

SLIDE 1 - MEDITATION – YOUR KEY TO NEXT LEVEL PROMOTION

- Biblical Meditation is your key to next level promotion and increased productivity.
- Lets go to the next level.
- It is the will of God that each of us be productive in life.

SLIDE 2 - THE MANAGEMENT OF OUR THOUGHT LIFE:

- We must bring our thought life to another level, if we are going to rise to a new level of productivity in life.
- I must alter my thought life, it is my responsibility to manage and monitor my thoughts daily.

SLIDE 3 - BIBLICAL MEDITATION

Helps me manage my thoughts

- *1) I cannot rise any higher than my thought life*
- *2) Negative thoughts and self talk must be cast down*
- *3) I must bring my thoughts unto the obedience of Christ*
- *4) I must cast down negative imaginations*
- 5) The word of God must be the final authority in my life.

SLIDE 4 - STRONGHOLDS

- Are mental thought patterns that keep us from God's best in life.
- We bring our old inferior thought patterns into the Kingdom of God with us when we are born again. (Habits & Hang-ups)

SLIDE 5 - RESTORING ORDER TO MY BELIEF SYSTEM (THINKING)

My thinking / belief system is developed by four key factors.

- 1) Environment
- 2) Credible other people (Authority figures)
- 3) Repetitious Information.
- 4) Life Experiences

SLIDE 6 - NEGATIVE EXPERIENCES

By the time I come to Christ I have experienced so many negative things in my life, and these negative things have created negative thought patterns that must be overcome, if I am going to rise to a new level of productivity.

SLIDE 7 - NEGATIVE EXPERIENCES

- Biblical meditation is God's plan to help me manage the thoughts of my mind, so that I can cause my thinking to rise to a higher level.
- As I think on a higher level, I will behave on a higher level that will cause the quality of my life to improve.

SLIDE 8 - BIBLICAL MEDITATION

- Through biblical meditation I am able to overcome these negative thought patterns.
- Prepares me for action and battle.
- Cause me to make my way prosperous.
- Cause me to have good success.

SLIDE 9 - SEVERAL THINGS MEDITATION WILL DO:

- Cause me to be aware of resources needed for the task.
- Change the parameters of my comfort zone.
- Move me to a greater level of productivity in life.
- Cause me to have clarity of vision.

SLIDE 10 - FOUR COMPONENTS OF BIBLICAL MEDITATION

- 1) VERBALIZATION (SAY THE WORD)
- 2) VISUALIZATION (SEE THE WORD)
- 3) INTERNALIZATION (FEEL THE WORD)
- 4) REPETITION (REPEAT THE PROCESS)

SLIDE 11 - THREE PARTS OF AN EXPERIENCE

- 1) WORDS
- 2) IMAGES
- 3) EMOTIONS

SLIDE 12 - EXPERIENCE

- An experience makes the most potent impact on what we believe.
- Biblical Meditation gives me a spiritual experience that will impact my belief system

SLIDE 13 - THREE TYPES OF EXPERIENCES

- 1) NATURAL (PHYSICAL)
- 2) SOULISH (DREAMED OR IMAGINED)
- 3) SPIRITUAL (GOD INSPIRED)
- ALL HEART FELT EXPERIENCES MAKE THE GREATEST IMPACT IN OUR LIVES

SLIDE 14 - VERBALIZATION (SAY THE WORD)

- Words paint pictures on the canvas of our imagination.
- We think in pictures, not words.
- Our Mind associates words with images.
- Ps.45:1, Rom.10:8-10,17

SLIDE 15 - VISUALIZATION (SEE THE WORD)

- Must have the word of God as the reference.
- Abraham was told to look at the stars and sand, before he had one child.
- Joshua was told to see the victory before the battle was fought.

SLIDE 16 - VISUALIZATION (SEE THE WORD)

- Where there is clarity of vision there is acceleration toward the known goal.
- Josh.6:1, Jere.1:4, Josh.1:5-

SLIDE 17 - INTERNALIZATION (FEEL THE WORD)

- The emotional component must have strong feelings about the word.
- Giving thanks to God continually anchors the meditation process.
- Get in a quiet place and meditate day & night.

SLIDE 18 - INTERNALIZATION (FEEL THE WORD)

- The power of the imagination will produce whatever we continue to meditate on, good or bad.
- Heb.13:15, Phil.4:4, Gen.11:6