

THE WORD & SPIRIT

RG M

WATCHING IN THE SPIRIT • EZK 33:7

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VOL. 38 ISSUE 4

BIBLICAL MEDITATION

- ▶ **CONTENDING FAITH
BIBLE CONFERENCE
IN BRANSON, MO**
- ▶ **YOUTH CAMP**
- ▶ **CONTENDING FAITH
BIBLE CONFERENCE
IN PIGEON FORGE, TN**



THIS BOOK OF THE LAW SHALL NOT DEPART OUT OF THY MOUTH; BUT THOU SHALT
MEDITATE THEREIN DAY AND NIGHT, THAT THOU MAYEST OBSERVE TO DO ACCORDING TO
ALL THAT IS WRITTEN THEREIN: FOR THEN THOU SHALT MAKE THY WAY PROSPEROUS,
AND THEN THOU SHALT HAVE GOOD SUCCESS. - JOSHUA 1:8

RANDALL GRIER MINISTRIES

BIBLICAL MEDITATION

This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success. (Joshua 1:8)



PATTI, RANDALL, & RANDALL GRIER JR.

In my last newsletter, I wrote about “Why Meditate.” I am led to continue to write about meditation in this newsletter. To meditate means to murmur, to ponder, mutter, speak, study, talk, or utter. It is when you focus on and think deeply about something. Many Christians know very little about biblical meditation. I assume it is because there is very little teaching, in the church, on the subject today. That may be because meditation is associated with ungodly gurus and false religions.

Our Heavenly Father told Joshua to meditate on His Word and it would make his way prosperous and he would have good success. Our Heavenly Father founded meditation and many in the world have perverted the practice. Biblical meditation is from God and is good for all Christians to practice daily. *Many Christians are not successful because they do not practice this.*

Dad Hagin was one to meditate on the Word of God. I picked it up from him, and I have meditated on the Bible for several hours at a time. During those times, I have received greater revelation of the Word of God. I have also received answers to questions I had about Biblical truths.

Over Active Minds Today

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God. (Romans 12:2)

Most Christians do not like to think about their minds. The Lord Jesus told me to preach and teach about this in March of this year. He said, *“Meditation on My Word is the key to prosperity and success.”*

Media

Most people are addicted to social media today, even though they say they are not. There is a media epidemic that has spread, rapidly, around the world. *This has added to a great decline in mental health.* Yes, your brain can be unhealthy, just like your body can be unhealthy. TV, movies, and social media have filled people’s minds with a lot of evil, and they are acting it out in society.

Neuroscience has studied the effects of social media on the human brain. The study shows that you can be addicted to it, and many Christians are, just like you can be addicted to drugs and alcohol. In other words, you get agitated and upset if you're not on social media and you constantly need a snort or two of it to get a rush of dopamine in your neurological system to pacify you.

This is what the scientific study proved. *"Social media platforms drive surges of dopamine to the brain to keep consumers coming back over and over again. The shares, likes and comments on these platforms trigger the brain's reward center, resulting in a high similar to the one people feel when gambling, using drugs or drinking alcohol."*

This simply means, you have to get to the whiskey store, dope house or casino to get your high, so to speak. I know you rebel against such talk, but it is proven to be a similar high. Yes, I am speaking to all you Christian addicts. Yes, I mean you. I used to be an addict myself. I was a world class addict. I was addicted to many things, but never to social media as that wasn't around back then. Jesus set me free! I speak from experience.

People usually spend more time trying to get the perfect picture to post, showing that they are having a good time, than they do having a good time. They get stressed out about it, but they need the dopamine high they get from likes.

People/Christians are *dopamine addicts* from social media posts. The world designed it that way to control your brain and thoughts. I know you're laughing, and are in denial, but you are hooked and can't control yourself, or your thoughts, for very long. Christians spend hours a day trying to come up with a post of some kind that will get them likes or emoji's from people who could probably care less. They need the rush they get from the high in the dopamine. Some, at work, become totally unproductive wasting time on social media. You know they are hooked and are jonesing (a dope shooter's term) for a fix when they have to look one more time. Their human brain is locked into a mindset where their ability to focus on one thought at a time is lost.

Scientific research on the human brain has proven that it's far less efficient to try to do two, or more, things at once than to focus on just one task at a time. Multi-tasking can interfere with your working memory, cause you to do worse in learning, and can even create potentially long-term memory problems.

The media world is after your brain so it can control your thoughts, which control your actions. In other words, you become a puppet on a string, acting on external impulses. You need to realize that all this social media is breaking down your ability to meditate on and focus on the Bible.

ARISE AND BUILD

And a vision appeared to Paul in the night; There stood a man of Macedonia, and prayed him, saying, Come over into Macedonia, and help us. (Acts 16:9)

On April 27, 2023, at 4:00 a.m., I had a night vision similar to the one the Apostle Paul mentions he had in the above verse. It lasted about 25 minutes. I wasn't seeking an experience and I have never had a vision like that before. I won't share everything in the vision because some things were personally to me. In the vision, I was visited by a man, he told me that I and many others had not accepted the responsibility to continue the Heavenly Vision that began through Dad Hagin because it has yet to be fulfilled. The main reason is many were following the man instead of the Heavenly Vision that came from Jesus Christ through the man. When Dad Hagin went to Heaven most all who followed the vision quit. Others, who continued on with the vision have become weary and mostly given up, as they have endured those who said they were out of touch, washed up, not relevant, and old fogies.

The Heavenly Vision has almost been lost to this generation, but the Lord has kept a remnant and is restoring it to us today. In the vision, I was told that the Lord needed our help in bringing to pass the last day move of God, which is the Heavenly Vision, on the earth. He needs our dedication, commitment, prayers, intercessions, and giving of thanks. There is a move of God right upon us that will steamroll over what the devil is trying to do in our nation and the earth! The man told me that it was imperative that we accept this responsibility and lay the world aside and press toward the mark of the high calling that is before us and arise and build.

That is why we are obtaining property, building, and expanding. The man in the vision is depending on you and me to do our part. Let us sow financially into this building project that RGM is involved in to fulfill the vision!!

TUES: 7PM

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ASK FOR **RANDALL GRIER MINISTRIES BLOCK** WHEN MAKING RESERVATIONS FOR SPECIAL RATE

I have attended church and seen those around me watching movies on their phone or iPad during the service. They were totally disconnected from what was happening in the service.

I have observed more troubling things along this line at church meetings. One time, I was invited to be a speaker at a major international church conference. People were there from different countries, eager to hear from the Lord. On the day I was to speak, I was in the speaker's room with others. As I was meditating on the Bible and looking to the Lord for His help, I noticed the leader of the meeting. He had his iPad out and was furiously poking the screen with his finger. He was totally immersed in his iPad, seemingly unaware of those around him. I thought, "He must really be getting a revelation from the Lord and he is very studious!" He was going to speak after me.

About forty-five minutes later, he groaned and said, "This thing is locked up!" He called for one of his assistants and told him to get it unlocked for him so he could finish the game he was playing! I almost passed out when I discovered he was playing a game on his iPad! I sat there, in disbelief, and thought this is the leader of the meeting and he is playing games! He was the leader of a world-wide ministry. I knew, from that day, I would never follow him. I didn't want a game, I wanted Jesus! This grieves the Lord Jesus also.

The other disturbing thing that happened was that the other ministers in the room laughed about the leader's situation. I was appalled at the disrespect and irreverence of this leader towards things pertaining to and of the Spirit of God! The sad part is that millions of people around the world look up to this individual and follow him until this day. He is their spiritual advisor. I say, "He wouldn't know the Holy Ghost if He came down the aisle wearing a purple cape, doing cartwheels!" *I wouldn't follow him to the outhouse - and I don't!!*

This individual is addicted to media activity that hinders his relationship with the Lord, just like it does yours. If you don't believe that, you are lying to yourself. You waste hours fooling with social media for the dopamine high you get in your brain instead of focusing on the Bible. No wonder the devil is stealing our nation and our children and dominating the church of the Lord Jesus Christ. You don't have the faith or anointing to make him stop because you waste your time on worthless things. While you have been playing, the devil has been having a heyday in our nation!

This is where major problems arise in people's beliefs or faith. You have to meditate or focus totally on the Word of God, to absorb it, until it produces faith in you. Over-active minds can't focus on the Bible like they should. Get off the dope, and renew your mind with God's Word.

Meditation

For though we walk in the flesh, we do not war after the flesh: For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds; Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ. (2 Cor. 10:3-5)

Notice the above verse mentions war, weapons, warfare, strongholds, imaginations, things against the knowledge of God, and bringing every thought captive to Christ. It is speaking of our thought life - what we imagine and think about.

The devil is trying to get you to believe something about God or yourself that is not true. He wants you to think those thoughts over and over until you have that false mental image in your brain. He does not want you to become God-inside minded, or that you can do all things through God who strengthens you.

The way you counteract this is through deep, focused meditation on the Word of God. This is what Jesus did when the devil came against him in the wilderness. No matter what the devil said to Him, He only thought and spoke the Word of God. He was victorious. Jesus encountered warfare while He was on Earth, and you will too. You overcome and win this warfare in your mind just like Jesus did. You think on and speak the Word.

Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? (1 Cor. 3:16)

How do you meditate? Put down your phone and media devices so you will not be distracted. Get your Bible and open it to the above scripture and say it aloud to yourself *seven times*. Make it personal like this. Say, *"I am the temple of God and the Spirit of God dwells inside of me."* Stop saying it, close your eyes and think deeply about what you said over and over in your mind. Do this for *seven minutes*, not allowing your thoughts to wander to other things or issues. Initially, your thoughts will want to think about other things, but what you are doing is training your mind to think only what you allow it to think. You are concentrating only on this truth of the Word of God. You are becoming God-inside minded by meditating this way. Do not get frustrated, if at first you have to keep casting down other thoughts and imaginations. God will help you. The weapons of your warfare are not carnal, but mighty through God.

After *seven minutes* of thinking deeply on this, say it out loud to yourself *seven more times*. Then stop saying it and focus on and think deeply about what you said for another *seven minutes*. It will become so real to you that you will sense you are powerful with God inside you! You will see it and imagine it as true in your life! This works the same for any scripture you need to believe.

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