



CITY CHAPEL SCHOOL OF MINISTRY

DISCIPLESHIP LEVEL – LESSON 6 MEDITATION/INTERCESSION

INTRODUCTION

The role of meditation in the life of the Believer is the bridge between the heavenly realm and the earth. Meditation enables the follower of Christ access the spirit of the Word and mind of the Spirit.

As the Christian understands God's heart and will, this leads to intercession and prayer to birth into the physical what exists in the spiritual.

THE MIND OF GOD

The goal of any Disciple of Christ is to know the heart and mind of God on a regular or daily basis. This is the way to be effective as Christ was and live out the life ordained from above.

⁹ But as it is written: "Eye has not seen, nor ear heard, Nor have entered into the heart of man The things which God has prepared for those who love Him." ¹⁰ But God has revealed them to us through His Spirit. For the Spirit searches all things, yes, the deep things of God. 1 Corinthians 2:9-10

Meditation is the channel by which we access the deep things of God by His Spirit in us. We are not just reading the Bible to have knowledge or memorise scripture to get religious data into our minds. We are creating the 'software' by which we can download the spiritual information we need to thrive and be successful in God's destiny for us.

Your eyes saw me when I was formless; all my days were written in your book and planned before a single one of them began. Psalm 139:16 CSB

Your eyes saw me when I was inside the womb. All the days ordained for me were recorded in your scroll before one of them came into existence. NLT



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Wouldn't you like to read what God has written down concerning you? We can begin to fathom what the Lord has in store for us because we have the software of salvation and the Holy Spirit to read God's files:

¹¹ For what man knows the things of a man except the spirit of the man which is in him? Even so no one knows the things of God except the Spirit of God. ¹² Now we have received, not the spirit of the world, but the Spirit who is from God, that we might know the things that have been freely given to us by God. 1 Corinthians 2:11-12

We have received the ability and capacity to know God at a deeper level than before we became Born Again. Therefore, the aim of meditation is to know the things that have been freely given to us by God.

THE ROLE OF PRAYER

There are generally three 'directions' into which we pray. To God, Secondly For Ourselves and Others and thirdly, Against the Enemy. In all three, we need the revelation and guidance that comes by the Spirit of God through our spirit.

²⁶ Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession ^[a]for us with groanings which cannot be uttered. ²⁷ Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God. Romans 8:26

Through meditation, we know the Mind of God and the things He has freely given us. Through prayer we transfer those things into the Earth. Prayer is therefore the conveyor belt that transfers things revealed spiritually into things manifested physically.

⁹ In this manner, therefore, pray: Our Father in heaven, Hallowed be Your name. ¹⁰ Your kingdom come. Your will be done on earth as it in heaven. Matthew 6:9-10



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Thus, the Altar of Prayer and the Heart of Meditation combine to birth the Kingdom wherever the Believer goes.

CASE STUDY 1- EZEKIEL

This is illustrated beautifully in the exchange between the Prophet and the Lord as outlined in Ezekiel 37 the valley of dry bones:

The hand of the LORD came upon me and brought me out in the Spirit of the LORD, and set me down in the midst of the valley; and it *was* full of bones. ² Then He caused me to pass by them all around, and behold, *there were* very many in the open valley; and indeed *they were* very dry. ³ And He said to me, "Son of man, can these bones live?" So I answered, "O Lord GOD, You know."

He is transported in the spirit into a valley full of dead bones which upon full inspection showed that they were not fresh but very very dry bones. The Lord is making a point that the situation is longstanding and dire. This is then followed by communication between God and man.

Again He said to me, "Prophecy to these bones, and say to them, 'O dry bones, hear the word of the LORD! ⁷ So I prophesied as I was commanded; and as I prophesied, there was a noise, and suddenly a rattling; and the bones came together, bone to bone. ⁸ Indeed, as I looked, the sinews and the flesh came upon them, and the skin covered them over; but *there was* no breath in them.

⁹ Also He said to me, "Prophecy to the breath, prophecy, son of man, and say to the ⁹breath, 'Thus says the Lord GOD: "Come from the four winds, O breath, and breathe on these slain, that they may live." ' ' ¹⁰ So I prophesied as He commanded me, and ⁹breath came into them, and they lived, and stood upon their feet, an exceedingly great army.

The logo features a red line-art illustration of a church building with a steeple and a bell tower, positioned above the text.

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After the revelation, God tells the Prophet to speak or prophesy to the situation. As Ezekiel obeys and declares what God said to say, there is an instant result and the bones take on life.

This passage has been preached in many Pentecostal and Evangelical churches on the principle of speaking God's Word. This is an excellent model of how heaven and earth are in sync when man and God are in harmony. When the Believer can access the mind of God on a matter and obey Him on how He wants to address the situation, we get outstanding results!

CASE STUDY 2 – DANIEL

The testimony of Daniel is one of a “Good Believer Born in a Bad Time”. He ends up having an excellent record and life despite all the chaotic things happening around him. Daniel is a prophetic model to us End Time Christians on how we can stand out when times are dark. He was a slave, captured and exiled from the Nation of Israel to Babylon. It was a very dark time for the Jews but Daniel and his companions stood out. You can read all about this in the Book of Daniel.

Let us for the sake of our study look at the specific case of his intercession for his nation Israel:

In the first year of Darius the son of Ahasuerus, of the lineage of the Medes, who was made king over the realm of the Chaldeans in the first year of his reign I, Daniel, understood by the books the number of the years specified by the word of the LORD through Jeremiah the prophet, that He would accomplish seventy years in the desolations of Jerusalem. Daniel 9:1

We see Daniel undertaking study and reading of Scripture and books which inform a burden and desire to see his nation free from bondage, shame and slavery.

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³ Then I set my face toward the Lord God to make request by prayer and supplications, with fasting, sackcloth, and ashes. ⁴ And I prayed to the LORD my God, and made confession, and said, "O Lord, great and awesome God, who keeps His covenant and mercy with those who love Him, and with those who keep His commandments Daniel 9:3-4

This led to prayer and intercession with fasting to seek God's face and ask for a heavenly response:

²⁰ Now while I was speaking, praying, and confessing my sin and the sin of my people Israel, and presenting my supplication before the LORD my God for the holy mountain of my God, ²¹ yes, while I was speaking in prayer, the man Gabriel, whom I had seen in the vision at the beginning, [c]being caused to fly swiftly, reached me about the time of the evening offering. Daniel 9:20-21

There was a response from heaven and an answer which is fully played out in the Books of Ezra and Nehemiah. The principle is that we seek the heart of God and pray it into existence. This is very graphically illustrated in our next case study.

CASE STUDY 3 – ELIJAH

People like Elijah show us that God has no favourites. If you believe and act on what you believe, you will see or experience the miraculous, the supernatural and the results real believers get!

Elijah was as human as we are, and yet when he prayed earnestly that no rain would fall, none fell for three and a half years! ¹⁸ Then, when he prayed again, the sky sent down rain and the earth began to yield its crops. James 5:17

James is arguing that there was nothing extra special about Elijah on a human level. He was just like you and me! He is challenging us by the Spirit to exercise our faith and revelations just like he did.

The logo features a stylized red line-art illustration of a cityscape with various buildings and a prominent tower. Below the illustration, the words "CITY CHAPEL" are written in a red, spaced-out, sans-serif font. Underneath that, "SCHOOL OF MINISTRY" is written in a larger, bold, red, sans-serif font.

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Then Elijah said to Ahab, "Go get something to eat and drink, for I hear a mighty rainstorm coming!" ⁴² So Ahab went to eat and drink. But Elijah climbed to the top of Mount Carmel and bowed low to the ground and prayed with his face between his knees. ⁴³ Then he said to his servant, "Go and look out toward the sea."

The servant went and looked, then returned to Elijah and said, "I didn't see anything. " Seven times Elijah told him to go and look. ⁴⁴ Finally the seventh time, his servant told him, "I saw a little cloud about the size of a man's hand rising from the sea."

Then Elijah shouted, "Hurry to Ahab and tell him, 'Climb into your chariot and go back home. If you don't hurry, the rain will stop you!'" ⁴⁵ And soon the sky was black with clouds. A heavy wind brought a terrific rainstorm, and Ahab left quickly for Jezreel. 1 kings 18:41-45

The drama is clear. Elijah picked up by revelation that it was time for rain. He could hear the rain even though there was no cloud in the sky. So, he goes to his altar to 'pray in' the rain which he picked up by his spirit.

This is THE model for many Christians. Even when it is the Will of God and you know it, you still have to step into prayer birthing mode to call it in. Many Believers miss it here. They pray a bit and when nothing happens, they give up. The scriptures are teaching us to PERSIST in the place of intercession until the answer comes.

HOMEWORK

**SPEND THE NEXT WEEK TAKING TIME OUT DAILY TO MEDITATE IN THE WORD
AND IN SPIRIT UNTIL YOU KNOW YOU HAVE RECEIVED REVELATION**