

MEDITATION

WORKSHOP ON BEING A FRUITFUL CHRISTIAN

KMI 2014

Q. How can we be fruitful Christians?

A. John 15:2 (Phillips Paraphrase).

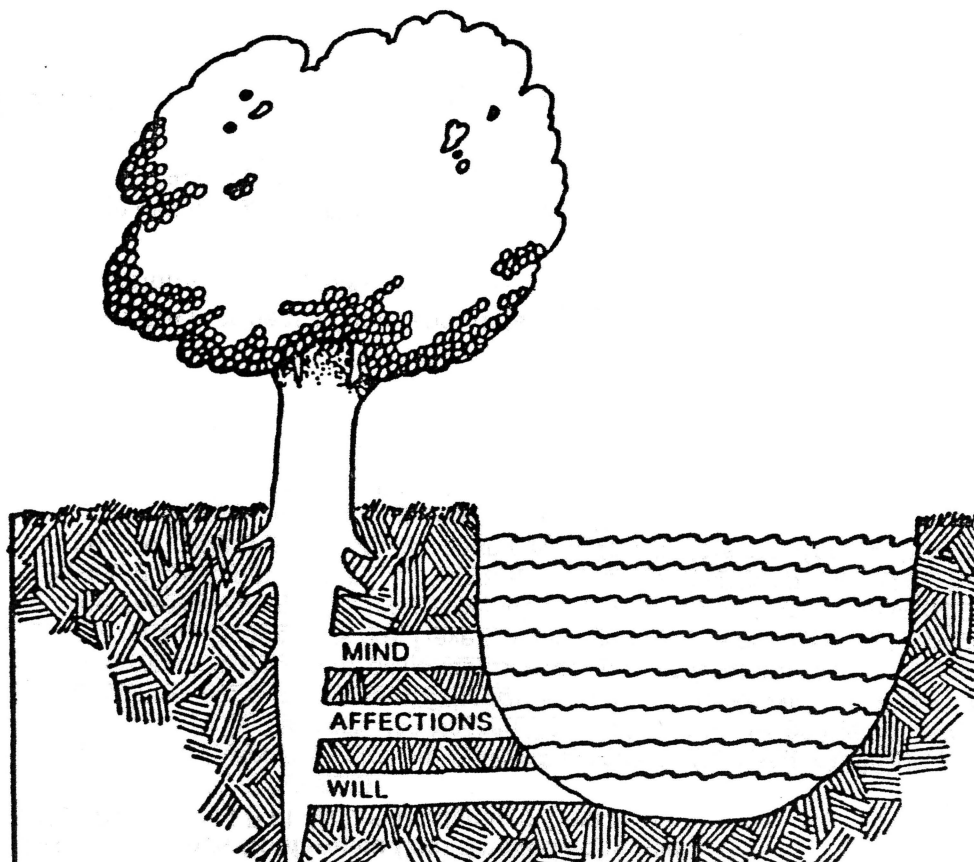
Q. What is spiritual fruit?

A. Jeremiah 17:7 The overflow, surplus, excess--

of Christ's imparted life. John 6:63,56, 63.Ps.40;&

Q What are the three channels through which we make a connection with

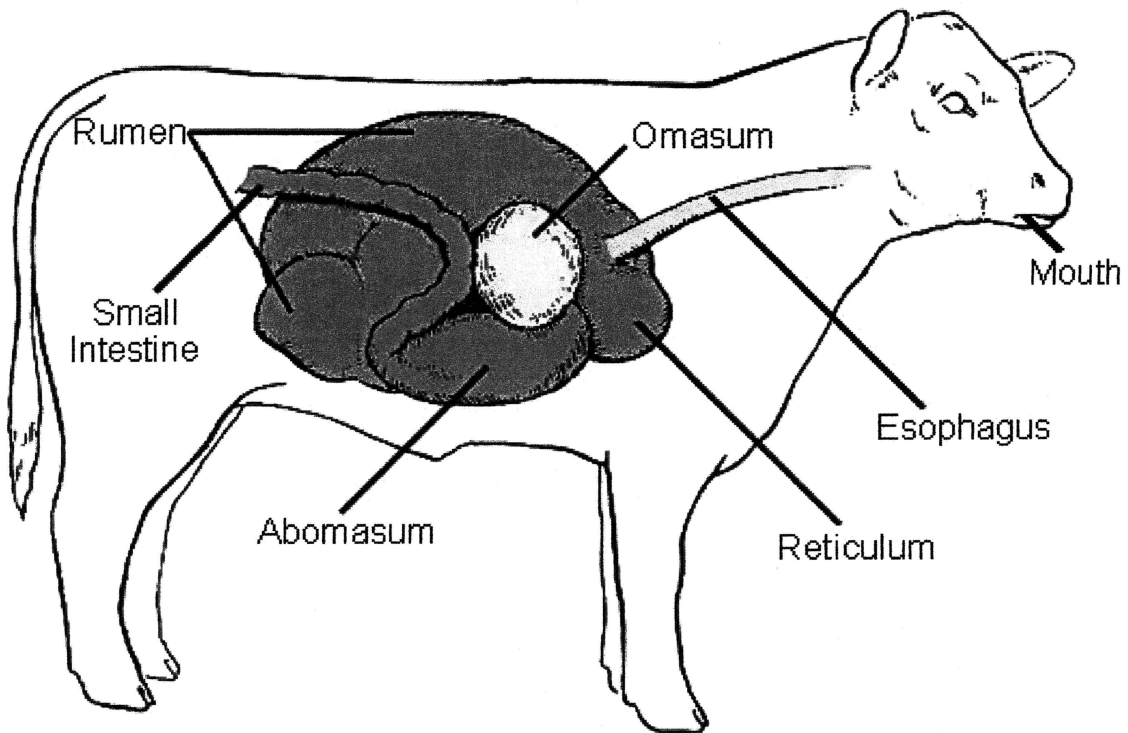
Christ? A. Mind, Emotions and Will. Jeremiah 17:17:8



Q. How do we connect through the mind tap root?

A. By Meditation, Psalm 1:2, 3

Meditation compared to Rumination. Life giving part of grain transferred to life giving part of blood stream.



How is it possible to meditate day and night?

A. Utilize both the conscious and sub conscious mind

One function of the conscious mind is to sustain life sustaining signals to the body to keep the heart beating and the lungs expanding and contracting. (Ruegg illus)

Job description of subconscious during sleep:

Send life sustaining signals to the body. Illustrate Jerk

Decelerate heartbeat.

Send signals to release hormones to rebuild the tired body.

Accept the last waking thought occupying the conscious mind.

Q. What happens if the last waking thought is an unsolved problem?

A. Fatigue instead of restoration .Toss and turn. May be more tired than when you went to bed.

The sub-conscious is frustrated. Why?

- Has to make the body organs work rather than relax.
- b. Has to accelerate heart rate to. Provide- blood-sugar-energy.
- c. Can't release rest and restore hormones
- d. Can't concentrate on the positive

THE KEY TO PROFITING FROM THIS SESSION IS TO THE ANSWER TO THE FOLLOWING QUESTION:

Q. What is God's provision for providing restoration and renewal rather than fatigue?

A. MAKE SURE THE THOUGHT THE CONSCIOUS MIND TRANSFERS TO THE SUB CONSCIOUS MIND IS A MESSAGE FROM THE WORD OF GOD.

Q. What does the Bible promise will happen when you do this?

Proverbs 6:22

Q. What is the first thought you have when you wake in the morning when you are in your normal routine?

A. The last thought you had just before as you dropped off to sleep. There is a closed circuit between the conscious and sub conscious minds.

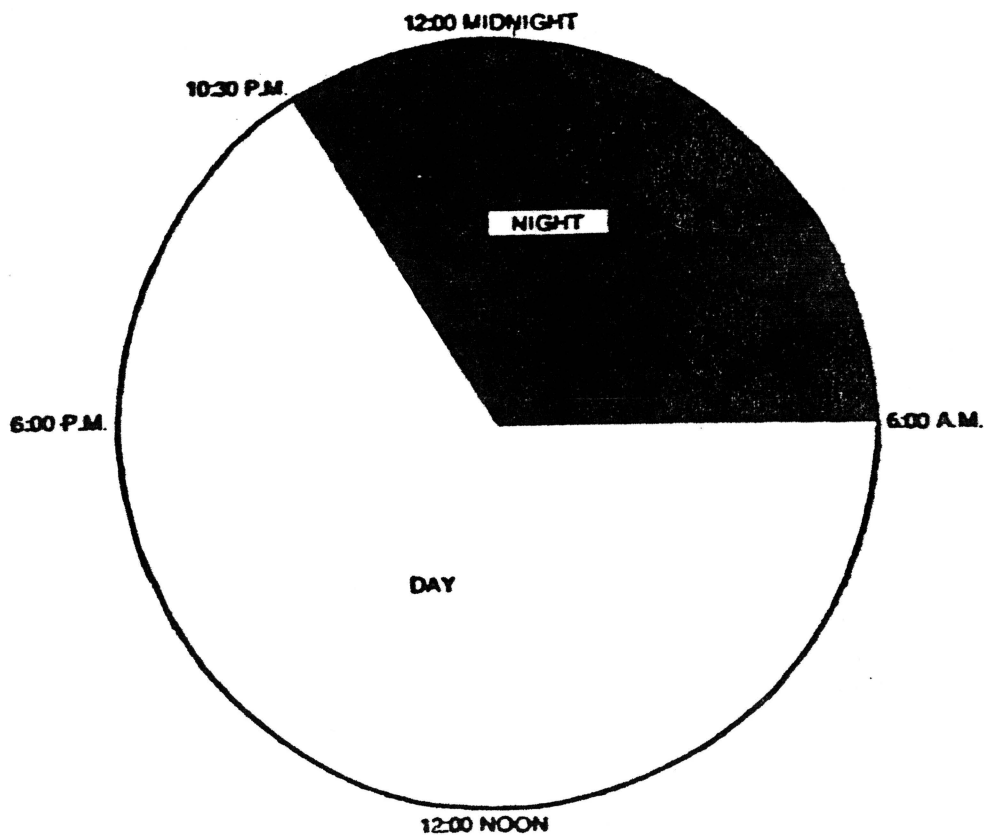
Q. How do I do I get started?

A. Three to 10 minutes before you are ready to drop off to sleep, open your Bible to a pre selected portion. Ask the Lord to give you a word of encouragement, warning, command or promise etc. When you get it, close the Bible and don't let any new thought occupy your mind before you drop off to sleep. You PROBABLY WILL ONLY READ a portion of the Scripture selected.

Q. How do I select a portion to read?

A. Generally take the portion you are PRESENTLY studying. Or, try the PSALMS-PROVERBS Calendar day approach.

What will be set in motion?



24 hour cycle -- Proverbs 6:22 - Psalm 119:97: David's practice: Ps. 119: 62,164.

Q. How does this relate to the Quiet Time?

A. It is the beginning of the morning Quiet Time. Reread all of the portion you selected the night before and you will generally find some verses which confirm and amplify the Scripture portion selected to read for the night before.

John 15:5 (Phillips "It is the man whose shares my life and whose life

I share, who proves fruitful".

Jeremiah 17:7-8 (NIV)

⁷ "But blessed is the man who trusts in the LORD, whose confidence is in him.

⁸ He will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit."

Psalm 1:2-3 (NIV)

² But his delight is in the law of the LORD, and on his law he meditates day and night.

³ He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.

John 6:53 (NIV)

⁵³ Jesus said to them, "I tell you the truth, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you.

John 6:56 (NIV)

⁵⁶ Whoever eats my flesh and drinks my blood remains in me, and I in him.

John 6:63 (NIV)

⁶³ The Spirit gives life; the flesh counts for nothing. The words I have spoken to you are spirit and they are life.

Proverbs 6:20-22 (NIV)

²⁰ My son, keep your father's commands and do not forsake your mother's teaching.

²¹ Bind them upon your heart forever; fasten them around your neck.

²² When you walk, they will guide you; when you sleep, they will watch over you; when you awake, they will speak to you.

Psalm 119:62 (NIV)

⁶² At midnight I rise to give you thanks for your righteous laws.

Psalm 119:97 (NIV)

⁹⁷ Oh, how I love your law! I meditate on it all day long.

Psalm 119:164 (NIV)

¹⁶⁴ Seven times a day I praise you for your righteous laws.

Psalm 40:7 (Darby)"Then said I, Behold I come, In the volume of the book it is written of me---I delight to do your will, Oh my God , your law is within my heart"