

7 Steps to Encounter with God

A Revelation Step by Step

Samir Stephan Kujur



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DEDICATION

This book is dedicated to the Almighty God who inspires, reveals, guides and takes care of me throughout my journey.



ABOUT THE BOOK

Meditation is a sacred discipline that allows me to draw closer to God by engaging deeply with His Word, listening to His voice, and aligning my life with His will. It is not a passive or abstract practice, but a dynamic and transformative journey that involves the body, soul, and spirit.

The following seven steps of this book provide a structured path to guide me through meaningful and fruitful meditation. Each step builds upon the last, helping me move from preparation and focus, to reflection and revelation, and finally to action and transformation.

Overview of the Meditation Steps:

STEP I: Preparatory Work and the Start Point of Meditation

Create a calm, focused environment for stillness and prayer. Prepare my body, soul and spirit to meet with God.

STEP II: Start Meditating upon the Words of God

Engage with Scripture slowly and reverently. Let God's Word speak and direct to my body, soul and spirit.

STEP III: Summary Message, Connecting Words, and Repetitive Words

Analyze the passage closely. Identify its core message, key transitions, and repeated themes that reveal deeper meaning.

STEP IV: Ah! Moments, Time, Place and Date, and New Teaching

Notice moments of spiritual insight and personal revelation. Record when and where they happen, and embrace new truths God reveals.

STEP V: Sin to Confess, and Mistakes to Correct

Allow the Spirit to reveal areas of sin and error. Respond with confession, repentance, and a commitment to change.

STEP VI: Commands to Obey, Good Examples, and Promises

Apply what I have learned. Obey God's commands, learn from the examples of others, and hold fast to His promises.

STEP VII: Teaching on the Traits of the Trinity, Application and Response, Wait for the Response, and Give Thanks for the Response

Reflect on the nature of the Triune God—Father, Son, and Holy Spirit. Apply

what I have received, patiently wait for His direction, and give thanks for His guidance.

Purpose of These Steps:

These seven steps of this book are designed to help me meditate not just with my mind, but with my whole being i.e. body, soul and spirit. They will deepen my understanding of Scripture, foster spiritual sensitivity, and lead me into a more intimate and responsive relationship with God.

As I walk through this process regularly, meditation will become more than a spiritual practice—it will become a lifestyle of listening, learning, and living in God's presence.

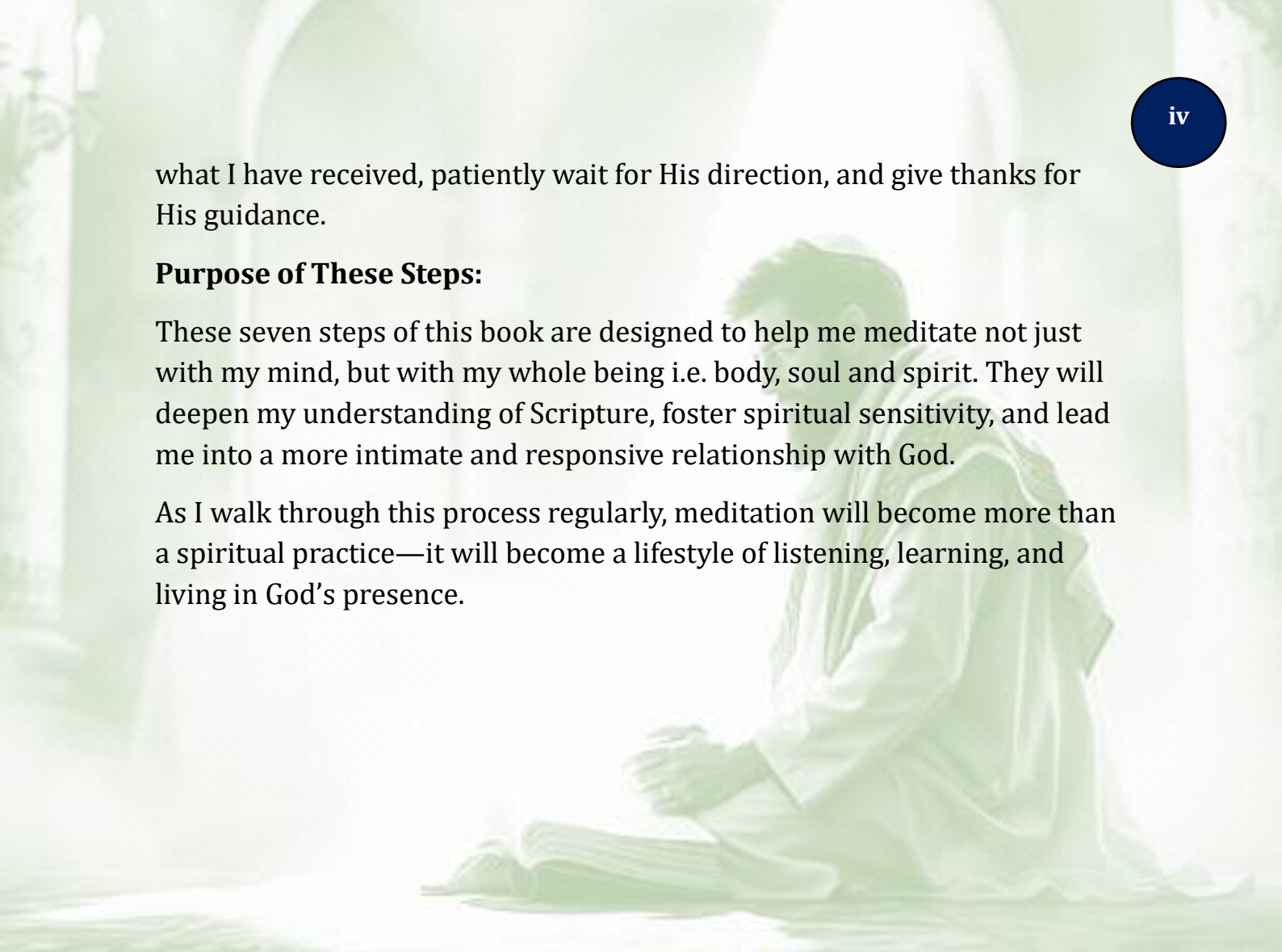
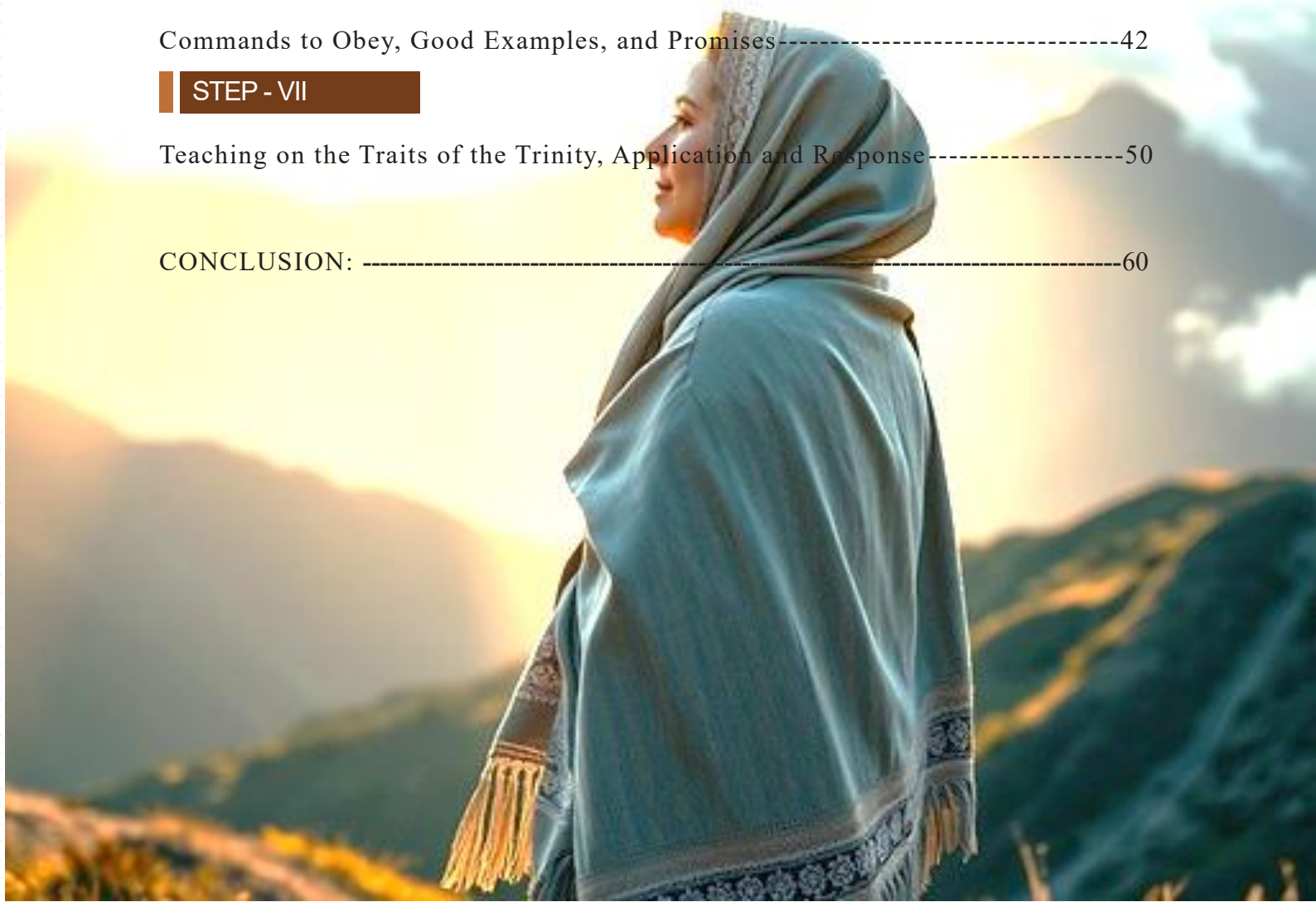


TABLE OF CONTENTS

INTRODUCTION: -----	1
STEP - I	
Preparatory Work and the Start Point of Meditation-----	8
STEP - II	
Start Meditating upon the Words of God-----	20
STEP - III	
Summary Message, Connecting Words, and Repetitive Words-----	26
STEP - IV	
Ah! Moments, Time, Place and Date, and New Teaching-----	32
STEP - V	
Sin to Confess, and Mistakes to Correct-----	38
STEP - VI	
Commands to Obey, Good Examples, and Promises-----	42
STEP - VII	
Teaching on the Traits of the Trinity, Application and Response-----	50
CONCLUSION: -----	60



INTRODUCTION



I am living in a rapidly changing world, where each new generation brings fresh perspectives and evolving values. Amidst the constant pursuit of success, happiness, and fulfillment, one common thread remains — the desire for peace. For many, peace becomes a pathway to discovering meaning and purpose, whether through personal connections, community engagement, or spiritual practices. [Meditation](#) is a powerful practice for fostering inner peace, serenity and overall well-being.

WHAT IS MEDITATION?

[Meditation](#) is the practice of focusing my mind and attention on something specific to gain clarity, peace, or insight. It often involves quiet reflection, deep thinking, or mindfulness.

In General Terms:

- It's about [calming my thoughts](#) and becoming aware of the present moment.
- It can include focusing on my breath, [a word or phrase \(mantra\)](#), an image, or simply observing my thoughts.

In the Biblical Context:

- Meditation means [thoughtfully reflecting on God's Word and His works](#).
- It's [not emptying the mind](#) but [filling it with God's truth](#).
- It involves [pondering Scripture deeply](#) to understand and apply it in life.

Summary

- [Meditation](#) = focused, intentional thinking or reflection
- For believers, like me, it means [focusing on God and His Word](#) to grow spiritually and live wisely.

IMPORTANCE OF MEDITATION

1. Deepens Relationship with God

- [Biblical meditation](#) helps me [reflect on God's Word](#), understand His character, and grow closer to Him.

- It moves beyond reading to truly internalizing and living out God's truth.

2. Renewing the Mind

- [Meditation](#) helps me focus my thoughts on what is true, pure, and godly.
- This [mental renewal](#) helps overcome negative thoughts and aligns my heart with God.

3. Guides Decision Making

- Reflecting on [Scripture and God's promises](#) provides wisdom and clarity when facing choices.
- [The word of God](#) is a lamp to my feet and a light to my path.

4. Brings Peace and Reduces Anxiety

- Focusing on God's nature and promises [calms fears and anxieties](#).
- God will keep my me <https://amzn.to/45ks35J> in perfect peace, because I trust in Him.

5. Builds Spiritual Strength and Patience

- Regular meditation helps develop perseverance in faith and [endurance through trials](#).
- The fruit of [the Spirit](#) is... patience.

6. Encourages Obedience and Holiness

- Meditating on [God's commands](#) leads to obedience and a transformed life.
- I will meditate on [His precepts](#) and fix my eyes on His ways.

7. Improves Focus and Mental Clarity

- [Meditation](#) trains the mind to concentrate and be less distracted, which benefits all areas of life.

Summary

Benefit	Why It Matters
Deeper Relationship with God	Know God's heart and will
Renewed Mind	Align thoughts with God's truth
Wisdom for Decisions	Clarity in choices
Peace & Anxiety Relief	Calm through trusting God
Spiritual Strength	Endurance in trials
Obedience & Holiness	Living out God's commands
Improved Focus	Better concentration

DIFFERENT TYPES OF MEDITATION

1. Biblical Meditation

- Focus: Reflecting deeply on God's Word and His character.
- How: Slowly read a Bible verse or passage, repeat it in my mind, ask God to reveal its meaning, and consider how to apply it.
- Purpose: Grow closer to God, understand Scripture, and live out faith.
- For example, I will meditate on His precepts and fix my eyes on His ways.

2. Mindfulness Meditation

- Focus: Being fully present in the moment without judgment.
- How: Notice my breathing, bodily sensations, or surroundings, bringing my mind back gently when it wanders.
- Purpose: Reduce stress, improve focus, and enhance awareness.

3. Guided Meditation

- Focus: Following a narrator or teacher's voice to visualize peaceful scenes or achieve specific goals.
- How: Listen to an audio or teacher guiding I through relaxation or imagery.
- Purpose: Relaxation, healing, or mental clarity.

4. [Mantra Meditation](#)

- [Focus](#): Repeating a word, phrase, or sound to focus the mind.
- How: Silently or audibly repeat the mantra, gently returning when distracted.
- [Purpose](#): Calmness, concentration, spiritual connection.

5. [Loving-Kindness \(Metta\) Meditation](#)

- [Focus](#): Cultivating compassion and love toward self and others.
- How: Repeat phrases wishing [well-being and peace](#) for myself, loved ones, strangers, and even enemies.
- [Purpose](#): Increase empathy, reduce anger.

6. [Transcendental Meditation](#)

- [Focus](#): Using a specific [mantra to transcend](#) ordinary thought.
- How: [Practice twice daily](#), silently repeating a [personalized mantra](#).
- [Purpose](#): Deep relaxation, [stress reduction](#).

7. [Zen Meditation \(Zazen\)](#)

- [Focus](#): Sitting meditation with attention on posture and breath.
- How: Sit quietly, focus on breathing, and observe thoughts without attachment.
- [Purpose](#): Mindfulness, insight, spiritual awakening.

Summary Chart

Type	Focus	Purpose	How
Biblical Meditation	Scripture and God's character	Spiritual growth	Reflect on and apply Bible verses
Mindfulness	Present moment awareness	Stress reduction, focus	Focus on breath, senses
Guided	Narration/visualization	Relaxation, healing	Follow audio or teacher's guidance

Type	Focus	Purpose	How
Mantra	Repetition of words/sounds	Calm, concentration	Repeat mantra silently or aloud
Loving-Kindness (Metta)	Compassion and love	Empathy, reduce anger	Repeat loving-kindness phrases
Transcendental	Silent mantra repetition	Deep relaxation	Twice daily mantra practice
Zen (Zazen)	Posture and breath	Mindfulness, awakening	Sit quietly, observe thoughts

8. Why Biblical Meditation is considered the Best among All

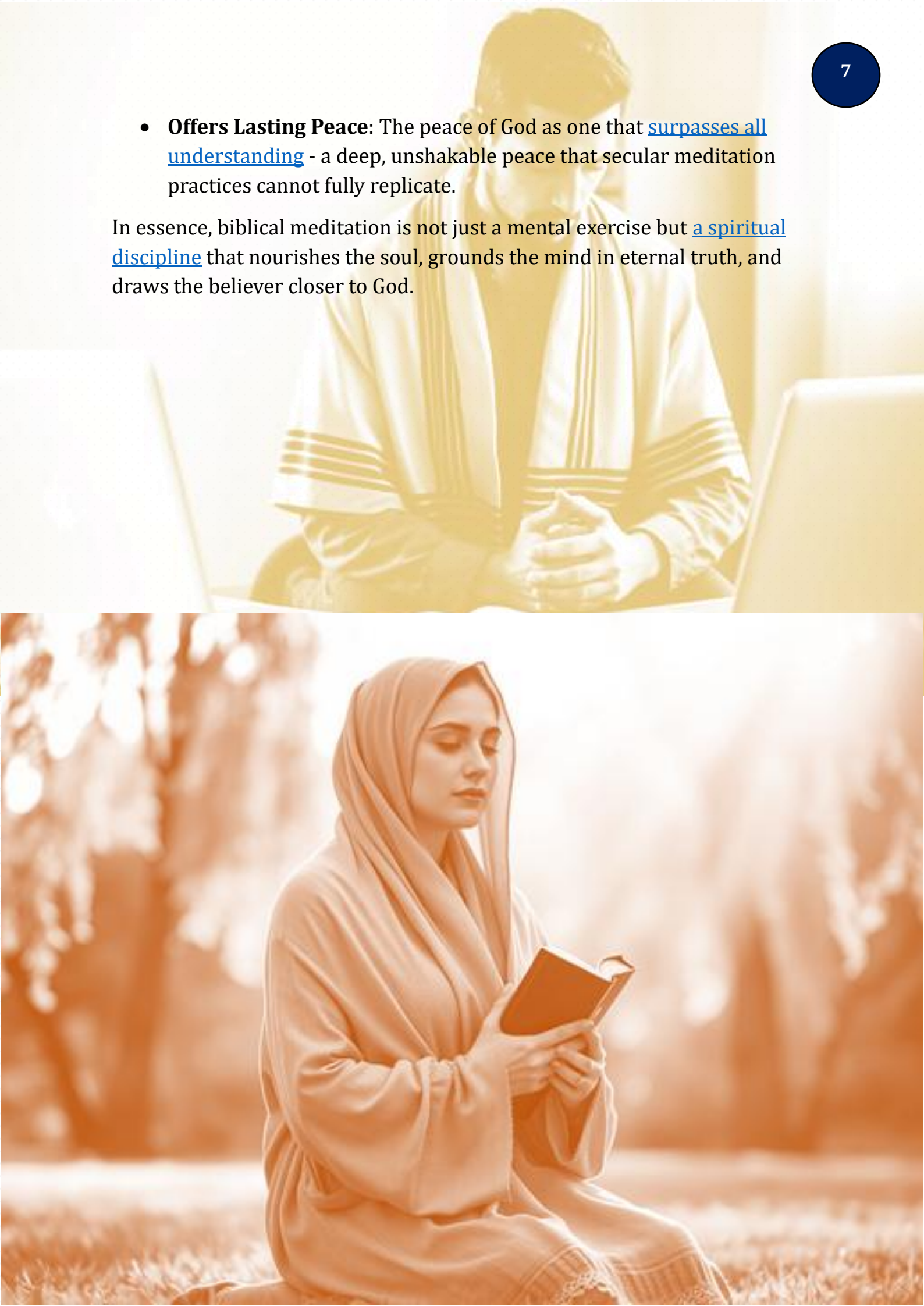
[Biblical meditation](#) stands out from other forms of meditation because it [goes beyond relaxation and self-awareness](#)—it connects the individual directly with [God](#) and His Word. Unlike secular or Eastern practices that often focus on emptying the mind or achieving inner silence, biblical meditation is about *filling* the mind with Scripture, truth, and divine wisdom.

Here are a few reasons why many consider [biblical meditation the most impactful](#):

- **Rooted in Truth:** It is based on the Bible, which [believers \(Christ followers\)](#) believe to be the inspired Word of God. Meditating on Scripture [allows believers to align their thoughts](#) with divine truth rather than subjective feelings or human philosophies.
- **Builds a Relationship with God:** Rather than seeking peace within oneself alone, biblical meditation fosters [a deeper connection with God](#), helping individuals grow spiritually and find peace through Him.
- **Transforms the Mind:** Renewing the mind [through God's Word](#) brings lasting transformation. This goes beyond temporary calm and leads to long-term change in character, perspective, and behavior.
- **Guides Moral and Spiritual Growth:** Meditating on Scripture teaches discernment, encourages righteous living, and provides [wisdom for life's challenges](#).

- **Offers Lasting Peace:** The peace of God as one that [surpasses all understanding](#) - a deep, unshakable peace that secular meditation practices cannot fully replicate.

In essence, biblical meditation is not just a mental exercise but [a spiritual discipline](#) that nourishes the soul, grounds the mind in eternal truth, and draws the believer closer to God.



STEP - I

Preparatory Work and the Start Point of Meditation



1,0 SUMMARY NOTE

Meditation is most effective when preceded by proper preparatory work and the start point. In summary, the quality of meditation is greatly enhanced by [thoughtful preparation](#), which bridges the gap between the distractions of daily life and the inner stillness meditation seeks to cultivate. I can begin with a prayerful and humble attitude, acknowledging the sacredness of God's Word and seeking divine guidance for understanding.

1.1 PREPARATORY WORK

- Let me have a Bible, I will prefer a Physical Bible rather than using the digital version of it. You can find some of them as per your preferences: [KJV](#), [NKJV](#), [NIV](#), [ESV](#), [NLT](#), [CSB](#) or [English-Hindi Bible](#).
- Let me have Pen and Notebook ([368 pages beautiful notebooks](#)) or Computer (desktop, laptop, notepad, etc.) to record the messages. Following are some affordable laptops you can find: [Apple MacBook Air](#), [Dell](#), [HP](#), or [Lenovo](#).
- Let me find a quiet place in my house or outside, which is suitable for the meditation. You can also get some comfortable [Mat or Carpet](#).
- Let me select and fix a time slot (most probably between 3rd to 4th Watch Hours i.e. 12:00am-6:00am) of at least 180 minutes (3 hours) daily at a stretch for the meditation. This will be [the time slot](#) when I will be neither using my mobile phone, internet services nor interact with any of my family members or fellow brethren.
- [Every day I will meditate on](#) a maximum of 4-5 verses only from a particular chapter or may be the entire section of the parable or which has the complete contextual message.

1.2 START THE MEDITATION WITH A PRAYER

The prayer will have the focus on:

- Confession of my sins,
- Give thanks to God for all blessings that He has showered upon me,

- Sanctify my: [body, soul, spirit](#), items I am using during the meditation, surroundings and environment by the innocent blood of Yeshua the Messiah.
- Welcome to [the Holy Spirit](#) to take control of me (body, soul, mind, heart, spirit), my surrounding & environment, Let Him lead, speak, teach, guide, reveal the mysteries, help me to understand the word & messages, and open my spiritual eyes, ears, mind, heart (i.e. all senses).

1.2.1 Sample Prayers

a. Prayer to confess the sins

Heavenly Father,

I come before You with a humble heart, acknowledging my sins in thought, words, actions and eyes.

Father, It may be against You, or against Your only begotten Son (Yeshua the Messiah), or against [the Holy Spirit](#), have I sinned and done what is evil in Your sight. I have strayed from Your ways and turned to my own path. I have not loved You with all my heart, nor have I loved my neighbor as myself.

O Lord, You are righteous, but I am full of shame because of my rebellion against You.

Father, You are gracious, and full of compassion, slow to anger, and of great mercy, though I have rebelled against You.

I confess my sins to You, and I do not hide my iniquity. LORD, forgive the guilt of my sins. Wash me, and I shall be whiter than snow. Create in me a clean heart, O God, and renew a right spirit within me.

Thank You, Lord, that if I confess my sins, You are faithful and just to forgive me and to cleanse me from all unrighteousness.

In Yeshua the Messiah's name I pray, Amen.

b. Prayer to thank God for all blessings

Gracious and Almighty God,

I bless Your holy name and give You thanks with all my heart.

I will not forget all Your grace, mercy and blessings—

You forgive all my iniquities, You heal all my diseases,

You redeem my life from the pit and crown me with steadfast love and mercy.

Every good and perfect gift comes from You, the Father of lights, with whom there is no variation or shadow of turning.

I thank You for Your provision, for Your protection, for the gift of salvation through Yeshua the Messiah, and for the daily mercies that are new every morning.

I give thanks to You, for You are good, Your steadfast love endures forever.

In all things, I give You thanks, for this is Your will in Messiah Yeshua.

Blessed be Your name, O Lord, from everlasting to everlasting.

Yours, O Lord, is the greatness, the power, the glory, the victory, and the majesty.

In Yeshua the Messiah's name, I give You thanks and praise,
Amen.

c. Prayer for sanctification by the blood of Yeshua the Messiah- to my body, soul, spirit, surrounding & environment.

Heavenly Father, Holy and Righteous One,

I come before You in the name of Yeshua the Messiah, my Redeemer and Lord.

I thank You for the blood of the Lamb that was shed for me.

Your Word says that without the shedding of blood there is no remission of sins,

and that Yeshua, that He might sanctify the people with His own blood, suffered outside the gate.

Father, I ask that You sanctify me wholly—spirit, soul, and body—and preserve me blameless unto the coming of our Lord Yeshua the Messiah.

I plead the blood of Yeshua over my body—every cell, every organ. Cleanse and purify me from all sickness, infirmity, and corruption.

I plead the blood of Yeshua over my soul—my mind, will, and emotions. Purge me from every unclean thought, every carnal desire, every anxious spirit.

Let my soul be renewed in Your truth and ruled by Your peace.

I plead the blood of Yeshua over my spirit.

Let my spirit be alive unto You, O God, and filled with the fire of Your presence.

Let no unclean spirit have place in me, for I am bought with a price.

I plead the blood of Yeshua over my home, my surroundings, and my environment.

Let every dark presence be driven out. Let Your light and peace reign here. Your Word says that I overcome the accuser by the blood of the Lamb and the word of my testimony.

I declare that my dwelling is sanctified.

My atmosphere is holy ground, dedicated to You, O Lord.

Let the blood of Yeshua speak a better word over my life—mercy, protection, healing, and holiness.

Thank You, Father, for the power of the blood.

Thank You for making me clean and setting me apart for Your purposes.

In the mighty name of Yeshua the Messiah, I pray,
Amen.

d. Prayer to welcome to the Holy Spirit to lead the prayer

[Holy Spirit of the Living God,](#)

I welcome You into this time of prayer.

Not by might, nor by power, but by Your Spirit, says the Lord of Hosts.

You are the Spirit of truth, the Helper, whom the Father has sent in Yeshua's name.

Lead me now—guide my thoughts, align my heart, and intercede through me with groanings too deep for words.

Teach me how to pray in accordance with the will of the Father.
Strengthen me to pray in the Spirit on all occasions with all kinds of prayers and requests.

Where You are, Holy Spirit, there is liberty.
So I yield to You—take full control of this moment.
Sanctify this time, this space, and this vessel for the glory of God.

Anoint my lips to speak what pleases the Father.
Anoint my ears to hear Your still small voice.

Come, Spirit of wisdom and revelation, open the eyes of my heart.
Let my prayer rise before You like incense, and may it be led by Your breath, not my own effort.

In the name of Yeshua the Messiah, I welcome You, Holy Spirit.
Amen.

1.2.2 Examples of some more specific prayers:

a. To take control on my body, soul, mind, heart, spirit, surrounding & environment

[Holy Spirit, Spirit of the Living God,](#)

I welcome You right now.

Come and take full control—over my body, my soul, my mind, my heart, my spirit, and everything around me.

I present my body as a living sacrifice, holy and acceptable to God, which is my spiritual worship.

My body is the temple of the Holy Spirit; I am not my own—I have been bought with a price.

Take full possession of every part of me.

Renew my mind, O Lord. Let it be transformed by Your truth.
Cleanse my thoughts, and remove every lie and every anxious imagination.

Create in me a clean heart, O God, and renew a right spirit within me.
Remove the heart of stone and give me a heart of flesh—soft, yielded,
obedient.

Holy Spirit, fill my soul—my emotions, my desires, my will.
Let me desire what You desire. Let my feelings be governed by Your peace
and not by the flesh.

Fill my spirit with Your power and presence.
Strengthen me with might in the inner man, that I may walk in the Spirit
and not fulfill the desires of the flesh.

I welcome You into my surroundings and environment.
Sanctify the atmosphere around me. Let every unclean spirit flee.
Fill this space with Your peace, Your light, and Your holiness.

Breathe over my home, my room, my workplace—wherever I am.
Let it become a dwelling place for Your presence.

Lead me, teach me, comfort me, and convict me.
Let Your will be done in me and around me.

Holy Spirit, You are welcome here—take complete control.
In the name of Yeshua the Messiah,
Amen.

b. Holy Spirit—come and speak to me.

Holy Spirit, Spirit of Truth,
I quiet my heart before You now.
Speak, Lord, for Your servant is listening.

You said in Your Word that when the Spirit of truth comes, He will guide me
into all truth and declare to me the things to come.
I welcome You, Holy Spirit—come and speak to me.

Let me hear Your still, small voice above the noise of the world.
Tune my ears to Your whisper.
Let me not harden my heart when You speak.

Your Word says, My sheep hear My voice, and I am Yours.
Let Your voice be clear, steady, and unmistakable.

If there is anything in me that hinders Your voice—any sin, distraction, or fear—
cleanse me, Lord, by the blood of Yeshua.

I invite You into my thoughts, my dreams, my spirit.
Whether through the Word, a whisper, or a vision—speak, and I will listen.

Let me hear a word behind me, saying, this is the way, walk in it.
Let Your voice guide me in truth, correct me in love, and fill me with wisdom and peace.

I open the door of my heart—come in and speak to me, as You promised.

In the name of Yeshua the Messiah,
Amen.

c. Holy Spirit—come and teach me.

Holy Spirit,
I welcome You into this moment, into this space, into my heart.
You are the Spirit of truth, the divine Counselor sent to guide and teach.
I open my mind to Your wisdom, and my soul to Your presence.

Come, Holy Spirit, and breathe Your understanding into me.
Teach me the ways of God.
Unfold the mysteries of Scripture, and reveal the heart of the Father.
Let Your voice be clear above all others,
guiding me in truth, in grace, and in love.

Remove confusion, silence fear, and renew my mind.
Make me teachable—humble and ready to receive.
Shape my thoughts, direct my steps,
and help me walk in the light of Your revelation.

I ask this not by my strength, but by Your power and promise.
Abide with me, Holy Spirit. Teach me, change me, and lead me always to Jesus.
Amen.

d. Holy Spirit—help me to understand the word & message

Holy Spirit, Spirit of Wisdom and Revelation,

I welcome You now—come and open the eyes of my understanding.
You are the one who searches the deep things of God and reveals them to us.

As I open the Word of God, I ask You to teach me.
Lead me into all truth, for You are the Spirit of truth.
Bring to my remembrance all that Yeshua has spoken,
and help me to receive it not only with my mind, but with my heart and spirit.

Just as You opened the minds of the disciples to understand the Scriptures,
open mine now.

Let the Word not be dead letters to me, but living and active—sharper than
any two-edged sword.

Let it speak directly to my life, my circumstances, and my calling.

Give me discernment, that I may rightly divide the word of truth.
Let me not twist or misunderstand it, but receive it in the light of Your
wisdom and grace.

I delight in Your statutes—now give me understanding,
that I may keep Your law and observe it with my whole heart.

Make Your Word a lamp to my feet and a light to my path.
Let it change me, renew me, and equip me for every good work.

Holy Spirit, You are welcome here.
Speak through the Word, and make it alive in me.

In the name of Yeshua the Messiah,
Amen.

e. Holy Spirit—Reveal the mysteries to me

Holy Spirit, Spirit of Revelation and Truth,

I welcome You into my heart and mind right now.

For it is written in the scripture, *eye has not seen, ear has not heard, neither has entered into the heart of man the things which God has prepared for those who love Him. But God has revealed them to us by His Spirit.*

You search all things—even the deep things of God.

I ask You, reveal to me the hidden mysteries of the Kingdom.

Unveil what has been concealed. Speak what has been sealed.

The secret things belong to the Lord our God, but the things revealed belong to us and our children.

Reveal to me what I need to know for this season, this calling, this journey.

Just as You revealed mysteries to Daniel and gave him understanding in visions and dreams,
do also for me, O Spirit of wisdom.

Let the mystery once hidden from ages and generations—now made manifest in Yeshua the Messiah—become alive in me.

Let me not walk in darkness or confusion, but in light, clarity, and truth.

Speak to me through Your Word, through dreams and visions, through discernment, and the inner witness of the Spirit.

Guard me from deception, and confirm all things by Your truth.

I humble myself before You, for the secret of the Lord is with those who fear Him.

Teach me what no man can teach. Show me what only You can reveal.

Holy Spirit, You are welcome here—

Come and reveal the mysteries of the Father, in the name of Yeshua the Messiah,

Amen.

f. Holy Spirit—come and guide me

Holy Spirit, my Comforter and Guide,

I welcome You into this moment, this day, this journey.

Your Word says that those who are led by the Spirit of God are the sons of God,

so I yield myself to You now.

Lead me in Your truth and teach me, for You are the God of my salvation.

Guide my steps, direct my thoughts, and establish my path according to Your perfect will.

Your Word promises that when the Spirit of truth comes, He will guide me into all truth.

I trust You, Holy Spirit—speak to my heart and show me the way I should go.

When I turn to the right or to the left, let me hear Your voice behind me saying, this is the way, walk in it.

Teach me to do Your will, for You are my God.

Let Your good Spirit lead me on level ground.

I do not lean on my own understanding.

In all my ways, I acknowledge You—guide my paths and make them straight.

Guard me from deception, distraction, and delay.

Fill me with wisdom, discernment, and peace.

Holy Spirit, You are welcome here—take the lead.

I will follow.

In the name of Yeshua the Messiah,

Amen.

g. Holy Spirit—open my eyes, ears, mind, heart and all spiritual senses

Holy Spirit, Spirit of Wisdom and Revelation,

I welcome You now—come and awaken every part of me.

Open my spiritual eyes to see the truth of Your Word and the reality of the unseen. Open my eyes, that I may behold wondrous things out of Your law.

Open my ears to hear what the Spirit is saying.

Let me not be deaf to Your voice. Morning by morning You awaken my ear to listen as one being taught.

Open my mind to understand the Scriptures.

Break through every confusion, doubt, and distraction.

Let the mind of Messiah be in me.

Open my heart to receive Your truth in fullness and faith.

Remove any hardness or unbelief.

Create in me a clean heart, and renew a right spirit within me.

Open my spirit—every inner sense—to feel, discern, and respond to Your presence.

Awaken my conscience, my emotions, my discernment.

Make me fully alive to You and fully alert to what You are doing.

Let me be like those of whom Yeshua said,

blessed are your eyes, for they see, and your ears, for they hear.

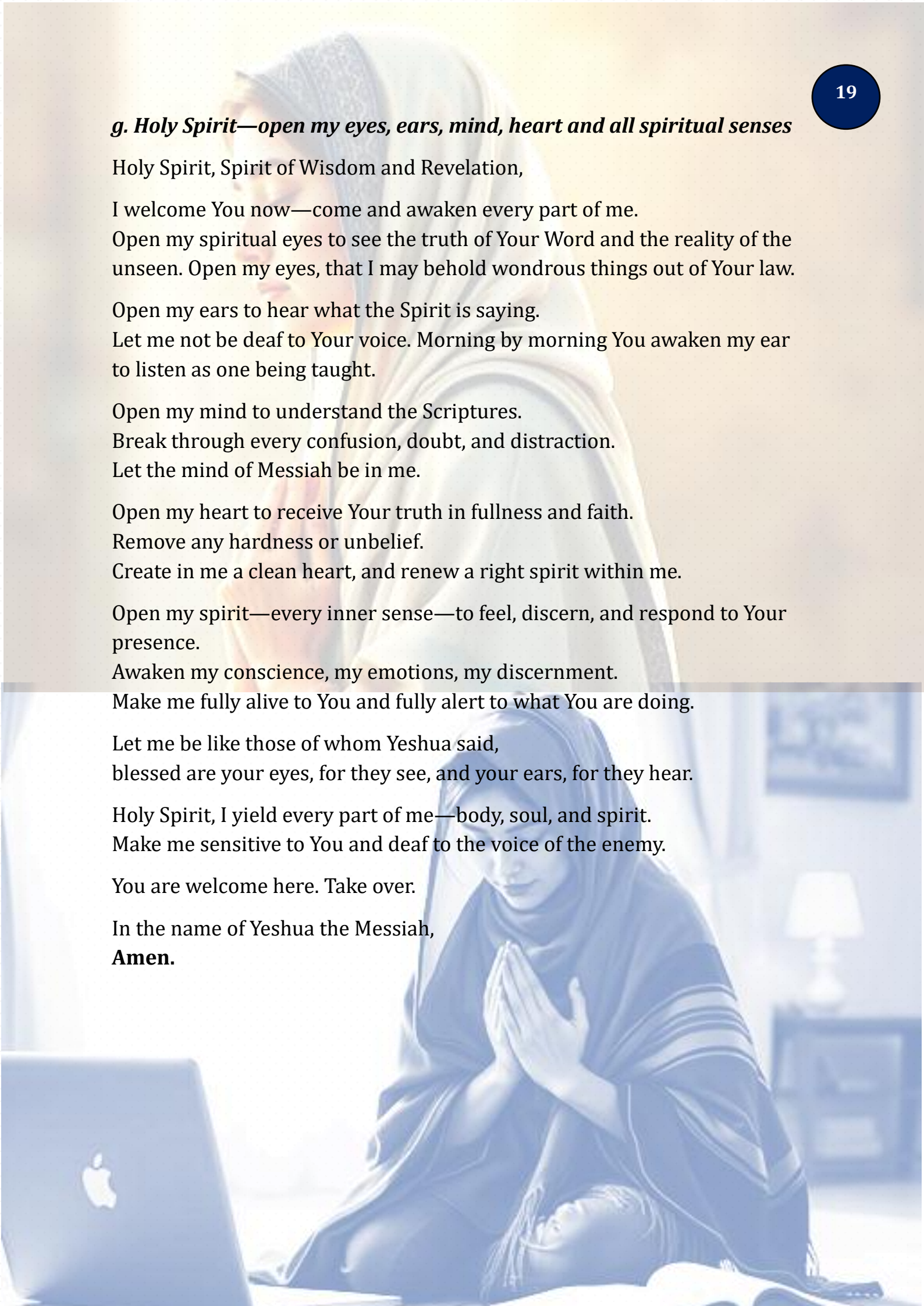
Holy Spirit, I yield every part of me—body, soul, and spirit.

Make me sensitive to You and deaf to the voice of the enemy.

You are welcome here. Take over.

In the name of Yeshua the Messiah,

Amen.



STEP - II

Start Meditating upon the Words of God



2.0 SUMMARY NOTE

Meditating on the words of God is a spiritual practice that involves deeply reflecting on [Scripture to internalize](#), understand, and live by them. It is a form of communion with God that transforms the mind and heart. I will choose a verse, passage, or theme that speaks to me current spiritual need or longing. Short passages are often best for meditation. Read the chosen Scripture aloud and repeatedly. Pay attention to specific words or phrases that stand out and invite deeper thought.

Meditating on the words of God moves beyond reading—it is a sacred encounter that deepens faith, renews the mind, and draws the soul closer to God. Through stillness, reflection, and prayer, Scripture becomes a living voice that speaks to the heart.

2.1 HOW TO START MEDITATING UPON THE WORDS OF GOD?

- Write the Date
- Select the Book, Chapter and Verses from the Bible: As stated in Step 1, select a maximum of 4-5 verses only from a particular chapter or may be the entire section of the parable or which has the complete contextual message.
- Read Bible verses aloud
- Do the queries on the Bible verses: Apply the following quests- What, Why, Who, Whom, When, Where, and How. And get the responses.

2.2 SAMPLE GUIDELINES TO APPLY THESE QUESTIONS TO GET THE RESPONSES:

2.2.1 Bible verses to respond the question - what?

When I ask “**What?**”, seeking clarity or purpose, the verses encourage me to meditate deeply on God’s Word. This teaches that through deep meditation on the verses, I am rooted and nourished spiritually, enabling me to discern God’s will. Meditating on God’s Word sharpens my understanding and prepares my hearts to receive His answers.

By quieting my mind and focusing on the verses, I open myself to the Holy Spirit's guidance, who reveals truths hidden from mere human wisdom. In this way, meditation on God's Word becomes the key to unlocking the answer to "What?" — what it says, what to do, what to believe, and what to apply in my life.

2.2.2 Bible verses to respond the question - why?

When I ask "**Why?**"—wondering about life's purpose, suffering, or God's plans—the verses invite me to meditate on His Word to gain understanding and peace. Meditating on verses bring clarity to the questions of "Why?" by illuminating God's ways and His sovereign purposes.

The book of Job is a profound example of wrestling with the question "Why?" In his suffering, Job sought answers from God. Though the full explanation was beyond human understanding, Job's meditation and dialogue with God led him to trust in God's wisdom and goodness.

Meditating on this truth helps me find peace amid confusion, knowing there is divine purpose even in hardship.

Through meditation on God's Word, my heart can be comforted and my mind enlightened, enabling me to embrace God's will—even when the answer to "Why?" isn't immediately clear. The Holy Spirit guides me into all truth, helping me trust that God's purposes are perfect and good.

2.2.3 Bible verses to respond the question - who?

When I ask "**Who?**"—who is saying?—the Bible directs us to meditate deeply on His Word to discover God's nature and my identity in Him. Meditation opens my hearts to truly know God—not just intellectually but experientially.

For example, in the book of John we read, *I am the way and the truth and the life. No one comes to the Father except through me.* Meditating on the Word reveals that the ultimate answer to "Who?" is Yeshua—the Messiah—God incarnate, my Savior and guide.

Meditation on verses awaken my understanding of God's character, His promises, and my purpose. It is through this process that the Holy Spirit reveals to me who God is and who I am in Him, helping me walk faithfully in my calling.

2.2.4 Bible verses to respond the question - for whom?

When I ask "For whom?"—who is the audience, who benefits from God's promises, love, or judgment—the verses invite me to meditate on His Word to discover the breadth and depth of God's intentions. Meditating on this truth reveals that God's plans are specifically for those who love Him and are called by Him.

God's Word also shows His heart for all people. This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth. Through meditation, I understand that God's blessings and salvation are intended for all humanity.

Furthermore, The Lord is good to all; he has compassion on all he has made. Meditating on verses help me grasp that God's love and care extend to everyone—His creation, His children, and even those yet to know Him.

Meditation upon God's Word opens my heart to His inclusive purposes and helps me see "for whom" His grace and mercy flow—encouraging me to participate in His mission of love and redemption.

2.2.5 Bible verse to respond the question - when?

When I ask "**When?**"—the time or season when it was spoken or revealed, wondering about the right timing for God's promises, answers, or actions—the scriptures encourage me to meditate on His Word to trust in His perfect timing. There is a time for everything, and a season for every activity under the heavens. Meditating on this reminds me that God's timing is perfect and sovereign over every moment.

Meditation helps me to wait patiently and to place my hope in God's timing rather than my own. Through meditation, I learn the discipline of trusting God to act when the time is right.

God's Word also reveals that sometimes the answer to "When?" is hidden in His wisdom, but we can rest assured that He is never late. In the book of John Yeshua said *this sickness will not end in death. No, it is for God's glory so that God's Son may be glorified through it.* The timing of God's work is always purposeful. Meditation on Scripture opens my hearts to trust, patience, and hope as I wait on the Lord's perfect "when."

2.2.6 Bible verse to respond the question - where?

When I ask "**Where?**"—the place where it was spoken or revealed, wondering where God is, where to find help, or where to go—the Bible encourages us to meditate on His Word to find assurance and direction. Meditating on Word reveals that God is always present—there is no place where I am beyond His reach. This truth gives me confidence that wherever I go, He goes with me.

The Lord is also described as a refuge and stronghold in times of trouble. It helps me know where to find safety and peace—in God Himself.

Moreover, when I seek direction about "where" to go or what path to take, God's Word aligns my steps with His guidance.

Thus, meditating on Scripture assures me that God is always "where" I need Him to be, and through Him, I find direction and refuge.

2.2.7 Bible verse to respond the question - how?

When I ask "**How?**"—the way it was spoken or revealed, wondering how to walk in God's will, how to overcome challenges, or how to grow in faith—the Bible encourages me to meditate on His Word for wisdom and guidance. This reminds me that the "how" to live rightly is found in obeying God's Word.

Yeshua taught His disciples "*how*" to live through love and service. His teachings reveals the practical ways to walk in obedience.

In the book of James, I read, if any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

Meditating on this verse reminds me that God provides the wisdom for “how” to navigate life’s decisions and challenges.

Furthermore, in the epistle to Galatians, Paul instructs, *So I say, walk by the Spirit, and you will not gratify the desires of the flesh.* Meditating on this helps me understand that “how” to live victorious over sin is by relying on the Holy Spirit’s power.

Thus, meditation on God’s Word opens my heart to learn “how” to live, love, obey, and overcome by His grace and truth.



STEP - III

Summary Message, Connecting Words and Repetitive Words



3.0 SUMMARY NOTE

Meditation is the intentional practice of focusing the mind and heart on the Word of God, it involves deeply engaging with Scripture to understand, internalize, and live by its truth. The ultimate goal is transformation of the mind, renewal of the spirit, and closer communion with God.

Connecting words (also known as conjunctions and linking phrases) help clarify the flow of thought in Scripture and meditation. They provide structure, context, and deeper insight into how ideas relate to each other.

Repetitive words or phrases in Scripture are often intentional and significant. They emphasize key themes, truths, or commands. In meditation, paying attention to repetition helps identify what the Spirit may be highlighting.

Meditation involves deeply engaging with Scripture or truth through focused reflection. Understanding the summary message provides purpose, while attention to connecting and repetitive words deepens comprehension and reveals spiritual insights that lead to transformation.

3.1: PREPARE THE SUMMARY OF THE MESSAGE

Once the queries are over, prepare a summary of the messages. Please find below the guiding points to summarize the message:

3.1.1 Understand the Big Picture

Before summarizing, grasp the Bible's overall theme: God's relationship with humanity, His plan for salvation through Yeshua the Messiah, and the call to live by His truth. The Bible is a story of creation, fall, redemption, and restoration.

3.1.2 Identify the Core Concept

The central message is God's love for the world and His offer of forgiveness and eternal life through faith (belief) in Yeshua the Messiah. It shows humanity's need for salvation and how God provides a way through Yeshua's life, death, resurrection, ascension to heaven, and the Holy Spirit, the helper and comforter is sent by the Father in the name of Yeshua to teach believers all things and remind them of Yeshua's teachings. He also

serves as an advocate, intercessor, counselor, guiding, strengthening and preparing believers for the next coming of the Messiah.

3.1.3 Highlight Key Truths

- God is holy and just.
- Humanity is sinful and separated from God.
- Yeshua the Messiah is God's Son and Savior.
- Salvation is by grace through faith, not by works.
- Believers are called to live transformed lives empowered by the Holy Spirit.
- God will ultimately restore all things and bring eternal life to His people.

3.1.4 Keep It Simple and Clear

Use straightforward language. Avoid complicated theology—focus on what the Bible teaches about God, people, sin, salvation, faith, hope, and love.

3.1.5 Write a Concise Paragraph

Combine the understanding into a clear, brief summary that conveys the Bible's message in a way that anyone can grasp.

Sample Summary

The Bible reveals that God created the world and humanity to live in relationship with Him. However, sin broke that relationship, separating people from God. Because of His great love, God sent His Son, Yeshua the Messiah, to save humanity by living a perfect life, dying on the cross, and rising again. Through faith in Yeshua, people receive forgiveness and are restored to fellowship with God. The Holy Spirit empowers believers to live godly lives as they await God's final restoration of all things. This message offers hope, redemption, and eternal life to all who trust in Yeshua.

3.2 PREPARE A LIST OF CONNECTING WORDS (CONDITIONAL WORDS)

Once the summary note is prepared, revisit the verses and prepare a list of connecting words. Please find below the guiding points to identify and prepare a list of them:

3.2.1 Know What Conditional Words Look Like

Conditional words introduce conditions—“if something happens, then something else follows.” Common conditional connecting words include:

- *If*
- *Unless*
- *When* (sometimes)
- *Provided that*
- *As long as*
- *In case*
- *On condition that*

3.2.2 Look for Cause-and-Effect Relationships

Conditional statements often connect two ideas where one depends on the other. For example:

- *If I confess with my mouth, then I will be saved.*
- *Unless I repent, I will perish.*

3.2.3 Pay Attention to “If...then” Structures

Sometimes the “then” is implied:

- *If I remain in LORD and LORD’s words remain in me, ask whatever I wish, and it will be done for me.*

The “then” (ask whatever I wish, and it will be done) is understood.

3.2.4 Observe Commands and Promises Together

Many conditional verses pair a command with a promise or warning, showing conditions for blessings or consequences.

3.2.5 Mark These Words While Reading

When studying a passage, underline or highlight conditional words and the ideas they connect. This helps to see how God's promises or instructions depend on human response or circumstances.

Why It Matters?

Recognizing conditional connecting words helps to:

- Understand God's promises and requirements clearly
- See how obedience or faith affects outcomes
- Grasp the flow of biblical teaching and instruction

Example

Let me take the verse from the book of Second Chronicles: *If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.*

- **Conditional words:** *If ... then*
- **Condition:** Humbling, praying, seeking God, turning from sin
- **Result:** God will hear, forgive, and heal

3.3 PREPARE A LIST OF REPETITIVE WORDS

Repetition in the Bible is deeply intentional and meaningful. In the ancient world—especially in Hebrew and Greek literature—repetition was a powerful tool used for emphasis, teaching, and remembrance. That is why repetitive words and phrases are important in Scripture:

3.3.1 Emphasis and Importance

Repetition highlights what's vital. Since ancient Hebrew had no punctuation or bold fonts, repetition was the primary way to stress something.

- **Example:** *"Holy, holy, holy is the Lord Almighty..."*— Repeating "holy" three times emphasizes God's absolute and perfect holiness.

3.3.2 Teaching and Memorization

Biblical texts were often passed down orally. Repetition made it easier to remember and internalize.

- **Example:** In Psalms and Proverbs, repeated structures help readers retain wisdom and reflect on key truths.
- **In Psalm 136** repeats *“His love endures forever”* after every line, reinforcing God’s faithful love.

3.3.3 Spiritual Reflection and Meditation

Repetitive phrases encourage meditation and deeper reflection, inviting the reader to pause and dwell on a truth.

- **Example:** Yeshua often used repetition when teaching: *“Truly, truly, I say to you...”*. The double *“truly”* signals that what follows is especially significant.

3.3.4 Covenant Language and God's Promises

Repetition is used in covenantal language to affirm God’s promises or commitments.

- **Example:** God says to Abraham in Genesis 17, *I will establish my covenant...* multiple times, emphasizing its certainty.

3.3.5 Urgency or Warning

Prophets often repeated words to sound an alarm or call people to repentance.

- **Example:** *Repent, for the kingdom of heaven has come near.* — John the Baptist and Yeshua both repeat this central call to action.

Summary

Repetition in the Bible is not redundancy—it's revelation. It's God's way of drawing our attention to truths He doesn't want us to miss. Every repeated word or phrase invites us to slow down, listen closely, and allow the Spirit to impress it upon our hearts.

STEP - IV

Ah! Moments, Time, Place and Date, and New Teaching



4.0 SUMMARY NOTE

“Ah!” moments are those sudden insights, revelations, or realizations that arise during meditation. These are personal and often spiritual breakthroughs where truth becomes clearer or more deeply felt. These moments are signs of the Spirit working within, often bringing comfort, correction, or inspiration.

Noting the date also gives a sense of spiritual history—marking when certain truths or revelations occurred.

New teaching refers to fresh insights, deeper understanding, or a clearer perspective received through meditation—especially on the Word of God. This is not always entirely “new,” but it often brings a new layer of meaning to previously known truths. These teachings become part of my spiritual journey, guiding faith and action.

Meditation leads to personal and spiritual transformation through moments of revelation (*Ah!* moments), sense of spiritual history (time, place, date), and receiving fresh insights (new teaching). Together, these deepen my connection with God, enrich my understanding, and shape how I live out my faith.

4.1 IDENTIFY THE AH! MOMENTS

“Ah!” moments in the Bible—those sudden flashes of understanding, conviction, or divine revelation—are incredibly important. They often mark **transformative points** in a person’s relationship with God. These moments are where the truths of God move from head knowledge to heart reality.

Please find below the guiding points to identify the **Ah! Moments**:

4.1.1 Look for Key Turning Points or Revelations

- In many Bible stories or teachings, an “Ah! moment” often happens when a character understands God’s will, experiences a miracle, or realizes a truth.
- **Examples:** Peter realizing Yeshua is the Messiah, Saul’s conversion on the road to Damascus, or the parable’s punchlines.

4.1.2 Pay Attention to Repetition or Emphasis

- When the text repeats a phrase or idea, that often signals a key message.
- **Example:** Yeshua repeating “I am the way...” or “Do not be afraid...” points to critical truths.

4.1.3 Notice Sudden Changes in Tone or Action

- Watch for moments when the tone shifts—like from confusion to understanding, despair to hope.
- **Example:** The prodigal son’s realization “I will arise and go to my father”.

4.1.4 Look for Personal Application or Challenge

- Many “Ah! moments” come when the message moves from general teaching to a personal challenge or call to action.
- **Example:** “You must be born again” or “Go and do likewise”.

4.1.5 Observe the Use of Questions

- Yeshua often uses questions to provoke thought and reflection—these can lead to moments of insight.
- **Example:** “Who do you say I am?”.

4.1.6 Identify the “Climactic” Verses or Summary Statements

- Many passages have a concluding verse that summarizes the main point, often the “Ah! moment” in the message.
- **Example:** “There is therefore now no condemnation for those who are in Messiah Yeshua.”

4.1.7 Use Meditation and Prayer

- Sometimes the “Ah! moment” doesn’t come just by reading but through reflection and prayer, asking God for insight.
- Quiet time can reveal personal meanings or applications.

Bonus Tip

Journaling my thoughts while reading helps capture those moments as they happen.

Summary

“Ah!” moments in the Bible are when **truth becomes real**, when God breaks through our assumptions, distractions, or blindness and invites us to

see, believe, and respond. They are moments of **divine encounter**—and they're still happening today.

4.2 WRITE DOWN THE TIME, PLACE AND DATE

Time, place, and date in the Bible are never random—they carry deep **theological, prophetic, and narrative meaning**. Understanding these elements helps us grasp the **fullness of God's plans**, how He works in **history**, and how **specific moments** reveal deeper truths.

Here's why each one matters:

4.2.1 Time: God's Timing Is Perfect

Why It's Important?

Time in the Bible is often about **divine timing**, not just chronology. God acts at just the *right* time—never too early, never too late.

Examples

- *"At just the right time, Messiah died for the ungodly."*
- The **Feasts of Israel** (like Passover and Pentecost) were tied to specific times, and Yeshua fulfilled Spring Feasts in exact ways and dates—Passover with His crucifixion, Pentecost with the giving of the Holy Spirit.

Spiritual Insight

God doesn't waste time. Waiting seasons, delays, or sudden breakthroughs are often part of His greater redemptive story.

4.2.2 Place: Location as a Spiritual Symbol

Why It's Important?

Places in the Bible are not just geography—they're **theological stages** where God reveals Himself or moves in history.

Examples

- **Mount Sinai** – Where God gave the Law.

- **Mount Zion/Jerusalem** – The city of God’s presence, promise, and future glory.
- **Bethlehem** – Small and humble, yet the birthplace of the Messiah, fulfilling prophecy.
- **The wilderness** – A place of testing, transformation, and encounter.

Spiritual Insight

God meets people in *specific places* for *specific purposes*. Where I am (physically or spiritually) often realize how He speaks and what He teaches.

4.2.3 Date: Appointed Times and Prophetic Fulfillment

Why It's Important

Dates often correspond to **God’s appointed times (Hebrew: *moedim*)**, many of which are deeply prophetic.

Examples

- Yeshua died during **Passover**, showing He is the Lamb of God.
- The Holy Spirit came on **Pentecost**, tying back to the giving of the Law and the first harvest—now the harvest of souls.
- Daniel’s and Revelation’s prophecies are filled with **specific time periods** that point to future events.

Spiritual Insight

God is the **Lord of history**. Specific dates are woven into His plan—not by chance, but for eternal purpose.

Summary: Why Time, Place, and Date Matter

Element	Meaning
Time	Reveals God’s perfect timing, seasons, and purposes
Place	Points to spiritual realities, encounters, and prophetic fulfillment
Date	Connects history to prophecy, revealing God’s intentional design

4.3 NOTE DOWN THE NEW TEACHING I LEARNED

Noting down new teachings I learn from the Bible is **vitaly important** for both spiritual growth and lasting transformation. Here's why this simple habit can have a deep and lasting impact on my walk with God:

Writing down what I learn is **partnering with the Holy Spirit as my teacher**. It honors His voice and makes room for deeper wisdom. Find below some guiding points to identify the new teachings:

4.3.1 Compare with What I Already Know

- As I read, ask myself: *Is this something I've heard or understood before?*
- If it's different, surprising, or challenges my previous beliefs, it might be a new teaching.

4.3.2 Look for Clear Statements or Commands

- New teachings often come as clear instructions, promises, or principles.
- **Example:** "Love your enemies" may be a new, challenging teaching.

4.3.3 Notice Parables and Illustrations

- Yeshua often taught new concepts through stories—try to uncover what the story is teaching beyond the surface.

4.3.4 Reflect on My Reactions

- New teachings often provoke a reaction: surprise, conviction, encouragement, or even discomfort.
- Pay attention to what stands out or feels different.

4.3.5 Use Study Tools for Context

- Sometimes, a verse's meaning isn't obvious. Using a study Bible, commentaries, or trusted resources can reveal new angles or truths.

4.3.6 Ask Questions While Reading

- *What does this teach me about God, myself, or how to live?*
- *Is this a new perspective or a deeper understanding?*

4.3.7 Write Down Insights

- Journaling helps me track new teachings. Write down what I learned and how it applies to my life.

4.3.8 Test the Teaching Against Scripture

- The Bible is consistent; if a teaching aligns with the broader message of Scripture, it's trustworthy and likely a new insight for me.

STEP - V

Sin to Confess, and Mistakes to Correct



5.0 SUMMARY NOTE

Meditation offers a sacred space for honest self-examination in the light of God's Word. As I meditate, [the Holy Spirit](#) may bring to mind sins - attitudes, words, or actions—that need to be acknowledged and confessed. This leads to spiritual renewal and a clean heart, making me more receptive to God's voice.

Beyond moral sin, meditation may reveal personal errors or misjudgments—wrong decisions, missed opportunities, or harmful behaviors—that need correction.

Recognizing mistakes is not about guilt, but growth. Through meditation, God gently points the way toward correction and better alignment with His will.

Meditation is not only for inspiration but also for transformation. It is a time when God reveals sins to confess and mistakes to correct—not to condemn, but to cleanse and restore. Responding with honesty, repentance, and willingness to change leads to deeper maturity and freedom in the spiritual journey.

5.1 LIST DOWN THE SIN TO CONFESS

This is a very important and personal step! Identifying the sins I need to confess based on the verses is a process of honest self-examination and aligning my life with God's standards.

Here's a practical guide to help me in identifying my sins to confess:

5.1.1 Read Scripture with an Open Heart

- Read verses that talk about sin, repentance, or holiness
- Let the Holy Spirit guide my understanding.

5.1.2 Compare My Life with Biblical Standards

- Ask myself: *Are there areas in my life that don't match what the verses (Bible) teaches?*
- **Examples:** anger, pride, dishonesty, selfishness, impurity, neglecting God's commands.

5.1.3 Be Honest and Specific

- Instead of vague guilt, try to pinpoint specific thoughts, actions, or attitudes that don't honor God.
- **Example:** "I've been holding resentment toward a friend" or "I often speak harshly."

5.1.4 Use Biblical Lists of Sin as a Guide

- The Bible names many sins that might help me reflect: like idolatry, jealousy, fits of anger, drunkenness, sexual immorality, greed (covetousness), slander, etc.
- Commandments, statutes and instructions of God.

5.1.5 Ask God for Conviction

- Pray and ask God to reveal sin in my heart. The Holy Spirit often brings awareness.

5.1.6 Examine My Relationships

- Sometimes sin is seen in how I treat others—gossip, unforgiveness, envy.
- Reflect on My interactions: Am I loving and patient or quick to judge and angry?

5.1.7 Journal or Talk with a Trusted Person

- Writing helps clarify my thoughts. Or discuss with a mature believer, priest or pastor who can help me identify blind spots.

5.1.8 Confess with a Genuine Heart

- Once I identify my sin, confess it honestly to God and ask for His forgiveness and help to change.

Example Reflection

If I read the book of Matthew — "Whoever is angry with his brother will be liable to judgment..." — I might ask, *Have I harbored anger or bitterness toward someone?* If yes, that's a sin to confess and repent of.

5.3 LIST DOWN THE MISTAKES TO CORRECT IN MY LIFE

Listing down the mistakes you need to correct in your life is an act of **humility, honesty, and spiritual maturity**. It's not about guilt—it's about growth. In the Bible, self-examination is encouraged because it leads to **repentance, transformation, and deeper relationship with God**.

Here's why this practice is so important:

5.3.1 It Opens the Door for God's Grace and Healing

When I acknowledge my mistakes, I invite God to **work on my heart**, not just my behavior. *If I confess my sins, He is faithful and just to forgive me and cleanse me.*

Why it matters: Unconfessed mistakes keep me stuck. Naming them starts the healing process.

5.3.2 It Brings Clarity and Self-Awareness

Writing things down helps me see patterns I may not notice in daily life—things like pride, impatience, fear, or compromise.

Let me examine my ways and test them, and let me return to the Lord.

Why it matters: Clarity leads to conviction, and conviction leads to change.

5.3.3 It Helps Me Actively Cooperate with the Holy Spirit

The Holy Spirit convicts not to shame, but to **transform**. Listing my mistakes is a way to say, *"I'm listening, Lord. Help me grow. Create in me a clean heart, O God."*

Why it matters: It turns passive conviction into intentional repentance and change.

5.3.4 It Guards Me Against Repeating the Same Mistakes

When I identify and reflect on specific areas where I've fallen, I'm more likely to resist temptation and choose differently next time. *Be very careful, then, how I live—not as unwise but as wise.*

Why it matters: A written list becomes a spiritual checkpoint and a tool for accountability.

5.3.5 It Shows God's Progress in My Life Over Time

Later, when I look back at My list, I'll see how far God has brought me—and it will fuel gratitude and faith.

Why it matters: Growth is often slow and subtle. Documenting the journey helps you recognize and celebrate it.

Final Thought:

Listing my mistakes is not about being perfect—it's about being **in the process of becoming like Messiah (Christ)**. God loves a teachable heart, and this practice makes me a vessel ready for His refining and use.



STEP - VI

Commands to Obey, Good Examples, and Promises



6.0 SUMMARY NOTE

During meditation [on Scripture, God's commands](#) often stand out as clear instructions for living a life that pleases Him. These commands:

- Reveal God's will and values
- Call for immediate or ongoing obedience
- Guide attitudes, behaviors, and relationships (e.g., "Love your neighbor," "Do not fear," "Be still")

Meditating on commands helps move them from head knowledge to heart-driven action, encouraging faithful and consistent obedience.

Scripture is filled with examples of faithful men and women whose lives inspire and instruct. While meditating, these examples serve to:

- Encourage spiritual growth through imitation of godly character (e.g., Abraham's faith, Ruth's loyalty, Yeshua's humility)
- Highlight practical ways to live out biblical truths
- Offer hope that transformation is possible through God's grace

Reflecting on these examples can motivate and guide personal change and inspire deeper commitment.

God's promises are powerful truths that provide strength, hope, and assurance. In meditation, promises:

- Remind me of God's faithfulness, provision, and love
- Encourage trust during trials or uncertainty (e.g., "I will never leave you," "The Lord is my shepherd")
- Anchor the soul in God's unchanging nature

Dwelling on these promises reinforces confidence in God and brings peace to the heart.

Meditation on God's **commands** leads to obedience, **good examples** offer inspiration for living faithfully, and **promises** provide encouragement and hope. Together, they shape my heart, mind, and actions toward a life aligned with God's Word and character.

6.1 LIST DOWN THE APPLICABLE COMMANDS TO OBEY

Listing down the **applicable commands to obey** from the Bible is an essential step in living a **God-centered, obedient, and fruitful life**. It shows that I don't just want to hear God's Word—I want to **live it out**.

Listing applicable commands is a way of saying, *“Lord, I don't just want to know You—I want to follow You.”*

Please find below the guiding points to identify them that apply to me:

6.1.1 Look for Clear, Direct Commands

- Many Bible verses use words like *“do,” “love,” “pray,” “repent,”* or *“love your neighbor.”* These are often direct commands.
- **Example:** “Honor your father and mother” is a direct command.

6.1.2 Consider the Context

- Ask: *Who is this command given to?*
- Some commands are for everyone (e.g., love God and others), others for specific groups (priests, elders, specific cultures).
- If the command is part of the New Testament teaching on Christian living, it's usually applicable to all believers.

6.1.3 Apply the Spirit of the Law

- Beyond the letter of the command, what is its purpose?
- Yeshua emphasized the heart behind the command. If the spirit aligns with loving God and others, it likely applies.

6.1.4 Look for Repetition or Emphasis

- Commands repeated often or emphasized by Yeshua and the apostles carry weight for daily living.
- **Example:** “Love one another” is repeated throughout the New Testament.

6.1.5 Reflect on My Life Situation

- Ask Myself: *Is this command relevant to my current situation, relationships, or struggles?*
- God often speaks to my personal circumstances through Scripture.

6.1.6 Seek the Holy Spirit's Guidance

- Pray and ask God to reveal which commands I need to obey right now.

- The Spirit helps me understand and apply Scripture.

6.1.7 Check for Consistency with Scripture

- A command that contradicts God's overall character or teachings isn't from Him.
- Commands that build you up in faith, love, and holiness are meant for me.

Example

If I read: "Be kind and compassionate to one another, forgiving each other..."

Ask:

- Am I showing kindness and forgiveness in my relationships?
- This is a command for me to obey.

6.2 PREPARE A LIST OF GOOD EXAMPLES APPLICABLE IN MY LIFE TO FOLLOW

Preparing a list of good examples from the Bible that are applicable to my life is a powerful way to grow in wisdom, character, and purpose. God gives me real-life examples in Scripture so I can learn from them, not just admire them.

My list of good examples becomes a tool for growth, a source of encouragement, and a reminder of who I am becoming in Messiah (Christ). God gave me these lives not just to admire—but to follow.

Please find below some guiding points to identify them that applies to you:

6.2.1 Identify the Example

- Look for people in the Bible whose faith, actions, or character stand out positively.
- Examples: Yeshua, Paul, David, Ruth, Esther, Daniel.

6.2.2 Understand What Makes them Good Examples

- Ask: *What qualities or actions made them good?*
- Is it their faith, obedience, patience, courage, love, or humility?

6.2.3 See Which Qualities or Actions Apply to My Life

- Reflect on my own life: *Which of these qualities do I need to grow in?*

- *Which actions can I imitate in my daily decisions?*

6.2.4 Study their Lives in Context

- Read their stories carefully to understand how they handled challenges and victories.
- Notice how their relationship with God influenced their choices.

6.2.5 Make a Plan to Imitate their Example

- Choose specific actions or attitudes to practice.
- **Example:** If I admire Paul's perseverance, commit to praying and trusting God when things get tough.

6.2.6 Pray for Strength and Guidance

- Ask God to help me follow the example faithfully.
- *"Imitate me, just as I also imitate Messiah (Christ)."*

6.2.7 Surround Myself with Support

- Connect with others who encourage me to live like my biblical example.

6.2.8 Reflect and Adjust Regularly

- Periodically evaluate how well I am following the example.
- Ask for God's help to keep improving.

Example

If I admire Yeshua's compassion, look for ways to show kindness and help others in my life. If I see myself struggling with patience like Job, study his story and pray for endurance.

6.3 PREPARE A LIST OF PROMISES APPLICABLE FOR MY LIFE

Preparing a list of **God's promises that are applicable to my life** is a deeply spiritual and empowering practice. God's promises are not just beautiful words—they are **truths to believe, pray over, stand on, and live by**. When I list and meditate on them, I strengthen my faith, renew my hope, and stay grounded in God's unchanging Word.

God's promises are my **spiritual inheritance**. By writing them down and treasuring them in my heart, I live not just with information—but with **divine confidence** and **purposeful faith**.

Please find below some guiding points to list them down that are applicable in my life:

6.3.1 Look for Clear Promise Statements

- Promises often say things like “*I will,*” “*You shall,*” “*God promises,*” or “*He will.*”
- **Examples:** “I will never leave you nor forsake you”, “If you confess, you will be saved”.

6.3.2 Understand the Context

- Who is the promise made to? Some promises were for specific people or groups (Israelites, apostles), but many are universal for believers.
- New Testament promises generally apply to all followers of Messiah (Christ).

6.3.3 Check for Conditional or Unconditional Promises

- Conditional promises require something from me (faith, obedience).
- Unconditional promises are God’s commitments regardless of my actions.

6.3.4 Reflect on My Current Life Situation

- **Ask:** *What do I need God’s promise about right now? Peace? Provision? Strength?*
- Match my needs to the promises God has given in the Bible.

6.3.5 Pray and Ask for Confirmation

- Ask God to highlight the promises He wants me to trust in and live by.

6.3.6 Use a Bible Concordance or Promise Bible

- These tools collect verses with promises, making it easier to find relevant ones.

6.3.7 Look for Repeated Promises

- When God repeats a promise across different passages or books, it’s often important for believers today.

Examples

- Peace: “Peace I leave with you; my peace I give you.”
- Provision: “And my God will supply every need of yours.”
- Strength: “I can do all things through Christ who strengthens me.”

- Forgiveness: “If we confess our sins, he is faithful and just to forgive us.”
- Guidance: “I will instruct you and teach you in the way you should go.”



A black and white photograph of a woman wearing a dark hijab and a light-colored, striped shawl. She is sitting and has her eyes closed, with her hands clasped together in front of her, suggesting a state of prayer or deep reflection. The background is softly blurred, showing what appears to be a window or a bright light source on the right side.

STEP - VII

**Teaching on the
traits of the Trinity,
Application and
Response...**

7.0 SUMMARY NOTE

Meditating on the traits of [the Trinity—Father, Son, and Holy Spirit](#)—invites deeper understanding of God’s nature and how each Person of the Trinity uniquely works in my life. This meditation cultivates reverence, love, and a fuller relationship with God.

Meditation on [the traits of the Trinity](#) deepens my knowledge of God in His fullness: the Father’s authority, the Son’s redeeming love, and the Spirit’s guiding power. Each Person is distinct yet unified, working together in perfect harmony to reveal God’s character and draw me into deeper relationship and transformation.

Meditation is not complete until it leads to real-life application and a heartfelt response to God. It moves from reflection to action, from listening to living.

After meditating on Scripture or spiritual truth, it is vital to ask: *"What is God calling me to do with this?"* Application involves putting the insight into practice—whether it’s a change in behavior, attitude, relationship, or spiritual discipline. Response may include prayer, repentance, obedience, or taking a specific step in faith. Meditation leads to transformation when it is applied to daily life.

Sometimes, understanding or direction from God does not come instantly. Meditation teaches the discipline of **waiting**—patiently and expectantly. Waiting reflects trust in God’s timing and a willingness to let Him speak when and how He chooses. In the silence, God often works deeply, preparing the heart for clarity or conviction. Waiting is part of spiritual maturity—it shows dependence, not delay.

When God speaks, teaches, convicts, or comforts—no matter how small the insight—respond with **gratitude**. Giving thanks honors God and acknowledges His active presence in my life. Gratitude keeps the heart soft, humble, and open to future guidance. A thankful heart turns every meditation into worship.

Meditation is a two-way interaction with God that calls for **application**, patience to **wait for His response**, and a spirit of **thankfulness** when He

speaks. This process deepens my walk with God and ensures that spiritual insights bear fruit in everyday life.

7.1 PREPARE A LIST OF TEACHING ON THE TRAITS OF THE TRINITY (THE FATHER, THE SON, AND THE HOLY SPIRIT)

Preparing a list of **teachings on the traits of the Trinity**—God the Father, God the Son (Yeshua the Messiah), and God the Holy Spirit—is a spiritually enriching and foundational practice. The Trinity is central to Christian faith, and understanding the **distinct traits and roles** of each Person helps me know God more fully and relate to Him more personally.

The Trinity is not just a doctrine to understand—it's a **relationship to experience**. By preparing a list of the traits of the Father, the Son, and the Holy Spirit, I am tuning my heart to the fullness of who God is.

Please find below some guiding reasons to do so:

7.1.1 Look for Direct Descriptions and Actions

- Pay attention to passages that describe God's character or what He does.
- Traits often show up in names, titles, actions, or descriptions.

a. The Father

Common Traits: Creator, loving, just, sovereign, forgiving, provider, protector.

- Look for verses highlighting God as Creator and sovereign.
- Traits shown in His care, holiness, justice, and patience.

b. The Son (Yeshua the Messiah)

Common Traits: Savior, humble, loving, compassionate, obedient, mediator, righteous.

- Look for descriptions of Yeshua's life, teachings, and work.
 - *"The Word became flesh..."*
 - *"He humbled Himself..."*
 - *"Yeshua wept."* shows compassion.

- Traits are revealed in His obedience to the Father, His miracles, and His sacrifice.

c. The Holy Spirit

Common Traits: Helper, guide, comforter, teacher, convictor, giver of spiritual gifts.

- Look for verses describing the Spirit's role in believers' lives.
 - *"The Helper, the Holy Spirit, whom the Father will send..."*
 - *"He will teach you all things..."*
 - *"The Spirit helps us in our weakness..."*
- Traits show God's active presence and empowerment.

7.1.2 Use Bible Concordances or Topic Searches

- Search for "Father," "Son," "Holy Spirit" combined with traits like "love," "holy," "power," "comfort," etc.

7.1.3 Compare Different Passages

- Notice how traits are consistent or uniquely revealed through each Person.

7.1.4 Look for Key Biblical Narratives and Teachings

- Parables, sermons, letters often highlight traits of each Person of the Trinity.

Summary

Person	Trait	Key Traits Description
The Father	Faithful	Creator, loving, just, provider, keeps His promises
The Son	Redeemer	Savior, humble, compassionate, paid the price for sin
The Holy Spirit	Comforter	Helper, guide, teacher, comforter, gives peace and presence

7.2 APPLICATION AND RESPONSE

This is the most important step to personalize the application of the verses and its messages in my real life. Please find below the guiding points for its application and response:

Sample Application and Response Prayers:

7.2.1 Prayer- evoking the traits of The Father, The Son, The Holy Ghost:

Heavenly Father,

You are the Creator and Sustainer of all things, full of love, justice, and mercy. Thank You for Your steadfast care and provision. I trust in Your sovereignty and goodness to guide me each day.

Lord Yeshua the Messiah, Son of God,

You are the perfect Savior, full of compassion and humility. Thank You for Your sacrifice and obedience, showing me the way to the Father. Help me to follow Your example of love, patience, and grace.

Holy Spirit, Divine Helper and Comforter,

You are my Guide, Teacher, and Source of strength. Fill me with Your wisdom, courage, and peace. Empower me to live a life pleasing to God, bearing fruit in every good work.

Triune God,

I lean on Your Fatherly protection, Your Son's redemption, and Your Spirit's power. Unite me more deeply to You so that my life reflects Your glory. Amen.

7.2.2 Confess the Sin

Merciful God,

I come before You with a humble heart, acknowledging my sins and failures. Your Word reminds me, *If I confess my sins, LORD You are faithful and just to forgive me my sins and to cleanse me from all unrighteousness*".

Lord, I confess the sins I have committed—in thoughts, words, deeds and eyes. I repent of pride, selfishness, anger, and all that separates me from You. Cleanse me, Father, and renew a right spirit within me.

Thank You for Your unfailing mercy and grace that covers all my faults. Help me to turn away from sin and walk in Your ways, guided by Your Holy Spirit. Restore joy and peace in my heart as I surrender fully to You.

In Yeshua the Messiah's name, I pray. Amen.

Ask Grace and Strength to Correct Mistakes:

Heavenly Father,

I come before You humbly, acknowledging my mistakes and shortcomings. Your Word says that You are merciful and gracious, slow to anger and abounding in steadfast love. I ask for Your grace to forgive me where I have fallen short.

Lord, give me the strength to turn away from my errors and to walk in the path of righteousness. Help me to learn from my mistakes and not repeat them. As Your Word says, *I can do all things through Messiah who strengthens me*, empower me now with Your Spirit to make the right choices.

Father, guide me with Your wisdom and surround me with Your peace as I seek to correct what I have done wrong. May Your grace cover me, and may Your strength uphold me so that I can grow in holiness and live according to Your will.

In Yeshua the Messiah's name, I pray. Amen.

7.2.3 Ask Grace and Strength to Obey the Command:

Dear Heavenly Father,

Thank You for Your Word that guides and instructs me. Your commands are holy and good, and I desire to obey them wholeheartedly. Yet I confess that I often struggle and fall short.

Lord, Your Word says that *it is You who works in me to will and to act in order to fulfill Your good purpose*. I ask now for Your grace to empower me and Your strength to help me obey Your commands faithfully.

Fill me with Your Holy Spirit, that I may love You with all my heart and love others as You have commanded. Help me to walk in obedience not out of obligation, but out of love and trust in You.

May Your grace sustain me when I am weak and Your strength uphold me every step of the way. I commit my life to follow Your ways and live according to Your will.

In Yeshua the Messiah's name, I pray. Amen.

7.2.4 Ask Grace and Strength to Follow the Example

Gracious Father,

Thank You for providing me with holy examples in Your Word—Your Son Yeshua the Messiah, the faithful apostles, and the saints who have gone before me. Their lives inspire and challenge me to walk in obedience and faith.

Lord Yeshua, You are the perfect example of humility, love, and obedience. Help me to imitate You in all things, to love as You loved, and to serve as You served.

Holy Spirit, fill me with Your power and guidance so I can follow these examples faithfully, even when it's difficult. Grant me grace when I stumble and strength to persevere in the race marked out for me.

Father, help me fix my eyes on You and live a life that honors You by following the godly examples You have set. May Your grace sustain me, and Your strength empower me every day.

In Yeshua the Messiah's name, I pray. Amen.

7.2.5 Ask Grace and Strength to apply the teaching in my life

Heavenly Father,

Thank You for Your Word, a lamp to my feet and a light to my path. I desire not only to hear Your teaching but to live it out in my daily life.

Lord, I ask for Your grace to receive Your truth with an open heart and Your strength to put it into practice. Help me to obey Your commands and follow Your ways, trusting that Your teaching leads to life and peace.

Fill me with Your Holy Spirit to guide me in applying Your Word wisely and courageously. When I am weak or tempted to stray, uphold me by Your mighty power.

Father, transform my heart and mind so Your Word shapes who I am and how I live. May my life be a reflection of Your truth and love.

In Yeshua the Messiah's name, I pray. Amen.

7.2.6 Claim to Promises

Faithful and Loving Father,

Thank You for Your unfailing promises that bring hope, peace, and strength. Your Word declares that *You will meet all my needs according to the riches of Your glory in Messiah Yeshua*, and I claim this promise today.

Lord, I stand on Your promise that *I hope in the Lord will renew my strength*. I trust that You will strengthen me and lift me up when I feel weary.

Your promise says that *You will never leave me nor forsake me*, and I hold onto this truth in every circumstance. Thank You for being my constant help and refuge.

Father, as I face challenges, I claim Your promises of peace, provision, and guidance. Let Your Word be a firm foundation in my life.

I receive Your promises by faith and thank You for Your faithfulness. In Yeshua the Messiah's name, I pray. Amen.

7.3 WAIT FOR THE RESPONSE

Now it's the quiet time to listen Him for next 10-15 minutes. Meditation in the Bible is not just about speaking or thinking - it includes **quiet reflection and listening** for God's voice - **no asking, no striving, just listening**. That's often when God chooses to speak.

It reflects a posture of humility, dependence, and trust in God's wisdom and timing. Here's a biblical exploration of **why it's important to wait for God's response after meditation**:

7.3.1 Trust God's Timing

- *God's timing is perfect, even if it's different from yours.*
- *For everything there is a season...*
- *Be patient, knowing He works all things for your good.*

7.3.2 Stay Expectant and Open

- *Expect God to answer, but be open to the way He chooses to respond—sometimes it's yes, no, or wait.*
- *Wait for the Lord; be strong and take heart and wait for the Lord.*

7.3.3 Keep Meditating on God's Word

- *While I wait, immerse myself in verses (Scripture) to hear His voice and strengthen my faith.*
- *God's word is a lamp to my feet and a light to my path.*

7.3.4 Maintain a Heart of Prayer and Worship

- *Continue talking to God daily, sharing my thoughts, fears, and hopes.*
- *Prayer isn't just asking; it's ongoing relationship.*
- *Pray without ceasing.*

7.3.5 Look for God's Answers in Different Ways

- *Answers can come through Scripture, circumstances, wise counsel, or inner peace.*
- *Be attentive to the Holy Spirit's guidance.*

7.3.6 Surrender My Will

- *Sometimes the best way to wait is to surrender my desires and trust God's will above my own.*
- *Not my will, but God's be done.*

7.3.7 Be Patient and Persevere

- *Waiting can be hard, but it builds character and faith.*
- *Blessed are You LORD who perseveres me under trial.*

7.4 GIVE THANK FOR THE RESPONSE

*Giving thanks to God for the response to my prayers reflects my **faith, humility, and relationship** with God. The Bible repeatedly commands and models thanksgiving as a key part of prayer—not just before the answer comes, but especially **after I receive God's response**.*

Please find below some reasons to give thanks to God for the response of my prayers:

7.4.1 Acknowledge God's Faithfulness

- *Recognize that every answer comes from God's loving hand and faithfulness.*
- *Give thanks to the LORD, for He is good; His love endures forever.*

7.4.2 Express My Gratitude Honestly

- Speak or pray honestly about how I feel—joy, relief, peace, or even surprise.
- God welcomes my heartfelt thanks.

7.4.3 Praise God for His Character

- Thank Him for who He is—merciful, powerful, loving, wise.
- *Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name.*

7.4.4 Celebrate the Answer

- If possible, I share my testimony with others as an act of thanks and encouragement.
- *Declare His glory among the nations, His marvelous deeds among all peoples.*

7.4.5 Continue to Trust and Obey

- Show thanks by living in obedience and trusting God's ongoing guidance.
- *Through Yeshua the Messiah, therefore, let me continually offer to God a sacrifice of praise—the fruit of lips that openly profess His name,*

Simple Prayer of Thanks Example

Father God,

Thank You for hearing my prayer and answering according to Your perfect will. I praise You for Your faithfulness, love, and power. You are truly good, and I am grateful from the depths of my heart. Help me to continue trusting You and living in obedience. In Yeshua the Messiah's name, Amen.

CONCLUSION



The journey of meditation outlined in these seven steps is a structured and spiritually enriching path that leads me into a deeper, more transformative relationship with God. Each step builds on the previous, guiding the heart and mind from preparation to revelation, and ultimately to application and thanksgiving.

STEP I: Preparatory Work and the Start Point of Meditation

Laying a foundation of stillness, focus, and intention creates the right environment for encountering God. This step teaches the value of spiritual readiness and quiet attentiveness.

STEP II: Start Meditating upon the Words of God

Engaging with Scripture becomes a sacred conversation. Listening to God's Word with a reflective heart opens the door to divine truth, guidance, and presence.

STEP III: Summary Message, Connecting Words, and Repetitive Words

A deeper dive into Scripture through careful observation uncovers hidden meanings and emphasizes what God wants to highlight. These elements help in discerning the core message and its significance.

STEP IV: Ah! Moments, Time, Place and Date, and New Teaching

Spiritual insights and revelations often arise unexpectedly. Recording the time and place of these moments honors their impact and marks spiritual growth. New teachings shape fresh understanding and direction.

STEP V: Sin to Confess, and Mistakes to Correct

Meditation reveals areas needing healing and correction. Confession brings cleansing, while recognizing mistakes leads to growth and restoration. This step keeps the heart humble and open before God.

STEP VI: Commands to Obey, Good Examples, and Promises

Meditation calls not just for listening but for action. Obeying God's commands, learning from the faithful, and holding onto His promises builds a resilient, godly life.

STEP VII: Teaching on the Traits of the Trinity, Application and Response, Waiting, and Thanksgiving

Understanding the nature of [the Triune God—Father, Son, and Holy Spirit](#)—deepens relational faith. Application brings the Word to life, while waiting cultivates patience, and thanksgiving closes the circle in worship and gratitude.

Final Reflection:

This meditation process is not a checklist but a lifelong rhythm—a sacred discipline that turns knowledge into wisdom, insight into transformation, and devotion into daily obedience. As I walk through these steps regularly, I will grow not only in understanding but in intimacy with God, hearing His voice more clearly and following His will more faithfully.

Meditation becomes a way of life—anchored in the Word, led by [the Spirit](#), and centered on the Messiah (Christ).

■



Samir Stephan Kujur

ABOUT THE WRITER

Born and raised in a Christian family in the mid-1970s, Samir Stephan Kujur did not read the entire Bible until his late 30s. After the mid-2010s, he began reading and meditating on God's Word, which stirred many deep spiritual questions about identity, the soul, the spirit, the Trinity, and the nature of God. While he encountered confusion and noticed differences between biblical teachings and church practices, he remained steadfast in prayer and Scripture. In mid-October 2020, Samir experienced a spiritual transformation and became a Born Again follower of the Messiah [Christ], filled with the Holy Spirit. Since then, his life has been marked by supernatural experiences and a deepened faith journey.

Connect With Me: If you would like to connect me, please drop me an email at contact@samirstephan.com. I will get back to you soon.

You can also visit me at:

Websites: (1) <https://allrevelations.org>

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