

Meditations



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By Maria

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1. Lighting Candles

A small candle can be seen from far away when it's dark. A great darkness is coming over the land, and your little candle is going to shine so brightly. You feel small, weak, and incapable, but there's one thing that I know you can do: You can go out there and light the unlit candles of the world. It doesn't take a giant flame to light the wick of another candle. So light as many candles as you can. Soon there will be millions of lit candles all around the globe shining with My light, even in the darkest time the world has ever known. Shine that light and pass it on.

2. Your Constant

I am the constant in your life. Everybody and everything can fail, disappoint, and pass away, but I will never fail, never disappoint, and I will be with you until the end of the world and beyond--for eternity. I am your basic building block, your cornerstone. I am the foundation of your faith, the Alpha and the Omega, your beginning and your end, and the love of your life.

I constantly love you, care for you, and live for you. That's why you can call Me your Constant, because I am the Ever-Present in which you can abide, the Sum Total of everything. I am surer than life itself. Let this be your comfort. Let this build and strengthen your faith. Let Me flood your life with My constant, never-ending, continuous love.

3. Wind of Love

Do you hear the wind? Listen to the wind of My love. Let the gentle breeze pick you up and carry you into My arms where you can abide with Me in sweet communion. Let it blow away all of your cares, all of your worries, and all of your burdens. The wind of My love will also whisper in your ears the love words that I wish to speak to you.

Let the wind of love cleanse you, carry you, and whisper to you. Let the wind of My love blow gently upon the embers of your spirit and light the fire of love in your heart so that it may burn brightly for Me.

4. Tranquility

What do you think of when you hear the word tranquility? There are many pictures that people associate with tranquility. Perhaps a calm lake where the water is like glass and there is no wind or waves. Perhaps a field of delicate flowers that are standing perfectly still. Or maybe you think of a winter's day when the snow falls and shrouds the earth in peaceful silence.

However you picture tranquility, that is the way that I want you to be in your heart. I want your heart to be tranquil and at rest. I don't want you to be troubled or hurried.

In order to find this tranquility, you must meditate on Me. True tranquility of spirit can only come from Me as you take time in prayer and meditation. So take the time and find the tranquility you need. Maintaining a tranquil spirit is a sign of faith in Me, and faith is an extremely potent force.

You don't have to try to work up tranquility; you don't have to do anything. Just let go and let My Spirit flow through you. I am peace and calm, and you can savor My presence as your body and mind relax. Let Me fill your thoughts with images of harmony and quiet, and praise Me for My peaceful, tranquil nature.

5. The Benefits

Battles make you stronger. Hardships teach you resolve and perseverance. Crushings squeeze out the bad and bring forth the good. Fires of testing burn out the dross and purify you. Loneliness draws you closer to Me. Inadequacy helps you to realize how much you need Me. Sorrow gives you compassion. Difficulties cause you to praise and thank Me for the good times. The rains of adversity help to clear your vision as you keep your eyes on Me.

6. Security Blanket

Let My love envelop you like a warm blanket. Let the comfort of My presence shield you from the cold of night. Let Me impart to you the sweet assurance of My love and concern. I will wrap My protective covering around you and keep you snuggled in the tender caresses of My love.

I'm your security blanket that you can depend on to soothe your ruffled nerves and silence your fears. In Me you will find the quiet assurance that I'm going to take care of everything. You don't need to worry, because it's all in My hands.

7. Peace in a Storm

Remember the prize-winning illustration describing peace? It pictured a bird singing peacefully in its nest while the tumultuous cascade of a waterfall--with all its confusion--roared below.

If that bird could so peacefully sing--when most likely it couldn't even hear its own song above the roar of the waterfall--how much more possible is it for you to keep your mind stayed on Me in peaceful reflection during your most turbulent of days.

The key to peace is not in the absence of confusion, but in your frame of mind. Sometimes it might seem like you can't even hear yourself think, but that isn't an obstacle too great for Me to overcome. I will give you peace of mind and heart as you surrender your all to Me.

8. Full Possession

As you go about your work for Me, imagine My mind working through your mind, My thoughts coming through your thoughts, My words replacing your words, My Spirit enhancing your spirit. I have promised you that you can do all things through Me Who strengthens you. So whenever you're tempted to look at yourself and to focus on your lacks, stop and visualize My Spirit possessing you, and then go on to do "all things through Me."

9. Hot Tub

I am your hot tub--your warm, relaxing, cleansing bath. Do you feel cold? Come into My hot waters and let them warm your entire body. Relax and let My fragrant Word-soap do the work of cleansing every pore of your skin and revitalizing it. Relax, and lay your head on Me. Just lie here and let Me do the soul-washing work. Let Me make you feel warm and comfortable again. Linger here for just a moment longer. Your body needs the full treatment.

Are you ready to come out of the hot tub now? Let Me wrap you up in My big towel so that you won't get chilled. Feel how soft it is. Discover how good it smells. Let Me dry the moisture from your skin. Do you want to get dressed now? I have clean clothes for you that will make you feel comfortable and look great. Try them on. My garments of love and humility will clothe you now, and will keep you looking fresh and inspiring for others until you're ready to come into My hot tub again.

10. I'm Your Coach

When you're battling it out in a boxing ring and you've been giving it your best, and you're bruised and tired and your body aches and you just want it to be over, I call a time out. I pour My refreshing, revitalizing waters over you. I tell you that there's only one round left, and that the Enemy is as good as defeated. I tell you that I know you can make it if you will just fight a little longer. I trained you. I know what you're capable of. I know that you're guaranteed to win if you just don't give up.

As you sit there and regain your strength, I remind you of why you're fighting. I inspire you with visions and promises of the rewards to come. I tell you that though the stakes are high, the prize is well worth it. I tell you that your opponent is twice as tired as you are, that he's already beaten twice as bad, and that if you'll just go out there for this last round, you'll knock him down and you'll knock him out! This fight is yours.

11. In My Creation

Picture yourself in a forest. The trees are magnificently huge. All is peaceful. You can hear the wind rustling through the trees, and the sounds of birds high above. But everything else is quiet. You sit down under a large tree and the grass is soft. You can feel Me so close. I tell you to lay your burdens down, to relax and let Me take care of everything. You sit there in silence, pondering the beauty that surrounds you. You see how much I care and how much I love you. You can feel it, you can hear it, you can see it.

12. My Tree

You were once a small tree that was on its way to growing strong and tall, but then a storm came. The winds blew upon your little tree and shook its branches. The rains beat down your precious, much-adored leaves; you watched as they fell to the ground or were blown away by the strong winds.

After the storm had passed, you were barely strong enough to stand up. The remaining leaves were small and few; you felt ugly and weak. You had lost so much of what was dear to you and what you considered important.

"Ah, the sun has returned," you said. "Now I'll grow strong again and will reach high into the sky!" But you can't lift your branches, you can't stand tall again. You try, and you're sure that you'll be able to do it, but your branches are just too heavy. You don't know what to do. "All is lost!" you cry to yourself.

Suddenly you feel strong hands upon your weak little frame, and a sturdy plank from an older tree is placed beside you. You're fastened to it. You don't understand what's happening. You feel the aches and pains of being tied to this piece of wood and of being straightened again.

The Gardener tells you that it's for your good. But you so wanted to prove that you could do it on your own. You feel that this help will prove that you are a weak tree that He'll have to eventually prune way back, or possibly uproot altogether.

But soon you begin to grow stronger; new leaves start growing and your little branches are thickening. The Gardener comes to you and says, "I knew you could do it, little apple tree. I have great things planned for you! You will feed and nourish many. I knew there was hope. I knew that the storm wouldn't knock you down." He gently removes the plank that held you in place.

You feel wobbly at first, but when you feel the wind press against you, it doesn't bend you over or break you. You've been made strong through the help of the plank. Your trunk is now sturdy, your leaves are more secure, and you even see little budding flowers--the beginning of the fruit that is soon to come!

So even if the winds of life bend you and batter you, remember that I can come and help you to stand tall. My Word, and the help of those who have gone before you, will give you the strength to stand strong again. There is hope for you, My little tree, for you are destined to stand strong and tall, reaching high into the sky!

13. Solitude

Sometimes you just need to get alone, away from all the noise and thoughts that crowd out your day. Just like Moses had his Mount Sinai, you need yours. Why wait until the stress has mounted and you're about to break? Why not be proactive? You'll soon see that you can't afford to go on without this time alone with Me.

When you labor to enter into your "closet" and you wait patiently there, you'll soon hear the voice of God speaking clearer than ever. So take the time to fly "solo"--solo with Me, in quiet solo-tude. It will lead you to the very throne of God, directly into My presence and My everlasting arms.

14. The Tuning

Picture yourself as a stringed instrument. You're beautiful, cleaned, polished, and ready to be played in an orchestra.

I'm your musician. I come and pick you up--the glorious instrument--and try you out. "Something isn't right," I say. "You need to be tuned." "Oh no," you think. "Tuning usually means tightening and twisting!" Yes, there is tightening, twisting, and then some testing, and maybe more tightening, twisting, and testing again--but soon melodious sounds flow from you--the instrument--and fill all the hearers with peace, joy, and happiness.

If I had tried to go through the performance without tuning you first, it would have caused you to sound discordant and out of key, and you would have lacked the harmony and peace that a tuned instrument brings. So while the tuning may cause a measure of stretching, pulling, and some pain or difficulty, in time it will bring about the beautiful sounds and harmonious melodies that will move and captivate the audience.

Trust Me, that I know what is best for you. Be happy for this time of tuning, because soon you will bring joy to the hearers.

15. A Refreshing Shower

I'm a refreshing shower on a hot day. You come to Me, undress, and step under the cool, invigorating water as it pours softly over your tired body. The cooling sensation is exhilarating. The weariness is immediately gone. You feel refreshed as you linger for a minute and let My cool waters flow.

Let the water running over your body remind you of immersing yourself in a shower of My words, of My heavenly Spirit. Turn and feel My heavenly touch all over you. Consider every wonderful sensation of the water flowing over you as My Spirit pouring over your spirit. You are absorbing Me. We are becoming one as you become fully possessed by Me. I cascade down upon you and wash away the dirt and cares of the world. My Spirit refreshes you in a way that nothing else can.

As you soap up your body, the suds make you feel squeaky clean. You let My cleansing flow wash away all the impurities from every pore of your skin. Your body feels so clean now, and you're ready to step out and put on some fresh clothes. You smell so good and you feel so good.

Come to Me when you're feeling hot and sweaty from your workload, and let My waters cool you and make you feel clean and fresh again. Let them wash away the dirt and grime, let them comfort your hurting heart and wounded spirit, and let them wipe the slate clean of all your sins and mistakes. Let Me pour My waters and My body soap all over you, cleansing and renewing you. Doesn't that feel good? Don't you feel refreshed? Ahhh, it's so nice.

16. Warmth

I am the warmth that touches your heart when we have sweet times of communion together.

I want you to close your eyes and think about the many different types of warmth that there are: a warm summer day, a cup of hot chocolate on a cold winter night, cozy warm socks on a cool autumn

night, the warmth of a hug, a crackling fireplace when the temperature is low. I'm sure you can think of more.

All of the warm things that you find enjoyable are a gift from My hand, but they're just a tiny portion of the warmth that you can feel when you're with Me.

Thank Me for the warmth of My love, and for how I never give you the cold shoulder nor disregard you. I am always here for you, and will always give you the very best.

17. The Calendar of Life

A calendar is often used to help remind you of special events or happenings, important appointments, and can even be used as a basic master plan of happenings in your life. I have a specialized calendar for you alone, and I'm filling in the squares not only with My plan and timetable, but also with the answers to the secret desires of your heart. The calendar of your life is full of unique, memorable, and life-changing events. There's not a day that I haven't planned to perfection.

I know that you sometimes wonder about some of the events that I have planned in your life, or that I have planned in the lives of others around you. You wonder if these were truly good things, or whether I overbooked or overlooked some pivotal details. But, My love, I do have a reason for all that I do, although there will be many things that you'll need to wrap up in a bundle of faith and trust.

So if your current month seems gray and bleak, if I were to skip ahead to the future and show you what is planned, you would clearly see that these seemingly dark and difficult days lead up to bright, warm, sunny days, and that what you will gain through it all will be priceless.

So don't be afraid of letting Me plan and fill in the calendar of your life. The best things happen to those who trust Me completely, and who happily flow with what I have planned.

18. A Massage

Ahhhhhhhhh, it feels soooo good! Every tension, every worry, every nagging thought, and every gnawing detail melt away at the touch of My hands. My peace-giving massage soothes, relaxes, helps you to trust completely, puts things into perspective, instills faith, brings health to mind and body, regulates your spiritual circulation, and gives you the rejuvenation you need in order to start anew.

19. Bricks of Life

A brick is nothing special. But by arranging them in the proper order and bonding them together with cement, you can construct a sturdy, well-built house that will provide you with shelter and protection. You can even cover the bricks with a smooth plaster, and then paint or cover them with lovely wallpaper. Not many people will see or even think about the lowly little bricks hidden behind the wall, yet the bricks are the substance of your house. Think of difficulties and tests as bricks. Use your trials and afflictions to help you to build a strong, solid house for Me.

20. Champion Stuff

You are a spiritual athlete, running in the toughest race in world history. It's the Endtime Race. You're sore from the training, and you ache in places that you didn't even know existed. You can feel it in your muscles, and you wonder if you'll be able to make it to the end of the race, because it's grueling.

I'm your Coach, and I'm telling you that, yes, you can do it! I bet all the riches of Heaven on you. I knew it would hurt, I knew that you'd get tired, I knew that you'd be tested, tried, and that you'd even be tempted to give up and go sit in the bleachers--but I know you won't! I know that you'll hold on through the pain and you'll push through the tiredness and obstacles. You can make it, tired or not, sore or not, hungry or not. You'll finish this race because you're made of champion stuff. You're a winner!

21. Enduring Faith

Moses took care of sheep for 40 years. Noah spent 120 years building the Ark. Job endured great suffering and hardships. All of these trying experiences helped them to develop great faith. One of the things that helped them to endure and to hold on during their trying times was the quiet meditation time they had with Me. If they hadn't taken time to meditate, they wouldn't have had the faith to endure.

So when you're going through a difficult time, spend time meditating on Me. Allow Me to work in your life and to nurture the faith you need in order to endure.

22. The Sound of Joy

Can you hear it? It's the sound of joy, not of sadness. It's the sound of your little stream flowing through the low spots of your life. It joyfully rolls along, rushing and plunging over difficulties. It's cool, refreshing, cleansing, happy, and one of the most tranquil sounds you've ever heard.

Get quiet. Listen. Can you hear it? Now that you can, I want you to close your eyes. Can you see it? Can you see the stream coursing through the valley? It is not a grassy meadow. There are some boulders, and there are some drop-offs between the mountains, but there are also trees that overhang small patches of grass which you can lie on that overlook the brook.

So lie down and peer into the water rushing by. Look deeply into it. Are you starting to see things? If not, look a little closer. The brook of your life moves cheerily along--empowered by My Spirit and momentum--over each boulder, hollow, and rocky place. Now you're gushing and rushing over things that used to be so difficult for you. Keep making music with Me, My free little brook.

23. Great Cloud of Witnesses

Close your eyes and reflect on My great men and women who have gone before you--those mentioned in the Bible, and others since that time. Each lived for Me and accomplished great things in My Name. Some of them, like those mentioned in Hebrews 11, never received, while on Earth, all that I had promised them. But their faith didn't waver, and because of that, they went on to receive their full and great eternal rewards.

Are there areas in your life where you wonder if I'll ever come through for you? Or is there something I've said that you worry might not happen the way you hope or expect? Think on that great cloud of witnesses, and meditate on what advice they'd give you. Let your spirit be refueled by their example, and let your mind be set at rest by their fortitude. Just as I came through for them, I will come through for you.

24. Keystrokes

Did you ever stop to think about how a keyboard has a fairly small set of keys which you use to type pages and pages of text? To type just one word, you have to press a series of keys. So it is with your life. I use different keys on your keyboard to write the story of your life. I press them in sequence, one keystroke at a time, one word at a time. The progress isn't fast, and it may seem to take a long time, but slowly and surely the story of your life takes shape. So don't get discouraged if things take time. It's a slow process, but one day it will be a beautiful story for everyone to read.

25. My Fortress

When you are afraid or when danger lurks about you, where can you go to find perfect safety? What do you do when the ugliness of Satan and his forces causes your heart to fear?--Or when the battle rages around you and you feel you must have a break and a moment to tank up and strengthen your reserves?

Run into My fortress. Call My Name and feel yourself surrounded by My strong tower. Its walls are thick and impenetrable. Its gate is always open to you, yet closed and locked to all else. The quiet of the rooms and halls breathes peace and safety into your soul. War may

rage outside, but here, within the shelter of My tower, you'd never even know that there was a war. No armaments of Satan can penetrate and no evil device can ever breach these walls. Sadness and darkness do not know this place, for this fortress is My Name.

26. Patience

Patience is a virtue. Patience is priceless. Patience can only grow through experiences that test your patience. So treasure the times when your patience is tried, and don't impatiently wait for Me to rescue you prematurely. Make the most of it. Realize that I have a purpose and a plan that will work out for your best.

Will you take the path of impatience, grumbling, self-pity, and anguish of heart and mind? Or, will you take the road of patience, acceptance, trust, and determination to make the most of this time of waiting on Me? The second path is definitely recommended. You'll arrive at your destination fulfilled, happy, and satisfied with the trek, sporting sleek, developed muscles of patience. Whereas, if you take the first path, you'll arrive disheartened, weak, weary, and dreading what I will bring along your path next.

I have set before you two parallel paths. Choose the path of patience and trust, and you will not regret a moment on it. I will be able to bring you to your destination quicker and you'll be thrilled at the gifts that you have gained through it.

27. Praise Toothpaste

Have you ever gone for a while without brushing your teeth? Maybe it was because you were sick or traveling. You were embarrassed to get too close to anyone or hug anyone, because you knew your breath wasn't pleasant. Well, that's what it's like when you murmur--it's like an unpleasant odor that comes out of your mouth.

But when you praise, it's like a fresh, clean smell--something you wouldn't mind kissing! Praise is like a mouthwash or toothpaste; it cleans your spirit and makes sure that everything that comes out of your mouth is inspiring, pure, and fresh. It makes Me want to kiss you!

28. Smile

You've heard the song "Smile," with the music by Charlie Chaplin. "Smile, though your heart is aching. Smile, even though it's breaking." If you will just smile and let Me shine through you, then you will have joy, even if there is pain and sorrow for a time.

"When there are clouds in the sky, you'll get by, if you smile through your fear and sorrow." Give Me all of your tears, your heartbreak, your sorrow. All you need to do is say, "I put them into Your hands," and then smile.

The sun will come shining through for you, so smile. That's not a maybe, that's for certain. I'll put that happiness back in your heart as you just smile.

29. The Lamp

You are a beautiful lamp. You provide faithful, steady service, and there are many that depend on you. You are set upon a table in the center of the house, and as the sun begins to set and darkness spreads across the sky, all eyes are on you to light things up.

Do you feel incapable of the task? You are! You are just a lamp, and you can do nothing unless My electricity flows through your wires and illuminates you. Without Me, you can do nothing. But with Me and with My power running through you, I can use you to give light to the whole house.

So plug in! Don't worry if the light will come on when you need it. As long as you have My electricity running through you, and as long as you remain connected to the power source, I will flip your switch and light you up in My perfect time.

30. Eternal Sunshine

Keep your eyes on Me at all times and don't look at anything else. The skies may be dark, the winds may blow, the waters may be deep and murky, and the waves may crash all around you. There may be no apparent way of escape. But I am your escape. I am the sunshine that chases away the dark clouds. My voice will still the tumultuous waves. My rays of sunlight will make the waters clear so that you can see the

wondrous coral and all of the splendor that lies under the surface of the ocean of life.

So if all around you seems dark and gloomy, turn your eyes toward Me, your eternal sunshine. I will shine brightly upon your life and I will calm the seas, helping you to find peace and security.

31. The Supportive Fan

When the game is in full swing, time on the clock is running out, and the score looks pretty close, I cheer you on. When I know that your defense is weak, I shout it out and let you know. When I see that your offense is slacking, I pick up My megaphone and I make sure that you're alerted to it. When the Enemy has scored a point and I see your face drop in disappointment, I cheer you on loudly. I yell "boo" at the Devil and his crowd.

You can count on Me to boost your self-esteem. Best of all, once you've scored a shot or won the game, there isn't a louder voice in the crowd than Mine! I cheer, I dance, and I get all the hosts of Heaven rooting for you. You've never seen a fan club like Mine.

Edited by **theaudiokey.com**
(Password: *thekeys*)
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