

## **OMAHA, NE HOUSE OF PRAYER (ONEHOP) – PODCAST**

**NOTES ADAPTED FROM “DEEPENING PROPHETIC REVELATION THROUGH MEDITATION”  
BY KIRK BENNETT**

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### **What is Meditation?**

Definition of meditation: To contemplate; to keep the mind fixed upon; to study. To purpose; to intend; to design. Think about at length and in depth (syn: chew over, think over, ponder, contemplate, muse, reflect, mull over, ruminate, speculate). Think intently and at length, as for spiritual purposes (syn: study, contemplate, seek out).

### **Working definition of meditation:**

Meditation is a planned repetition of a scripture verse(s) or phrase(s) by which a person’s spirit is deepened in God. This act of discipline is intentional, walked out by faith, and moving toward a fresh encounter with Christ.

### **Why meditate?**

Kirk Bennett lists 7 reasons why we meditate.

1. Command – God commands the repetition of His words and acts because they reveal more of who He is, and this is the desperate need of the church today – the knowledge of God.
2. Enjoyment – Meditation is a way of pressing in to the joy of His presence. It truly creates a happy heart!
3. Wisdom – Meditation brings us revelation of God’s thought and His ways. While His ways are higher than our ways, meditation on His ways causes us to move in wisdom.
4. Encounter the Fear of the Lord – The gaining of the fear of the Lord is the sure way to prepare for encounter with God. When we meditate on scripture, we can then begin to tremble at His word. When we tremble at His Word we can come to the knowledge of God.
5. Transformation – Because of its sin nature, the human heart has no power to change or be changed. Only the Maker can change the heart. Meditation is a means of encountering the One who changes us, our hearts.
6. Increased revelation – Meditation puts us in a place to gain from those who have gone before us, and it will take us beyond them – further into unending knowledge of God.
7. Rest – Possessing a quiet confidence in the midst a storm is possible in God. When days of difficulties cloud our lives, what do we draw on? Meditation is a means, both before the “storms” break out and amidst the fury, to find the place of peace.

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### **Components of Mediation:**

1. Set a time
2. Create an environment
3. Pick a verse – Which verse do I choose? Choose any verse that you want to gain more understanding in!
4. R-W-S-S-P

**a. *Read it***

Read the one verse several times. Look for key phrases or words. Focus on what you read and what it may mean in its context. Think of other ways to say the words.

**b. *Write it***

Write the verse exactly as it is written one time on your piece of paper. Close your Bible and set it aside – once you have the verse written, you don't want other verses pulling away your attention.

**c. *Say it***

Say the verse out loud. Say it loud enough that your ears can hear it. Faith comes by hearing and hearing by the word of God. Most things that you believe are things that you have heard over and over again. As you repeat the verse, certain words will leap out at you. Write down these words and repeat them over and over again, out loud.

**d. *Sing it***

Singing is a means to unlocking the heart. Take you isolated phrase (verse) and sing it over and over again. Use the melody of the music you are listening to. Write out what you sense and perceive. To declare a Bible verse in song impacts our spirit, soul, and body in a dynamic way.

**e. *Pray it***

Prayer is a divine means of communication with God. When you repeat a phrase and believe it, you're speaking it to God, which is prayer. While you are praying, ask the Lord to help you believe this verse. If the verse is inviting faith to walk it out, then ask God to help you live the verse.