



THE POWER OF

MEDITATION

NIYI MAKINDE

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The Power of Meditation



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Understanding the Basics

One of the things we discover is that in the days of Abraham, there was nothing like the Bible to read. There was no Bible to read in the days of Isaac and Jacob. However, we discover that when Moses the man of God went to receive the instruction from the Lord, he received them as precept from the Lord, which he received from the mountain. As Moses received the instruction one of the things discovered about Moses was that he came back to the people with the tablet and of the tablet were found the laws and instruction that was writing with the hand of God himself even though he broke it.

He took another tablet in the mountain and collected the instruction from the Lord and ever since then we have what is going to be the book of the Lord that were engrave on the stone.

Transition In Leadership

Amazingly, after the death of Moses, the day Moses died, the Lord appear to Joshua and spoke to him and while He spoke to Joshua, many people asked since Moses went to the mountain to die that who told the children of Israel that Moses was dead because the Bible says Moses died in the mountain and while he died on the mountain God buried him Himself. So, how did the people know that Moses had died? Who told them even though the Bible didn't write specifically or God spoke to someone specifically about the death of Moses but there is one that we have that was writing and the book of Joshua 1:1 - 2 gives the record, and the record was that the bible says "After the death of Moses the servant of the Lord, it came to pass that the Lord spoke to Joshua the son of Nun, Moses' assistant, saying: Moses My servant is dead. Now

therefore, arise, go over this Jordan, you and all the people, to the land which I am giving to them—the children of Israel.”

Now we discover that Moses died on the mountain, God Himself killed Moses then and God buried him, and did God killed Moses, he just took away his breath and Moses died and till today no man was unable to find or locate specifically where Moses was buried.

No man could find it but the point I am trying to make us understand is that after Moses died God spoke to Joshua and told Joshua that Moses was dead and when God spoke to Joshua that Moses was dead, the Bible says that the children of Israelites mourn for many days, they mourn that is, they wept, they cried Moses, our leader is dead but God has instructed Joshua to take up the leadership and Joshua took up the leadership and he went ahead, but here is the point after they found out God told Joshua to take the leadership mandate from Moses the Bible says

Joshua 1:7-8

[7]Only be strong and very courageous, that you may observe to do according to all the law which Moses My servant commanded you; do not turn from it to the right hand or to the left, that you may prosper wherever you go.

[8]This Book of the Law shall not depart from

your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

In the instruction God gave Joshua, God did not instruct Moses the way he gave to Joshua, there was no way it was recorded that God told Moses that the book of the Lord shall not depart from your mouth, you shall meditate with it day and night, there was no way that God instructed Moses to do that but there was a record that God commanded Moses to tell the children of Israel to teach the book of the Lord to their children.

God instructed Joshua that what your master Moses wrote the book of the law, ensure that it did not depart from your mouth. You meditate in it day and night. Day and night suggest 24hours and if you are able to meditate with it day and night He said you would be able to make your way prosperous but people pray and says Lord make my way prosperous.

According to scriptures you are the one to make your way prosperous. And how that happened is that you meditate the word of the Lord day and night.

Meditation: Gateway to Wisdom

Ecclésiastes 10:10
 [10] If the ax is dull, And one does not sharpen the edge, Then he must use more strength; But wisdom brings success.

The above scripture reveals that wisdom brings success. The reason we get to meditate on the word of God is not just because you want to get revelation from it but to get wisdom from it. There is wisdom in the word of God. You can see what God said to Joshua that the book shall not depart from your mouth but you shall meditate in the word day and night and the word “*meditate*” means think in dictionary but according to Hebrew of the Bible, the Hebrew word use for meditation means *ager*, an *ager* suggest more than the word to think, it has a total combination of four words, when you say *ager* it means four things the most powerful two among

the four. Whereas two words to ager means to ***think and to talk*** but thinking is not the one that come first, it is the talking that come first. God want us to ager His word day and night.

What I want you to do is that you talk and you think it. God instructed Joshua to do that and He said: Joshua if you are able to do that you shall make your way prosperous. In other words, how will you make your way prosperous? Is you get to meditate in my word. Get into talking my word and thinking my word regularly and you will see result.

Listening to the Inner Voice through Meditation

Psalms 1:1-3

[1]Blessed is the man Who walks not in the counsel
of the ungodly, Nor stands in the path of sinners,
Nor sits in the seat of the scornful;

[2]But his delight is in the law of the Lord, And in
His law he meditates day and night.

[3]He shall be like a tree Planted by the rivers of
water, That brings forth its fruit in its season, Whose
leaf also shall not wither; And whatever he does shall
prosper.

If the bible says whatever he does shall prosper
remember that the bible also shows that God spoke
to Joshua that if you can meditate in my word day
and night whatever you do shall prosper.

God wants you to be fruitful Christians but how
you would be fruitful is that you will put to work

what is found in Psalms 1. He that meditate in the word of the Lord day and night, he said he shall be like a tree planted by the rivers of water that brings forth its fruit in the season and its leaves shall not wither and whatever he does shall prosper. When you meditate, what you are trying to do is that you are trying to listening to inner voice because there is voice inside of you. The voice inside of me is the voice I use to speak to myself. In other words, my heart, Solomon said guide your heart with all diligent for heart of it proceed the issue of life. This means that some things can always spring out of your heart. How things would get into your heart is through your inner voice. You understand the place of people speaking to you consistently you also understand the place of you speaking to yourself not with your mouth but with your inner voice. When you meditate, you are trying to listen to your inner voice but when you speak you are trying to speak with your physical voice that hears.

Your physical voice is to be a blessing to others but your inner voice is to be a blessing to you. When God wants to speak through you to other people God would not use your inner voice but when God want to speak to you God would use your inner voice to speak to you. Believers would say how does God speak? How can I hear God? God speak to people. God will not use any voice different from

their voice to speak to them. God would use your voice to speak to you but that voice He would use to speak to you is not the one you speak with your mouth.

The Taxonomy between the Voice of Your Heart and the Voice of Your Mouth

The voice God would use in speaking to you is the voice of your heart. There is a voice in your heart. For instance, a thought might come to your heart to stand up and go out now that is a voice but that voice is speaking in your heart the voice in which you get the information stand up and go out. It was as though someone talks to you but it is from your heart. We call it thought. It is that same voice God would use to communicate with you. God would use the voice of your heart to speak to you, there is a voice of the heart and there is also the voice of the mouth.

Most people are familiar with the voice of their mouth and not familiar with voice of their heart.

And the voice of your mouth is to communicate with people but the voice of your heart is to communicate to you. In other words when God want to pass a message across to you, He would use the voice of your heart. There always the voice of the heart, you need to train yourself on how to listen to the voice of your heart more than you speak with the voice of your mouth. Most people know how to use the voice of their mouth but they don't know how to use the voice of their heart. They use the voice of their mouth to talk. The easiest way to listen to God regularly and consistently is to listen to the voice of your heart.

Paul said the letter killed and the spirit gives life. When you read the Bible what you get are the letters but when you want to get the spirit of the letter you get it through meditation. The reason we read the Bible is not just to read, but to know what we should meditate on - what to talk and what to think. Meditation is a completion of talking and thinking. You know what to talk and what to think.

When you meditate your inner voice will talk to you and when your heart begins to talk to you and when you begin to hear your inner voice you will find it easy to hear the voice of the Lord.

The voice of the Lord will use to talk to you is not in heaven it is your heart ***“if you want to hear my son I love you”*** you would hear it in your heart. It

will be the voice in your heart. How I wish believers would understand what I'm sharing because when we understand it, the least would have the privilege to hear from God consistently, even in your sleep you would hear the voice of God because all you need to do is just for you to switch.

Enjoying a Blessed Life Is Possible

If you want to enjoy a blessed life the key is that let your inner voice - the voice of your heart talk more than the voice of your mouth. You want to enjoy a blessed life, you want to enjoy the rich life, you want to enjoy the life that is abundant, the life that has many opportunities, let the voice of your heart talk more than the voice of your mouth. In other words, listen to your inner voice.

If you want to do anything in life or you want to accomplish anything in life or become any thing in life, all you need to do is listen to the voice of your heart more than you listen to the voice of your mouth. You must listen to your inner voice. You must permit the voice of our heart to talk more to you than the voice of your mouth. When you do that, you would always listen, that is not thinking, it's as if some information coming to you regularly and

consistently. It's not thinking, it is beyond thinking and you listen to the voice of your heart because that is the only way God would bless you.

The Power of Meditation

Beyond the fact that you were instructed to meditate on the Word. Paul the Apostle was writing to the Philippians with emphasis on the power of meditation.

Philippians 4:8

[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.

We are new creation in Christ Jesus and as new creation in Christ Jesus there are basic things that we are instructed and commanded to do. Paul gave them instruction. He was not counseling them, he commanded them. It was an instruction Paul gave to them and what was the instruction? He said

whatever things are pure, whatever things are noble he said meditate on all these but here is the reality I want you to get is the book of Joshua 1:8 and Psalm 1: 2.

Joshua 1:8

[8]This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

Psalms 1:2

[2]But his delight is in the law of the Lord, And in His law he meditates day and night.

We are told to meditate on the law of the Lord but now Paul came and he is not telling us that we should meditate on some things which are contained in Philippians 4:8. He believes that you should know that they are important for you to meditate on them.

Galatians 5:22-23

[22]But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness,

[23]gentleness, self-control. Against such there is no law.

There is something that we should know as new believers the above scripture reveals the fruit of the Spirit and it was introduced to us. They never use the word the fruits of the Spirit but rather they said the

fruit of the Spirit is love, joy, peace, long-suffering, kindness, goodness, faithfulness, gentleness and self-control. Meaning they are one all together and the division of the fruit of the Spirit they are nine but they are divided into three which are connected to God, you and others.

Self-control is not connected to God but connected to others. The reason God want you to permit the fruit of the Spirit of self-control to be at work in you is your relationship with others.

Long suffering is not connected to God nor others but you. Joy is not connected to God nor others but you. God has his own He is always joyful but people around you they can contact the joy that you have.

There is one call love it's a relation between man and God. And when you express that between you and God there is no way you will not experience it with others also. The fruit of the Spirit is at works in you as believer. However, you have to transcend from Galatians 5: 22-23 to Philippians 4:8 because there is no way you say you want to meditate on other things without you permitting the fruit of the Spirit to find expression in you.

Unfortunately, we try to do some things without yielding to the supply that has been granted unto us. The fruit of the Spirit is power. Paul said I want you as believers to begin to meditate, not just meditate on the word of God alone. In the Old Testament

the word of God is the combination of thinking and talking but in the New Testament the Greek language didn't combine talking with thinking, they meditate, when they use the word meditation, it doesn't suggest talking it suggest thinking. When Paul said meditate on these thing, it doesn't mean talk it and think it, the word meditation there means think, God told Joshua the book of the law should not depart out of your mouth, you shall meditate in it day and night, you shall talk it day and night and you shall think it day and night.

Paul speaking to the Philippians saying meditate on these think; he didn't suggest talk it, he suggest think it. In other word he is shifting our perspective to thinking right. It is possible to know how to mediate on the word of God and don't know how to meditate on the right things.

It is possible to know how to mediate on the word of God, because as you meditate on the word of God you get revelation, but you don't know how to think right. I have seen many believers doing this. Check the way they think about their fellow men you realize that they don't think right about other people. It is very possible.

Let assume you see someone doing the wrong thing, and then you fill your mind with negative things about the person. Just as God wants you to talk and think the word of God, he also wants you to

think some certain things, he wants us to meditate on some certain things and He doesn't want you to meditate on some certain things.

Meditate on Things that Are True

Philippians 4:8 says finally brethren whatever things are true meditate on this things. Paul expects us as believers just as we meditate on the word of the Lord, we should also mediate on things that are true, that is think on things that are true. In other word, anything that occur to your mind that is not true you don't think about it.

For example, you as a believer, you know that it is always good to pray regularly, and just as you do that, you know it is good you read the word of God regularly, fellowship regularly these are things that are true.

And someone went out and heard God is a simple God, it is not compulsory you go to church regularly, it is not compulsory you pray regularly, it's about you and God. And as you got the information, you keep it and process it, and you think it in your heart,

and say it is not by force I pray and I study. You are thinking rubbish Paul said meditate on things that are true. Someone saying it is not compulsory I fast, those things are religious, I can't play with my stomach, you are thinking on what is not true, and Paul said meditate on things that are true.

Some people will say Jesus die truly, but let's be realistic how will someone die and wake up on the third day, they said He died and ascended to heaven, they believe it is not true. As a believer don't give your mind time and space to engage in those gathering. Don't use your heart (brain) to think on things not true, but all things noble meditate on it. The word noble means important, meditate on it. You need to meditate on serving and loving God. Think that it is good to love your neighbor. Think on things that portrait righteousness, things that are just. You don't give attention to think about thing that is not righteousness. Your thinking must be straight. Anytime negative thing comes to your mind, you don't think over it, don't give it a place. Don't permit negative thought. Whatever things are pure, and lovely meditate on it

One day, I was in Lagos in 2017, and the person and myself got talking, and while we got talking the person told me something and that has never left me. He said it crying, he said he look at his life and said he is thinking whether God will forgive and

accept him, I asked what he did. Then he looked at me and said I want to confide in you. He looked at me and said I am battling with immorality. He said could you believe that three day ago, I was with some prostitute, he said he can't control himself. He said there is no week he won't visit them, he said he think a spirit has entered him and he needs deliverance, and even after that he isn't sure God will accept him, he said he has done abortion. The painful part of it is that the person that hosted the program is close with him, so when the person heard that he was coming immediately he saw him, he changed something. So, the person ministered in song for about 15 minutes and after that he handed the micro phone over to me to preach, and he said to me that the reason he travelled down to that meeting was because he feel he can open up to me. He said he has been possessed, and I said tell me when did that happen?

He said it happened last year, and he narrated the whole story. Here is what I want to bring out, the beginning of this issue was that he entertained a thought in his heart and he began to think about it. And he started enjoying it, and it became an addiction and he began to visit prostitute. The beginning of it was that he didn't control his thinking. And the Bible says think on whatever things that is pure. Anything that is negative you don't entertain it.

While I was still on campus I was a type that hugs

everybody, I hug anybody and one day a lady invited me to come and lecture her in her house, I went to her house to lecture. I sat down on her bed she has Television set and some other thing. She was putting on mini skirt and then she turned her back to me. I didn't know what happen and my eyes was open, and I saw her buttocks, and several thought came to me to stand up and grab her, and several thought came I was thinking. And suddenly I came to my consciousness and I didn't spend up to fifteen minutes teaching.

Here is the point, don't give attention to think on the wrong thing, you have power over your thinking. God wants you to think right He does not want you to think on the word of God only but meditating on the right things.



About the Author

Niyi Makinde is a leadership expert, quotient coach, consultant, author and a Christian minister with an apostolic calling. His passion is to raise Christian ministers and leaders like himself, as well as to help organizations and businesses maximize their potentials.

Apostle Niyi Makinde has been in Christian ministry for over 15 years. He is the President of Rebirth Global Church, a network of churches across the globe on a mission to empower believers to fulfill their God-given tasks on earth. He is an apostolic oversight and covering for many other ministries, networks and churches.

Niyi Makinde has written many books that are fast spreading across places. His books are always

flooded with rich content and great wisdom.

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Also by Niyi Makinde

Apostle Niyi Makinde has written many other insightful and powerful books, among which are:

1. Divine Instructions
2. 12 Laws of Divine Instructions
3. Breaking Life Code
4. The Revolutionary Apostle
5. The Power to Prosper
6. The Power to Become
7. 53 Laws of Excellence
8. Church Shift
9. Business Sense
10. Dealing with Human Enemies
11. Wisdom for All-Round
12. Wisdom Power
13. Prayer Force (1)
14. Multiply
15. Tithing
16. You Are Different
17. Phronesis for Dating
18. Dating, Marriage and Sex
19. Managing Divine People
20. The Power to Get Wealth
21. Spiritual Fatherhood
22. Managing Divine People
23. Understanding Honor

24. Flourish And Grow (1)
25. Faith Dimension (1)
26. Ministry Laws (1)
27. Secrets to Supernatural (Financial) Abundance
28. Running like the Deer
29. Prayer Force (2)
30. Making Things Happen
31. You Are a Seer
32. 79 Insights Into Favor
33. New Creation
34. Prayer Education
35. 20 Facts about the Human Spirit
36. Supernatural Visions
37. Understanding Church Systems
38. 11 Facts about the Human Mind
39. The Holy Spirit
40. Dominion in the Realm of Abundance
41. Soul Winning Manual
42. Maintaining Sound Health
43. Faith for Abundance
44. New Levels
45. Wisdom for Abundance
46. The Power of Meditation
47. Understanding Supernatural Dreams
48. Stop Multiplying in Affliction
49. Communication Ethics in Ministry
50. Ministry Ethics (1)
51. Warfare for Honor

52. Wave of Increase
53. Praise for Favor
54. Ministers Training Manual
55. Breaking Joy Code
56. The Power of His Name
57. You Are a wonder
58. Roar and Soar
59. The Minister and the Ministry
60. Grace Factor
61. Subdue and Dominate
62. Flourish and Grow (2)
63. Overtake
64. Victory over Afflictions
65. The Power of Patience
66. Stand out
67. Shining like the Sun
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71. Enjoying Health
72. Stronger than the stronger
73. Battle for Wealth
74. Wealth Transfer
75. Maximum Protection
76. The Power to Be on Time
77. Power Activators
78. The Essence of Obedience
79. The Power of words

80. Planting a Branch Church
81. Power Dimensions (1)
82. The Power to Live Long
83. The Power to Deliver
84. The Power to Bless
85. Raising the Dead
86. The Power to Heal
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95. On Pornography
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97. Fresh Insight
98. Money Sense
99. The Power of Prophecies
100. High-Flyers
101. Be Creative
102. No Limit
103. Understanding
104. Dealing with Impossibility
105. Highly Favored
106. You Can Prophecy
107. Expand

- 108. Entering into Fullness
- 109. 8 Kinds of Men
- 110. The Headship Anointing
- 111. God is with You
- 112. Church Formation
- 113. Ministers' Personal Development
- 114. Time-Planning
- 115. Manifesting Excellence
- 116. Your Reality Today (Yoreto)