



Day One: Meditation 101

Before we begin, I'd like us all to take a refresher 101 course on some terminology that we will use frequently. Words like meditation, imagination and 'seeing yourself as' or maybe visualising. Take heart dear one you have not entered a new age time zone. Let's set the record straight, Satan rotten thief that he is can't come up with any good ideas of his own, so he steals Gods perfect ones, warps and twists them and then stops us rightfully using them when God Himself entreats us to do so.

God exhorts us to meditate, King David mediated all the time, the psalms are full of it, Joshua was told to do so (Josh1:8), the Israelites were encouraged to meditate on all the deeds of God. Guess what Isaac was doing in the field as he waited for his bride to turn up- meditating (Gen24:61) Paul writer of ¼ of the New Testament encouraged Timothy to meditate (1Tim4:15), He also encouraged the Philippians to mediate. (Phil4:8)

To mediate means to revolve in the mind, to turn over, to remember, to mutter, to imagine; Like a cow chewing her cud until all the goodness is gone out of something, to get the essence of something. We also magnify (in our mind) the thing we meditate. You are all natural born brilliant meditators. Think about this- every time you worry over something, what are you doing? You are meditating the problem (Turning it over in your mind, rehashing it, muttering over it). Often until it is so magnified out of proportion. If we meditated the solution Jesus offers to the problem, instead of the problem what then would be bigger? Just a thought.



Let's practice:

Take the verse Psalm 34:8

'Oh, taste and see that the Lord is good'



Now get to your quiet place with Jesus. There is no recipe for this but remember the principles: He lives inside you, the kingdom is on the inside and you are the temple of The Holy Spirit(1cor 6:19). Read the verse so it is before your eyes and say it so it is in your ears. Now see it in your heart, see if you can build up a mental picture (imagination) of the various ways God is good. Now let that be associated with things lovely to the taste. Don't be surprised if your real physical senses start to come into play. You are powerfully tapping in to the God reality that is on the inside of you and inviting that true reality out into your physical senses.

Holy Spirit may now even give you things to write, ways that God is so Good: this is thanksgiving and all forms part of the whole process of Biblical meditation. See you are not seeking to empty but to fill, to fill your soul and body with the powerful truths of who Jesus is on the inside of you. These are truths the enemy doesn't want you to know.

Write it down:

Sweet dreams/ meditations until tomorrow...



Day Two: Imagination 101

I trust we all spent some time with the very goodness of God being magnified in our minds and hearts. We are all built with an imagination - we tend to think in pictures a lot. If I ask you what your house is like, you don't have the words white with a green roof and bay windows flash across your mind, no a picture of your house comes up. Your house is real to you, you picture it easily in your mind. I can't imagine God would create us with something, then forbid us to use it. It would be like saying don't use your eye to see because it might see something terrible or your ears, they might hear something awful. Your imagination is not inherently bad. I may be able to use it for evil, but in and of itself it's not bad or evil. The Bible does say to avoid vain imaginations, but that admonition is no different than any other admonition given to us. Don't chuck the baby out with the bath water. I could use my mouth to be nasty to you or to speak love to you. I could use my hand to slap you or I could use my hand to comfort you. Using your imagination is not the issue. How you use it is. If satan has tried so hard to stop the Biblical use of imagination, it must be a powerful tool.

You might say the word imagination is not in the Bible. It is, but more importantly the concept defiantly is. Isaiah 26:3 promises '*you will keep him in perfect peace, whose mind is stayed upon you.*' That word mind is better translated imagination. So God promises to keep in perfect peace him whose imagination is stayed upon God. It's a facet of meditation, to keep your imagination upon God is to constantly see yourself in Him, receiving His promises and walking in His ways- God gets bigger in us we get smaller. Not in the physical/natural realm, but in our mind - our imagination. It lets the spiritual flood the natural and suddenly we 'see' with spiritual eyes. What are we constantly putting before our eyes? The lies of the world or the truth of the Word?

The Bible is a somorgousboard of sensory experiences. We are exhorted to taste, to smell, to touch, to speak, to hear, to see all our senses are involved. Jesus is likened to a perfume and we are likened to a perfume. The eyes and ears of our heart are spoken of. The voice of God is described as the sound of many waters. Is that literal? No! What is it meant to do? Give you a visual picture. It's Biblical visualising. What about Abraham? God told him he would be the father of many nations and gave him two significant visual pictures to



go with it - the stars in the sky, and the dust of the earth. Is this literal? No, but it's highly pictorial and every time Abraham was tempted to doubt the promise, there it was right in front of him - stars for night and dirt for day! I wonder what Isaac was meditating upon that day in the field... perhaps he was running dirt through his hands imagining hundreds of descendants when as yet he didn't even have a wife.

Most of all girls it comes down to trust. If you ask God for bread He is not going to give you a stone (Luke 11:11). Trust the Spirit of God - He is the ultimate guide and Jesus the Word will always confirm it in writing.

Soak Time

As an exercise let's take Paul's advice:

Look up Philippians 4:8

'Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy-meditate on these things.'

Now get quiet with the Holy Spirit and allow Him to show you what you meditate upon, that is not pure or praiseworthy, virtuous or of good report, and replace it with that which is. Let this verse be a plumb line for your meditations. Think about what this verse might really mean to you. Verse 9 promises us that in doing these things the peace of God will be with us.

Write anything He says:



Day Three: My Special Treasure

`You are My treasure, my own special treasure, you are mine I have made you my jewel, I hold you in my hand, you are a jewel in my crown and a royal diadem in My kingly hand. Your foundations are all laid with jewels and colourful gems, you pinnacles are rubies and your gates are of finest crystal, your walls comprise of precious stones. You are a pearl of great price and I have purchased you.`

Without a doubt-YOU ARE HIS TREASURE, I lie not - its all in the book.

Are you up for a journey into the heart of God. Okay just open your heart to receive this truth it will bless you, and mess with you, as only God can.

In Matt 6:21 Jesus says, *`for where your treasure is, there your heart will be also'* Its so familiar to many of us, that we miss what Jesus is really saying. Do you know God never asks us to do something he hasn't already done, we don't love first, we love because God first loved us. We can only forgive because he first forgave us. God doesn't command us to do things he invites us to respond to what he has already done.

So if Jesus is saying where your treasure is there your heart will be also, and we have just established that you definitely are **Gods treasure**. Beloved where do you think Gods heart is. It is with you, You are the holder of God's heart. Turn that gem over in your mind. You hold the heart of the King of the universe and he wants you to. He only tells us to store up treasures in heaven because he knows your heart will follow what you most treasure, and he wants your heart, you already have His...



Okay I want you do another exercise to help this truth take real root in our hearts.

Lets look at Matt 13:45



Again the kingdom of heaven is like a merchant seeking beautiful pearls, who when he had found one pearl of great price, went and sold all that he had and bought it.

The merchant in this parable is Jesus and the pearl is you, He sold all he had for you, that is **your** value to **Him**, the price He paid determined the value. You are His treasure His pearl of great price. And where His treasure is there His heart is also!! Are you beginning to get it.

Lets meditate on it:

Rewrite Matt 13:45 personally to you

It may be something like.... I am a beautiful pearl, the purchaser of exquisite pearls searched long and hard for me, when he found me he paid the most expensive price ever to have me. I am His.

See yourself as his pearl and never forget what that means, where His treasure is His heart is also

You may want to take this with you in your pocket today to remind you. Let it make a real shift inside your heart



Day Four: Jars of Clay

Let's begin today by reading together:

2 Corinthians 4:7

'But we have this treasure in earthen vessels, that the excellence of the power may be of God and not of us.'

Where would you hide so great a treasure? We hide our treasures in places of great security- safes, banks, locked boxes etc.

The Lord God hid His most precious treasure 'the light of the gospel' (Christ in you the hope of glory) in simple earthen vessels or jars of clay. The light of the gospel that was to shine brightly against the very darkness surrounding it. (Phil 2:15)

The treasure is in deep contrast to the vessel - the vessel is plain, breakable and unadorned. The treasure, on the other hand, is infinitely priceless, precious and glorious. It is the light of the world, the holy seed of God, the very breath of heaven. I am resisting temptation to get side tracked, but the very magnitude of this - the honour God has bestowed upon us - it is like holding the most precious little baby in your arms, and marvelling- I know you know the feeling I mean.

In Jesus time they put all sorts of things in clay pots from water to human waste. How like God to take something once filled with the vilest of waste and transform it to hold the most precious of treasures.

Do you think God is worried about the safety of His treasure? If I had my treasure stored in so vulnerable a place I wouldn't get a single night's sleep. Sister, God doesn't have a single sleepless night over the safety of His treasure. There is not a single grey hair on His head nor worry wrinkle on His face.

God's ways are so above ours. He is so much wiser - we rely on the vessel (bank, strong box) to keep our treasure safe. God, on the other hand, relies on the treasure. See precious one, **the power is in the treasure not the pot**. The pot doesn't protect the treasure... no the treasure protects the pot.

I always say to my kids if you want to know how God does something, you can be sure it will be the opposite of how the world does it. God knows beyond any



shadow of doubt the success of his plan because it is all reliant upon the treasure. The power is of God not us.

This is transformative power! Look at the pot - so fragile and easily broken, yet once the transforming treasure of Christ is in it as Paul says in vs 8-9 they are hard pressed on every side but not crushed, perplexed but not in despair, persecuted but not forsaken, struck down but not destroyed. That doesn't sound like a fragile little pot to me, that sounds like an unbreakable fortress, stronger than any bank vault, more secure than any strong box. **The power of His treasure is limitless in its transformation of the pot.**

Soak Time

We will look more at the transformation tomorrow, but let's finish with meditating upon that glorious truth that you hold the light of the gospel inside you.

Write what that means to you:

What does God intend that light to do:

Read Philippians 2: 15

'among whom you shine as lights in the world'

Now if you can go outside and look at the night sky, see the stars against the back drop of the darkness and use that visual image to help you understand this vital spiritual truth. The very light of the world is in you. Close your eyes and think about the preciousness of it, the magnitude of it, the gift.



Day Five: Transformation

Lets take a look this treasure, this transformation:

When God formed Adam out of the earth, he became a living soul **only after** the breath of life - the very Spirit of God - was breathed into Him (Gen 2:7 kjv). So not even Adam's soul was alive until God breathed His Spirit into Him. It is the breath of God - the Spirit of God - that makes us alive. How close to someone do you have to get to breathe into their nostrils? That's close, that's a kiss!

God doesn't want to live *with* us. No, He lived *in* us from the very beginning - that's the level of intimacy he created us for. In the desert, He tabernacled with His people. That was as close as He could get under the old covenant... that was a temporary measure until the recreation came (Eph 2:10, 2 cor 5:17) The miracle wrought again in earthen vessels.

What is this treasure? This beautiful indescribable treasure, that has the power to take plain jars of clay and so transform them that they become indestructible fortresses capable of housing the most priceless treasures of a king, the King Jesus? Remember Paul said they were hard pressed on every side but not crushed, perplexed but not in despair, persecuted but not forsaken, struck down but not destroyed (2Cor 4:8-9). The power of the treasure inside them, the light of the gospel had so changed them that mere fleshly attacks or discomfort could not stop them. It transformed prostitutes to princesses, thieves to generous hearts, plain fisherman to giant evangelists and in Paul's case a murderer into one leading others to life

The treasure is of course difficult to describe. It is the very seed of God, Holy and imperishable. It is so multifaceted with so many faces like the most striking of jewels. Every time you turn it and it catches the light and it shows another glorious facet of itself. It's like trying to describe the very essence of God Himself for that is what is implanted on the inside of you. You know in the throne room of God when the angels flying around all shout HOLY, HOLY, HOLY and all the people there fall on the floor. That's what it's like trying to describe the treasure of the new creation miracle inside us. Every time we see another facet we are floored and can cry nothing but HOLY, HOLY, HOLY.

Girls we need to be in awe of this priceless gift! The Bible says the angels longed to look into such things (1Pet 1:2) and they live in the glory of God! Get



this into you girls - what we have received from God Himself is infinitely precious and perfect! It is the very redemption of the world! All creation groans for the revealing of the sons of God (Rom 8) - this precious impartation of God Himself. He has implanted you with Divine seed. You are born again in the very likeness of His Son. Does that mean your born again spirit is male? No, our born again spirits are neither male nor female, Jew nor Greek but we are all one in Christ Jesus (Galatians 3:28).

Soak Time

I want us to step into some awe inspiring meditation today as we try to see some facets of this treasure. 1 Peter 1:16 Says, *'be holy, for I am holy'*. I used to feel the weight of that scripture, but let's get it in perspective. Holiness is a gift given to us, not something we could ever earn. God Himself granted us Holiness, look at Eph 1:4. That being so, the more of a revelation of God's Holiness we have the more of a revelation of Who we are in our inner man we have.

So I want you to meditate on God's Holiness. Think about it , write down all the aspects of His holiness and get a real glimpse of the beauty of it:

Now realise this is a facet of the very treasure inside you. The very seed of Divine holiness has been imparted to you. Check out 2 Pet 1:3-4 for confirmation. Are you on your face with angels in the throne room? I am.....