

MEDITATIONS

WINNING THE WAR IN YOUR MIND

YOUR LIFE IS ALWAYS MOVING IN THE DIRECTION OF YOUR STRONGEST THOUGHTS.

Romans 12:2 *Do not conform to the pattern of this world, but be transformed by the renewing of your mind.*

If you don't control what you _____ you'll never be able to control what you _____.

Your brain _____ itself around your thoughts.

When we think a thought our brain is creating new neural _____.

_____ forms the pathway.

The behavior isn't the _____, it's the bad fruit. The root is the _____ that produced the behavior.

The only _____ solution is to create a new neural pathway.

John 14:6 *Jesus answered, "I am the way and the truth and the life.*

John 16:13 *But when he, the Spirit of truth, comes, he will guide you into all the truth.*

John 8:32 *Then you will know the truth, and the truth will set you free.*

You need to _____ God's Word.

Meditation - to _____ in mental exercises; to focus one's thoughts.

Christian meditation is _____ your mind with God's truth and being strategic and deliberate about what you allow into your mind.

Romans 8:5-6 (NLT) *Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. 6 So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.*

Psalm 119:15 *I meditate on your precepts and consider your ways.*

Psalm 143:5 *I meditate on all your works and consider what your hands have done.*

We have to fine tune our _____.

Write it, _____ it, and confess it until you believe it.

Exercise: Learning to Meditate

Choose a verse or passage, possibly one you found for a truth in the previous exercise, and practice meditating as discussed in today's lesson.

A few helpful suggestions for this process are:

1. Look intently at each word and phrase, one at a time. Don't make any assumptions or skip a single word. Each one is important to the overall meaning for you.
2. Type your Scripture reference into your search engine and look for online Bible commentaries. Read what some of the great theologians have had to say about the meanings of the Hebrew or Greek words used in your verse or passage. This level of personal study can bring new meaning and connotation as you work to apply the truth in your life.
3. Ask God, the author of the Word, to speak to your heart about anything specific he might want to say to you through your verse or passage.

My verse or passage:

(Your notes)