the day, commit different things to Him in prayer, and ask for His guidance for the morrow.

This is what kept me going. The things that I received then were my bread and butter, so to speak. They were what I depended on, and the answers the Lord sometimes gave were truly amazing.

One time, as I gazed out at the setting sun, the Lord showed me a vision of the future of Burma, and how, as my life ended, a new day would dawn, and the seeds I'd sown in my time would blossom into much fruit. This vision gave me the faith

and courage to keep on day by day, even though I could not see much fruit or reward for all my labors.

(When Judson began his mission in Burma, he set a goal of translating the Bible and founding a church of 100 members before his death. When he died, he left the Bible, 100 churches instead of just one, and over 8,000 believers. 100 years after his death, there were over 200,000 Christians in Burma as a result of his faithfulness to begin preaching the Gospel there.)

I loved those times of quiet communion with my Lord, and we were able to draw very close. How true the saying, He is closer than a brother, and more than a friend. He was everything to me, and the times we spent in sweet communion were my life and strength to keep going for Him each day. ⁽²²⁾

(Adoniram Judson speaking:) Meditating on the love and beauty of My Lord and Savior gave me the strength to do His bidding; it gave me the power to persist in the face of obstacles and prison and threats; it enabled me to walk through the valley of the shadow of death and fear no evil, for He was with me, His rod and His staff comforting me in ways that allowed me to escape the bonds of prison and the press of pain and sickness.

I had a continual spiritual feast because of the strength I received from meditating on and savoring the Words of our Lord. His thoughts to me were the joy and rejoicing of my heart, and this joy was my strength. ⁽²³⁾

(Hudson Taylor speaking:) As I looked at the people, as I walked along the winding rivers and streams, as I gazed across the rice fields, I could feel my Lord whispering to me. He came to me and whispered into my ears the secrets that helped me go on for Him. He refreshed my mind, and it is only through this refreshing of mind and spirit that I was able to continue. The more I opened myself up, the more He was able to punch through during the times when my whole spirit was lifted up toward Him, not with words, but simply through the feelings of my heart. ⁽²⁴⁾

Comments on Meditation from Missionaries and Evangelists

(Smith Wigglesworth speaking:) Just let your deep love for Jesus flood your mind and heart, and you will experience a depth of meditation that far surpasses anything that those who strive for perfection through meditation could ever dream of. ⁽²⁵⁾

(A.B. Simpson speaking:) When you tell Jesus of your love for Him, your need of Him, the windows of Heaven will open and the window of your spirit will open, and His Spirit of comfort and strength and peace and everything that you need will enter your heart.

Meditation is your spiritual retreat, your spiritual vacation, your spiritual feeding and strengthening; it's a beautiful part of your personal relationship with Jesus, so that you can carry on your work for Him. ⁽²⁶⁾

(Andrew Murray speaking:) Meditation is a beautiful place in the spirit, and once you get used to going there, you anticipate the blessing, so it becomes easy to enter that place quickly. ⁽²⁷⁾

(Hudson Taylor speaking:) It's true that for each person, discovering what helps you to meditate will be different. But you can't underestimate the power of desire, the power of faith, and the power of your will on the Lord's side. Once you have put your will on His side and truly desire to leave this world, letting go of all other thoughts, then you won't be disappointed by the results!

When you touch God and fully come into His presence, there is no evil or desire of this world that can go with you into that place. When you have entered His courts, you will know that the answers and wisdom you come back with are pure and accurate, regardless of whether it makes sense to the world. ⁽²⁸⁾

(Dwight L. Moody speaking:) When you spend time with the Lord, it's obvious. If you spend a lot of time with the Lord, everyone knows, and that is said with all humility. I am far from perfect, but just as every mirror reflects what is shone into it, the Lord shone down on me and I was simply His mirror. ⁽²⁹⁾

(George Mueller speaking:) Now, with the gift of the keys, you can be lifted out of the earthly realm. You can be set in quiet places even when in the midst of the hubbub. I dare say that if I had lived in your world, it would have been nearly impossible to meditate without the keys.

You can be lifted out of this earthly plane and into the heavenly plane. And the meditation you can enter into is far beyond what I experienced. In other words, with the keys, you should be able to meditate on a regular daily basis with more far-reaching positive implications in your life than I experienced from my times of meditation. But without the keys, just relying on natural forces around you, it would be very difficult.

You have to rely on the keys for that solitude needed for meditation--the keys of heavenly thought power to connect you to Heaven's realm, so you are in a sense

positioned in Heaven instead of on Earth. Otherwise, I don't see how you could fully use this powerful avenue of meditation. And powerful it is; it's one you really need.⁽³⁰⁾

(Dwight L. Moody speaking:) Sometimes you don't feel any different right away, or like anything really happened, but something happens to your spirit every time, and the more you take time for meditation, the more you perfect the skill of meditating on the Lord, the more you will feel the change. You'll get more out of your time with Him, and it will take less time to "get into the groove" of letting the Lord take over your being.⁽³¹⁾

(James Gilmour speaking:) The primary points of focusing your full attention on Jesus and shutting out distractions that would divide that focus are essential conditions needed to meditate.

To do this, you must want to meditate. It can't be done out of duty or mechanically. It can at times be drawn out of you through desperation, but the deepest and most fruitful times of meditation are those born of a sincere love for His Spirit and wanting to be completely engulfed in it to where you are content to let everything else go to find that place of complete rest in Him.⁽³²⁾

(James Gilmour speaking:) It's much harder to meditate if your heart is full of cares. There's not much room left for the Lord to fill. But, as you give them to Him and let them go, then He can pour in so much more peace and comfort and everything else that is needed.⁽³³⁾

(Hudson Taylor speaking:) You must have a reason for meditating, whether it's to cleanse your spirit or to step out of this world in order to let your spirit breathe. Whatever works for you, this is what will help you to develop the habit.⁽³⁴⁾

(Andrew Murray speaking:) Your relationship with Him is up to you and the time that you choose to spend with Him. Even the difficulties in life will work together for the good of your walk with Him. The Enemy fights meditation, so it won't matter whether your life is fast-paced or slow, he'll still fight it. It's up to you to make time for God.

You need to fight for your quality time with the Lord, and you do need to make it a habit in your life. But meditation isn't fighting; it's yielding. Whether you have afflictions or difficulties or not, it still takes yielding and letting go of the things that keep you from Jesus. You must shut the door on the cares of life, even if it's only temporarily.⁽³⁵⁾

(Andrew Murray speaking:) Meditation will definitely enhance your life. The time that you take in quietness with God will make it more difficult for your pride to get in the way; it will make it more difficult for the Enemy of your soul to discourage you; and it will enhance the Spirit of God in your life. ⁽³⁶⁾

(Adoniram Judson speaking:) A Christian who has no inner life of prayer and meditation is like a body without a skeleton, a leaf with no sap running through it, giving it life and sustenance. It would wither and die and fall from the tree, and the boneless body would fall to the ground, unable to take a single step or lift one finger to help another. ⁽³⁷⁾

(Adoniram Judson speaking:) A lot of older folks have slowed down physically, so they know they need help, and they are usually able to project and focus on the power that is available from the other side, because they don't have much themselves.

That's not to excuse those of the younger generation from meditating. It's a good habit and a valuable one. And if you have practiced meditating and focusing on the power, then as you are forced to slow down physically because of age or ill health, you will find it easier and adjust better and will not become less fruitful in any way.

It's also a real bonus and plus for those who have serious afflictions or bouts with their health, because this is one way they can rise above. Not only through strength in weakness, but in the slower pace that puts them more in line with the way the Lord works--prayerfully, deliberately, and with all the bases covered. It's the nature of man to do as much as he can in as little time as he can, but the Lord often likes to go at a different pace. ⁽³⁸⁾

(Hudson Taylor speaking:) Meditation, at least by my definition, is bringing the Lord into your thoughts. The mind is like a strainer that is getting a lot poured through it at once. Sometimes you have to let it sit a while for the liquid to pass through in sufficient quantity before you can add more; that is meditation. It is letting the Word, whether read or heard, get below the surface of your mind and seep into your heart, and there water the seeds of change and growth. Otherwise, a lot of the water of the Word being poured in will just overflow the side of the strainer--or your spirit, in other words--and have no effect. ⁽³⁹⁾

1. Temple Time #0191:8-10
2. Training Winning Teams, Part 4 #3554:154, 155
3. Training Winning Teams, Part 4 #3554:141, 142
4. Training Winning Teams, Part 4 #3554:156-170
5. Training Winning Teams, Part 4 #3554:143-146
6. Training Winning Teams, Part 4 #3554:138, 140
7. Training Winning Teams, Part 4 #3554:147-153
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10. Meditation Testimonies, Part 3 #3698: 262, 269, 277, 278
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35. Meditation Testimonies, Part 3 #3698:26, 30
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38. Meditation Testimonies, Part 2 #3697:186-188
39. Meditation Testimonies, Part 3 #3698:64