

Meditation

7/23/25

Meditation: To focus on one thought until you become the thoughts you think.
This is achievable one step at a time, not overnight.

Jesus said, enter into your *closet* and pray.

- 1) A quite place
- 2) look within yourself
- 3) shut out the thoughts of men

Matthew 6:6 KJV

But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father who is in secret; and thy Father who seeth in secret shall reward thee openly.

Listen to what you're listening to, who you're getting your information from.

Psalm 1:1-2 KJV

Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful; [2] but his delight is in the law of the LORD, and on His law doth he meditate day and night.

This wisdom of Godly instruction is most important for you to stay focused and consistent in your purpose.

When you skip these important steps, you begin to drift aimlessly into your own world of self-imposed thoughts.

Here raises the question:

- 1) Why is it so hard for me to make it?
- 2) Why do these setbacks keep happening to me?
- 3) Why does it seem like everybody is against me?

These are the wrong questions you keep focusing on. Changing the questioning into a positive confession of faith toward God's grace will cause your spirit, soul and body to come in alignment which will attract your deepest desire instead of attracting the things you don't desire!

Psalm 37:3-8 KJV

Trust in the LORD and do good; so shalt thou dwell in the land, and verily thou shalt be fed. [4] Delight thyself also in the LORD, and He shall give thee the desires of thine heart. [5] Commit thy way unto the LORD; trust also in Him, and He shall bring it to pass.

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[6] And He shall bring forth thy righteousness as the light, and thy judgment as the noonday. [7] Rest in the LORD and wait patiently for Him; fret not thyself because of him who prospereth in his way, because of the man who bringeth wicked devices to pass. [8] Cease from anger and forsake wrath; fret not thyself in any wise to do evil.

Psalm 84:11 AMP

For the LORD God is a sun and shield; The LORD bestows grace and favor and honor; No good thing will He withhold from those who walk uprightly.

When there's doubt, fear and negativity confessions in your heart, your desire is withheld by your thoughts not God!

By Meditating the word, speaking the word and casting down of all negative thoughts and emotions can be stopped.

Jesus said: All things are possible!

Mark 9:23 KJV

Jesus said unto him, If thou canst believe, all things are possible to him that believeth.