

# A Daily, Deeper Walk



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# A Daily, Deeper Walk

This module will provide even more practical ways of living out a life of meditation. We will go into aspects of life and how to engage in meditation the best way and apply for the best results.

This course is centred around meditation in Christ. Making a distinction from other meditation practices is extremely important. Others focus on man's philosophies, however can never begin to compare with meditation in Christ. Please refer to the worksheet in this module for more.

The following are tips on how to have a daily, deeper walk with Christ through meditation - practical, everyday scenarios for meditation.



## De-Clutter Your Mind



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Everyone experiences periods of lack of concentration and the inability to focus. The mind is full and tasks cannot be performed well. It results in a lack of focus and not being present for your loved ones and even feeling stressed

It may stem from overwhelm, or even excitement and anticipation. We all face this at different points in our lives; and though we know the importance of being present, we may not necessarily realise our minds are so cluttered until we see the repercussions or face mental health challenges.

Very often, our minds are cluttered because we are doing things in our own strength, in our own way and not relying on God. It then affects our time in meditation because we are unable to focus and can neither see nor hear what the Holy Spirit is saying.

Here are a few tips to de-clutter your mind that will help better your focus during meditation:

- Take a breather. Pause what you are doing and go for a quiet walk. Look at your surroundings, talk to God and thank Him for your blessings.
- Literally make a list of things for which you are grateful and give God thanks for each one. This will help to put things into perspective.
- Organise your thoughts. Writing everything down gets them out of your head. Categorise them and make a plan of action with God for best guidance.
- Stop the scroll. Whether or not you realise it, your mind is inundated with content from social media, even if uninvited. Spending less time on social media and more time in focus, will help clear your mind and you accomplish more.
- Get some sleep. Sleep deprivation yields a number of physical and mental side effects. Sleep helps clear your mind and yields higher thinking power.
- Most importantly - spend time with God. Play worship instrumental, read a passage of Scripture, pray and rest in God. The Word tells us to cast our cares on Him. His yoke is easy and His burden is light.

Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light. Matthew 11:28-30

## Pray and Praise Continually



The Bible tells us to rejoice and pray without ceasing.

16 Rejoice evermore.

17 Pray without ceasing.

1 Thessalonians 5:16-17



Doing this will result in constantly being aware of the presence of God as you invite Him into every aspect of your life. As the Matthew Henry Commentary puts it “The way to rejoice evermore is to pray without ceasing.”

Your mind will be stronger and already in the right positioning for meditation and hearing from Him.

This will also replace negative thoughts and the desire to engage in activities that are contrary to who we are in Christ. Media we consume will be different, certain conversations will be avoided.

We cannot expect to continuously engage in activities outside of God’s will and desire, then sit and expect to meditate well and hear from Him.



## Dream with God for the Vision



Having a vision is extremely important. It gives direction for goals and brings your purpose to reality.

Where there is no vision, the people perish: but he that keepeth the law, happy is he. Proverbs 29:18

Doing Vision Boards is a common activity. Vision Board parties are held at the beginning of every year as magazines and pictures are glued to a board. It is important to have a vision to include the various facets of your life.

I implore you however not to have a vision without consulting God. He already has the vision for our lives! All we need to do is ask.

1 I will stand upon my watch, and set me upon the tower, and will watch to see what he will say unto me, and what I shall answer when I am reproved. 2 And the Lord answered me, and said, Write the vision, and make it plain upon tables, that he may run that readeth it. 3 For the vision is yet for an appointed time, but at the end it shall speak, and not lie: though it tarry, wait for it; because it will surely come, it will not tarry.

Habakkuk 2:1-3

God already has the blueprint, connections, finances, direction. Everything has already been planned for us. Your vision has already been prepared and it is beyond your wildest imagination! All you have to do is ask.

Be reminded of this passage:

9 But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him. 10 But God hath revealed them unto us by his Spirit: for the Spirit searcheth all things, yea, the deep things of God. 1 Corinthians 2:9-10

How do we do this? Through meditation, of course. Verse 10 says that God reveals them to us through His Spirit. How did we learn this happens? In the module 'The Holy Spirit and His Power Within', we learned that Jesus communicates to us through the Holy Spirit. We only hear from the Spirit by meditating to listen.

Therefore, before going in our own strength and wisdom to spend time cutting out pictures, we must take the time to consult God.



Meditate. Ask the Holy Spirit:

- What is the vision You have for my life?
- Where do You see me in five years?
- What are the things I should be doing to get there?

Ask Him for this on the total you as a woman, mother, for marriage, singlehood, business, ministry and the list goes on.

Get very specific. Ask specific questions. Go ahead. He is waiting for you to ask. When you receive the answers, have fun doing your vision board based on what He gives.

## Meditate for Daily Wisdom



Wisdom from God's Holy Spirit is needed on a daily basis for every circumstance. Remember He cares about even the seemingly small things. Meditate and ask Him anything at any time for clarity and direction. Always be sure to listen to Him.

When bogged down, take a few minutes to sit still in quiet where you can - again, it does not have to be fancy or even your usual spot. Ask Him for direction.

This can be done for : work assignments ministry assignments dealing with your husband on a particular matter direction on stretching the finances what to wear ANYTHING!

Specific questions can be:

- Lord, how do I respond to my husband in this situation?
- Holy Spirit, what should I wear to represent You well today?
- Holy Spirit, who should I connect with for this job assignment?

You will be surprised at how God answers you! He will give you what you never thought of for yourself.

## The Ability to Work Faster



The ability to hear from the Holy Spirit through meditation means completing work faster as He gives wisdom.

What may take you weeks may instead take days or even hours. He gives wisdom and direction as you work!



## Teach The Next Generation



The next generation needs to be taught the things of God, including meditating on Him.

Meditation is not widely being taught in our churches, yet ungodly meditation is being taught in our schools!

We must teach our children about the Holy Spirit's guidance and how to meditate to hear from Him.

As the days get darker and evil waxes worse and worse, they need to learn how to have this relationship with the Holy Spirit for themselves. Imagine how unstoppable with God they will be!!

Our shortfall in not doing this can mean their downfall in these last days. They too need to know how to listen to God for vision and direction and at an early age.

## A Daily, Deeper Walk

From this module, we see the importance of meditating for direction, for a daily, deeper walk. Examples were provided, however do add and tailor to your life and situations.

## Module 5 Activities



- ◆ Continue to use your 90-Day Meditation Journal, being sure now to ask God specific questions
- ◆ Holy Spirit Meditation - the Only Way
  - A comparison of the promises of other meditation practices versus what God's promises
- ◆ People Who Meditated
  - A look at those who were stated as meditating and what was happening in their lives