

Christ-Centered Wellness

Monthly Newsletter

Rise up in splendor and be radiant – you are royalty!

Building a strong immune system Immunity #3 – Scripture Meditation

By Leonie Du Rand

“This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.” Joshua 1:8 NKJV

“Instead, his delight is in the Lord’s instruction, and he meditates on it day and night.” Psalms 1:2 HCSB

“I will meditate on Your precepts, And contemplate Your ways. I will delight myself in Your statutes; I will not forget Your word.” Psalms 119:15-16 NKJV

“Oh, how I love your instructions! I think about them all day long.” Psalms 119:97 NLT

“I will meditate also upon all Your works and consider all Your [mighty] deeds.” Psalm 77:12 AMPC

“My eyes are awake through the night watches, That I may meditate on Your word.” Psalms 119:148 NKJV

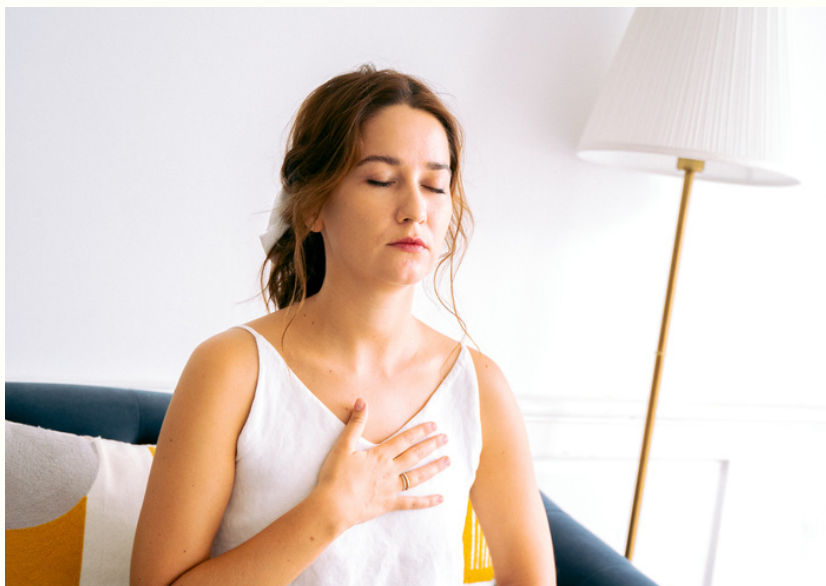
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BUILDING A STRONG IMMUNE SYSTEM

IMMUNITY #2 – SCRIPTURE MEDITATION

JESUS PAID THE PRICE FOR US TO BE HEALTHY

FOCUS



“Let the words of my mouth and the meditation of my heart Be acceptable in Your sight, O Lord, my strength and my Redeemer.” Psalms 19:14 NKJV

We are still exploring the spiritual side of health in the whole person approach to developing a strong immune system. “... may your spirit and soul and body be kept complete and [be found] blameless at the coming of our Lord Jesus Christ.”

1 Thessalonians 5:23 AMP

Spiritual Building Block #2: Meditation

Meditation is one of the most underutilised practices in the Body of Christ today. The main reason for this is a lack of knowledge and teaching about the subject. It should actually be the foundation of our walk with God. Meditation goes beyond simply reading the Bible.

God created meditation and from the scriptures mentioned earlier we can see that it was a common practice in biblical times.

Spending more time in meditation is essential for developing a deeper intimate relationship with God.

But what is meditation?

The word meditate means the act of focusing one's thoughts: to ponder, think on, muse, reflect, contemplate, babble, mutter, imagine, deep thinking, calling something to mind for the purpose of reflection. To murmur, to converse with oneself, pray.

In other words, meditation is going over something in your mind - over and over again, drawing truth from it. Because of the constant repetition, your brain learns that this is something important to you and it stores what you're working through rather than shredding it.

Meditating on scripture is interacting with the Spirit of God. It turns head knowledge into personal experience and enables you to connect with God so that you can hear His voice and experience Him personally.

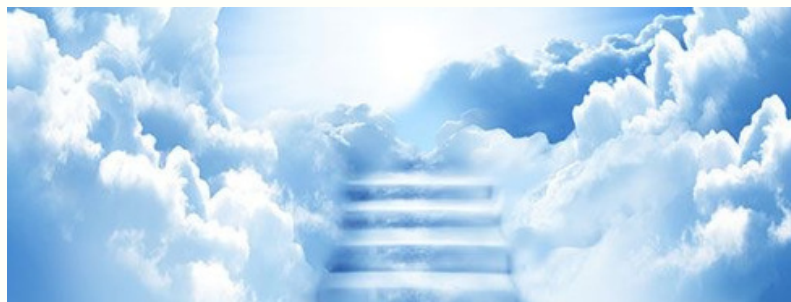
When you meditate, you repeatedly bring what God said into the forefront of your thinking.

“When I remember You on my bed, I meditate on You in the night watches.” Psalms 63:6 NKJV

“I remember the days of old; I meditate on all Your works; I muse on the work of Your hands.” Psalms 143:5 NKJV

Meditation is also a tool to train your senses. “But solid food is for the mature, who because of practice have their senses trained to distinguish between good and evil.” Hebrews 5:14 NASB2020

“Blessed (happy, fortunate, to be envied) are those who dwell in Your house and Your presence; they will be singing Your praises all the day long. Selah [pause, and calmly think of that]! Blessed (happy, fortunate, to be envied) is the man whose strength is in You, in whose heart are the highways to Zion. They go from strength to strength [increasing in victorious power]; each of them appears before God in Zion.”
Psalm 84:4-5, 7 AMPC



The purpose of meditation is to bring your whole being into an awareness of the Kingdom of God.

According to Ephesians 2:6, we are already seated in heavenly places - that is our true position.

“and raised us up together, and made us sit together in the heavenly places in Christ Jesus.”
Ephesians 2:6 NKJV

“See yourselves co-raised with Christ. Now ponder with persuasion the consequence of your co-inclusion in him. Relocate yourselves mentally. Engage your thoughts with throne room realities where you are co-seated with Christ in the executive authority of God’s right hand.” Colossians 3:1 Mirror Bible

“If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. Set your mind on things above, not on things on the earth. For you died, and your life is hidden with Christ in God.” Colossians 3:1-3 NKJV

“Christ’s resurrection is your resurrection too. This is why we are to yearn for all that is above, for that’s where Christ sits enthroned at the place of all power, honor, and authority! Yes, feast on all the treasures of the heavenly realm and fill your thoughts with heavenly realities, and not with the distractions of the natural realm. Your crucifixion with Christ has severed the tie to this life, and now your true life is hidden away in God in Christ. And as Christ himself is seen for who he really is, who you really are will also be revealed, for you are now one with him in his glory!” Colossians 3:1-4 TPT

Meditation quietyens the heart and helps us to get to that place of rest where we can perceive the presence of God. It is a vehicle that takes us to experience the tangible presence of God. He is in us and with us, but we don’t always experience that.

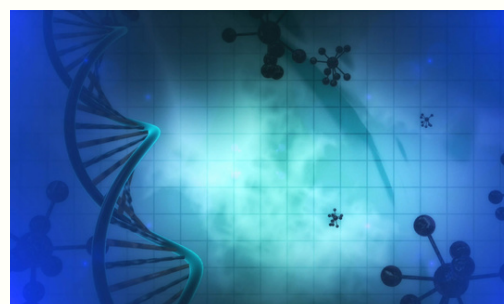
“... I am with you always ...”
Matthew 28:20 NKJV

“... God has said, “Never will I leave you; never will I forsake you.”
Hebrews 13:5 NIV

“Because of you, I know the path of life, as I taste the fullness of joy in your presence. At you right side I experience divine pleasures forevermore!”
Psalms 16:11 TPT

Meditation prepares our hearts to receive revelation. Focused attention brings about revelation. You connect with what you focus on.

When you worry, you are meditating in reverse because you’re contemplating the negative. Through worry one connects with the negative and every cell in your body responds to your thoughts.



We look away from the natural realm and we focus our attention and expectation onto Jesus who birthed faith within us and who leads us forward into faith’s perfection. His example is this: Because his heart was focused on the joy of knowing that you would be his, he endured the agony of the cross and conquered its humiliation, and now sits exalted at the right hand of the throne of God!” Hebrews 12:2 TPT



"But those who wait (qava) on the Lord Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint." Isaiah 40:31 NKJV

Qava = wait, bound together, to behold God, woven into, intertwined, hope, look for, expect. An element of this word is to meditate, to wait in a state of meditation, to take time to intentionally behold God.

"Then on the most important day of the feast, the last day, Jesus stood and shouted out to the crowds—"All you thirsty ones, come to me! Come to me and drink! Believe in me so that rivers of living water will burst out from within you, flowing from your innermost being, just like the Scripture says!" John 7:37-38 TPT

What is repeated in meditation is stored in the heart and brings about transformation. It changes your perceptions of yourself and God.

"For as he thinks within himself, so is he ..."
Proverbs 23:7 TPT

It also changes the way you speak.

"People are known in this same way. Out of the virtue stored in their hearts, good and upright people will produce good fruit. Likewise, out of the evil hidden in their hearts, evil ones will produce what is evil. For the overflow of what has been stored in your heart will be seen by your fruit and will be heard in your words."
Luke 6:45 TPT

"..... One's conversation exhibits whatever it is that has your full attention and captivates your gaze." Luke 6:45 Mirror Bible

What we meditate on is the determining factor of our thoughts while emotions are the by-product of our thoughts.

Meditation, thoughts and emotions all interact to influence our imagination, which is extremely important in what manifests in our lives and the condition of our health.

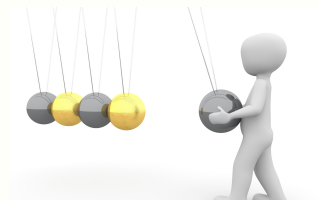
I will give some more information on the role of the imagination in future writings.

Your body and your emotions reacts to your thoughts.

According to research, thoughts are converted into a physical reaction.

It has been proven by research that what we think affects us emotionally, intellectually and physically. It is referred to as the mind-body connection. In reality this is nothing new, it has been explained in Scripture ages ago:

"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."
3 John 1



The veil between the spiritual and the physical realm is at its thinnest ever. A great shift has taken place spiritually that gives us access to engage God in the heavenlies in a face-to-face relationship. Meditation is one of the keys that makes it possible. It is a new day.



What you think about has an impact on your entire body.

When meditating on something, whether negative or positive, a physical reaction occurs in your body in the form of an electrical current traveling through the nerves in your brain. In response to those thoughts, your body produces a variety of hormones and chemicals.

Every cell and system in your body are directly affected by the thoughts you meditate on. When you meditate on scripture, on "whatever is true, pure, lovely of good report and praise worthy" (Philippians 4:8), your brain converts these thoughts into a reaction that will produce health within your body.

"A joyful, cheerful heart brings healing to both body and soul. But the one whose heart is crushed struggles with sickness and depression." Proverbs 17:22 TPT

Toxic thoughts can become harmful - spiritually, emotionally and physically. The body secretes chemicals and hormones in response to self-condemnation, fear, hatred, rejection, anger, rage bitterness, unforgiveness, jealousy and any other kind of negativity that destroys health. It creates disease in the body.

We have the ability to choose how we respond to circumstances and negative situations.

Jesus said in John 14:27: "Peace I leave with you, My peace I give to you; not as the world gives do I give you. LET NOT your hearts be troubled, neither let it be afraid." NKJV

"Every lofty idea and argument positioned against God's knowledge of us, is cast down and exposed to be a mere invention of our own imagination. We arrest every thought at spear point - anything that could possibly trigger an opposing threat to our redeemed identity and innocence is taken captive. The calibre of our weapon is empowered by the revelation of the ultimate consequence of the obedience of Christ."

2 Corinthians 10:5 Mirror Bible

Godly thoughts will produce godly emotions. The outcome of your life and health are determined by the quality of your thinking and the emotions created by your thinking.

The condition of your life and health is the manifestation of your thoughts.

"So above all, guard the affections of your heart, for they affect all that you are. Pay attention to the welfare of your innermost being, for from there flows the wellspring of life." Proverbs 4:23

"... For what has been stored up in your hearts will be heard in the overflow of your words. When virtue is stored within, the hearts of good, upright people will produce good fruit. ..." Matthew 12:34

What is in your heart comes from what you've been meditating upon and where your focus is.

Your thoughts are the thermometer of your life.

Meditating on scripture is what will keep your immune system strong because a revelation from God received through meditation brings life.



"He sent His word and healed them, And delivered them from their destructions." Psalms 107:20

It is not our circumstances that are the problem but our thoughts and our reactions towards our circumstances that influence our life and break down our immunity.

The immune system is designed by God for our good (to protect against infections, cancer etc.) but because of negative input from our thought lives it becomes confused and that opens the door to disease in the body. This is why it is so important that we meditate on scripture to align our thoughts with God's thoughts.

It is clear that the main cause of disease is not only outside factors for example toxins; like chemicals, additives, preservatives in foods, medication, skin products, fragrances; genetically modified foods; air pollution and even exposure to electromagnetic fields. The biggest culprit is our own thought-life and how we deal with the stressors of life.

We tend to think that by focusing only on outside solutions (like enough sleep, avoiding toxins, the right nutrition and supplements) our immune system will be strengthened, but there is a lot more to the immune system than what meets the eye. Physical rest and good nutrition will only partly improve your health. The greatest factor influencing your immune system is your spiritual and emotional "temperature." A heart that is at rest will promote health and healing.

The renewal of the mind is essential to the healing process. Unresolved trauma can cause havoc in the body by destroying immunity and cause disease. Meditating on what God is saying is a vehicle that will bring about transformation in your thought-life, which will rebuild your immunity.

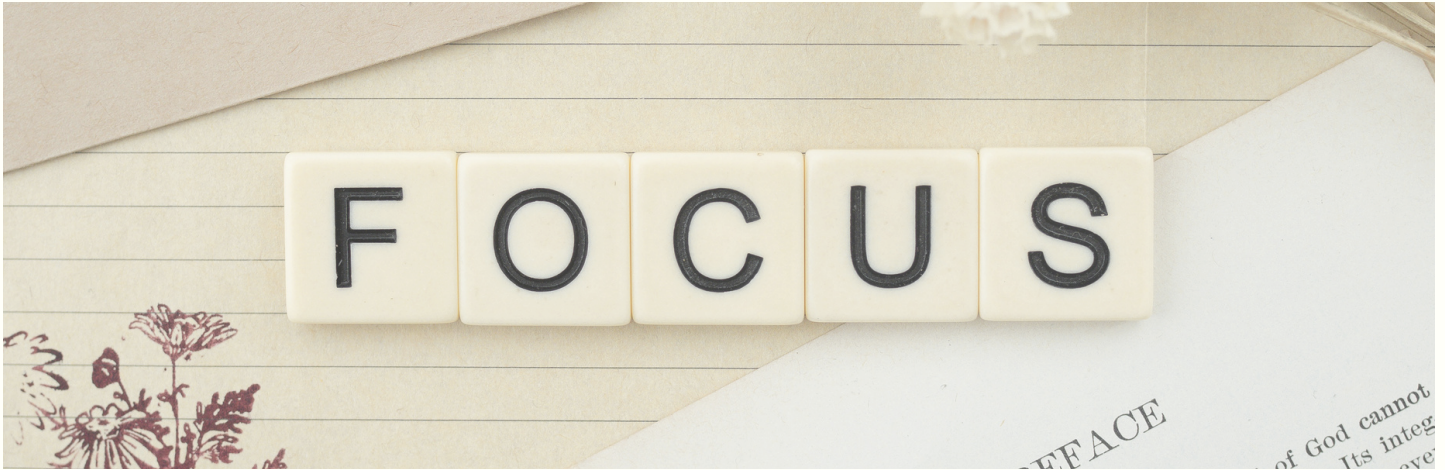
Auto-immune diseases are known for the fact that the immune system attacks the body. Part of the reason is that the immune system gets confused by negative emotional responses.

Often, the onset of an auto-immune disease follows a traumatic event or a highly stressful situation. This causes a negative reaction in the body. If your thought-life is negative, your body receives a signal to self-destruct. Your cells are extremely sensitive to negative responses.

But when your thought-life is in alignment with God's will, the immune system will be able to deal with outside threats of pollution in the proper way. It creates unity within the body that gives the immune system the ability to stand up against sickness, disease and other outside factors. This is how God created us, because according to 1 Peter 2:24 "we were healed."

The seed of health is already in your heart, your default is health - the body has the ability to heal itself and to stand up against sickness and disease because of the finished work of the cross. When your heart is at peace the body will fight off sickness and heal. Jesus already paid the price for us to be healthy.

A peaceful heart supports the immune system so that it is able to do its work properly.



Keeping our eyes fixed on Jesus is extremely important because it brings peace to our hearts. We keep our eyes on the Lord and draw from His peace by meditating on scripture. He is the Word of God.

“You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You.” Isaiah 26:3 NKJV

“In the beginning [before all time] was the Word (Christ), and the Word was with God, and the Word was God Himself. He was [continually existing] in the beginning [co-eternally] with God. All things were made and came into existence through Him; and without Him not even one thing was made that has come into being. In Him was life [and the power to bestow life], and the life was the Light of men.” John 1:1-4 AMP

Meditation is an important part of developing a strong immune system that will keep you healthy.



Scripture Meditations

"Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things."

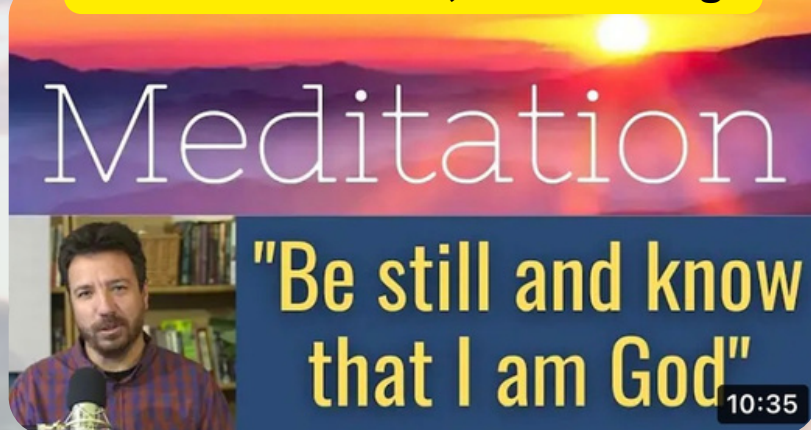
Philippians 4:8 NKJV

"Finally, believers, whatever is true, whatever is honorable and worthy of respect, whatever is right and confirmed by God's word, whatever is pure and wholesome, whatever is lovely and brings peace, whatever is admirable and of good repute; if there is any excellence, if there is anything worthy of praise, think continually on these things [center your mind on them, and implant them in your heart]."

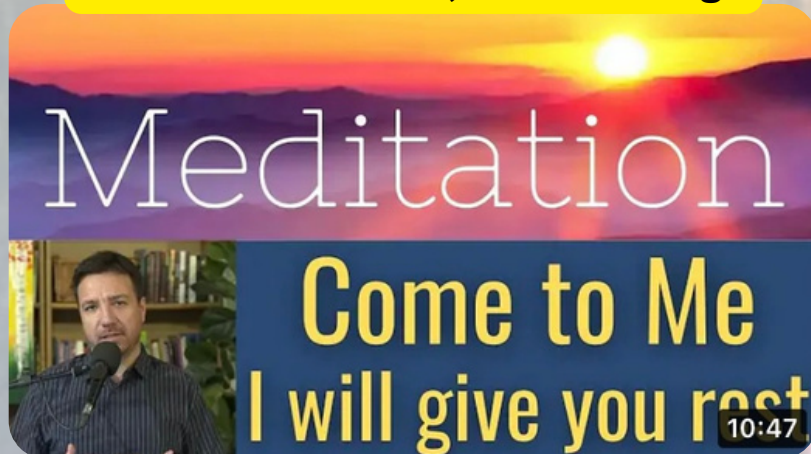
Philippians 4:8 AMP

Prayer & Activation

To watch the video, click on image



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Additional Resources

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Soundbites



[Click on the image to watch video](#)

Understanding Meditation



4:16

Soundbites



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Meditation & Mindfulness

8:41