

Bertus:

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(taken from the class: 1955 Kailua Study Group 126A)

Joel:

So the purpose of meditation is God contact, and if the opportunity so presents itself to you, you may sit and wait in meditation until you've realized that contact. Ordinarily that isn't wise because if you sit more than four, five, or six minutes, the waiting is apt to be a mental strain, and you'll never get it while there's a mental strain. It's only in the moment that ye think not that the bride groom cometh. It's only in the moment that thought is still. It is only in the moment that there is no mental strain that the God contact is realized.

And so it is you can sit quietly and peacefully contemplating a verse of Scripture such as *“THY Grace is my sufficiency”* or *“where the Spirit of the Lord is, there is liberty”* or *“man shall not live by bread alone, but by every Word of God.”*

You can contemplate that for three or four, five minutes and sit for a minute or so in complete quiet, but then get up and go about your business because otherwise you'll get into a mental state or strain and God does not come through where there's a reasoning, thinking process going on. It's only when that is set aside.