

SERMON NOTES Ps Wilberforce Bezudde

THE POWER OF MEDITATION

How to move in the Supernatural and Access Realities of the Spirit

Ephesian 1:4: “Blessed be the God and Father of our Lord Jesus Christ who has...who has blessed us with all spiritual blessings in the heavenly places in Christ Jesus.

1. “...who has Blessed us...with all Spiritual Blessing”

Not who will. It is done deal. All the spiritual blessing including miracles, signs and wonders have been given us. **Spiritual blessings** produce **physical blessings**.

The realities in the **realm** of the **Spirit** create physical realities that we see - everything that you see comes from things you don't see.

1 Peter 2:24 “... by whose stripes **ye were healed**.”

It is in past tense. All these are finished realities. Every finished work of Christ is in the realm of the **spirit**. That's why the Bible says, ye were healed but we have sick people today. Everyone has been healed in the realm of the Spirit - we must **access** it and **manifest** it in the physical realm.

2. We have a responsibility to Access the finished realities of the Spirit

Every believer has a responsibility in the realm of the Spirit to bring down the **kingdom of God** to manifest here on the earth. You have a responsibility to access the finished work in the realm of the Spirit and manifest them in the physical realm.

Believers live in two realms - the **spiritual** realm and the **physical** realm.

- The spiritual realm - the realm of the **finished work**.
- The physical realm - the realm of **manifestation**.

Ephesians 2:6 “and **has raised us** up together and made us sit together in heavenly places in Christ Jesus.”. We are seated in the heavenly places yet we are walking on the earth.

The reason why we are on the earth is to manifest the **Kingdom of God** – Basileia (in Greek) is the kingdom, which means the **activity** of the king.

3. We access the realm of the Spirit by Faith, through Meditation.

Begin to see the realm of the Spirit through the written **word of God**. In Christian meditation, we don't empty ourselves, we fill ourselves.

James 1:22-25

The Word of God is a **spiritual mirror**, through which men should see themselves continually, and through which you see the spiritual things and the spiritual world.

Man is created in three part - Man is a **Spirit** being possessing the **Soul**, living in our **Bodies**. The soul must be **trained** to meditate.

The finished realities are about your spirit. So what you need to do is begin to see through the Word of God, using your sanctified imagination and through meditation, you see your spirit, how you look like in the spirit. When you see it and meditate on it, a spiritual transaction takes place from your spirit to your physical body.

The Greek word "Parakupto" = to look **keenly**, to take a **close** look into a matter for a long time, to go **deeper**, and thoughtfully **observe**.

You don't **look at** but you **look into** the word of God. Not with your physical eyes, but with the eyes of your heart. When you look into the Word of God, you unlock the **concealed truth** in the Word of God.

Proverbs 25:2 "It is the glory of God to conceal a thing: but the honour of kings is to search out a matter." Healing is concealed. Meditation unlocked concealed things.

True prayer is **walking with God**, interacting with the invisible finished realities.

Matthew 26: 41 "Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak" (KJV)

There is power in **seeing** and in your **imagination**.

This was given to you by God to **use** it.