

R E N E W I N G
Y O U R
M I N D

Spirit → melody
Soul → Harmony
Body → Rhythm

Satan was the chief musician
of Heaven before the fall.
Ezek. 28:13

Sensual music

Body → Rhythm
Soul → Harmony
Spirit → melody

the part of the brain that
receives music is a separate
circuit from the part of the
brain that thinks.

any music that doesn't produce legitimate
christian emotions will destroy a person's spiritual
life.

WHAT IS

MEDITATION?

❶ Meditation is the spiritual and mental process of digesting Scripture so that it becomes a living part of a person's life.

I COULDN'T MAKE GOD'S WORD "LIVE."

For years I tried to make God's Word real to me and relevant to practical living. I studied Scripture by many methods; most of them seemed to have some value, but none had quite what I was looking for. I had also heard about the value of "meditation", so one afternoon I went for a drive to a secluded spot to try what I thought was "meditation."

My idea was to get alone and think about God. But, since God is all-powerful, all-knowing, and everywhere around me, I ran out of thoughts very quickly and set aside the project.

MEDITATION CAN BE COMPARED TO A COW CHEWING HER CUD.

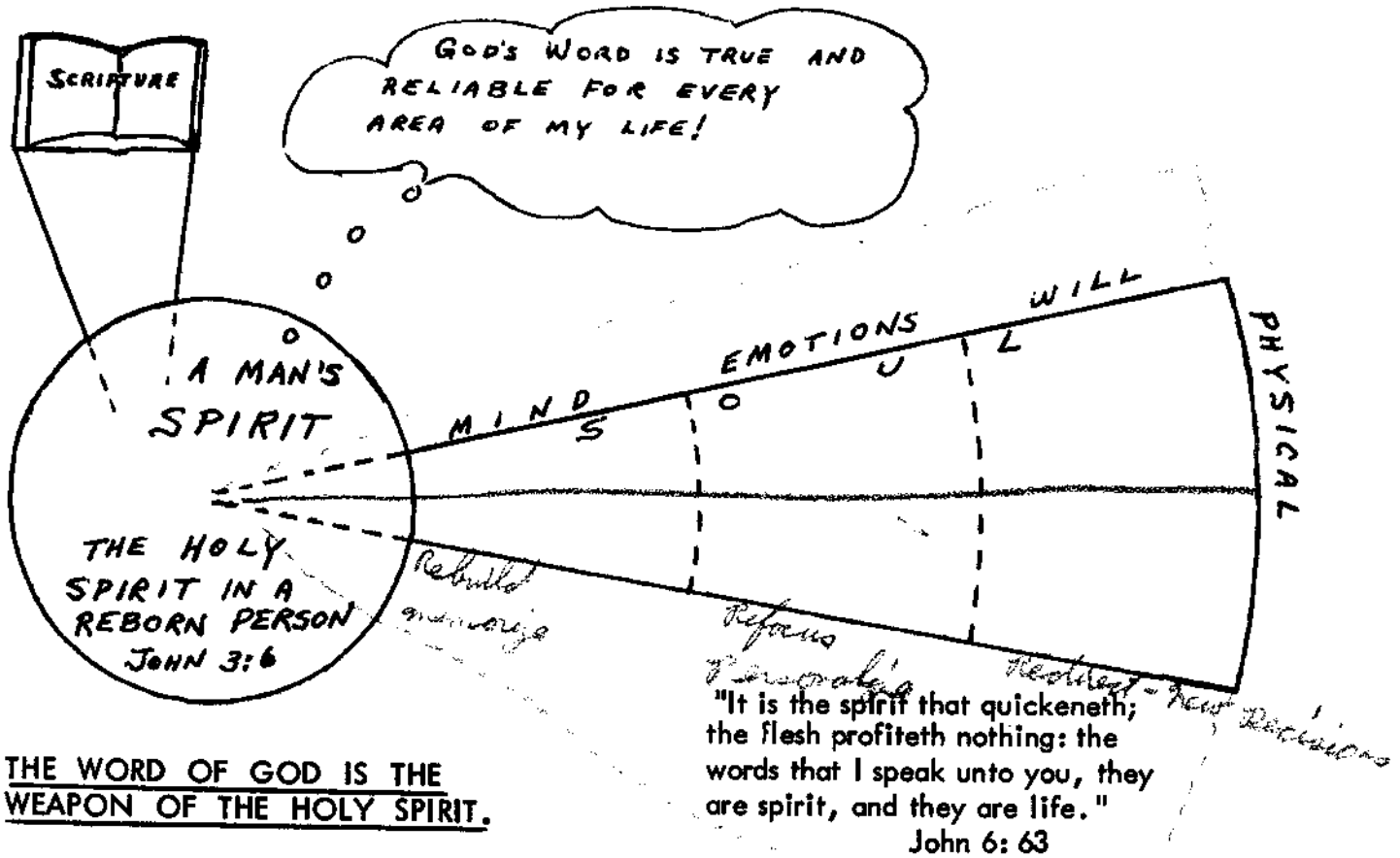
One day a friend pointed out that meditation is not thinking my thoughts about God, but rather taking God's thoughts and thinking about them. It is very much like a cow chewing her cud. She has to take in food before she has anything to digest. In the digestion process she ruminates her food over and over until it is completely digested. God has stated, "Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." Deuteronomy 8:3 and Luke 4:4.

WHY IS IT IMPORTANT?

● The intake of God's Word is accomplished, not through the physical or mental faculties of a man, but through his spirit.

A PERSON IS SENSITIVE TO THREE WORLDS - HIS SPIRITUAL, MENTAL AND PHYSICAL SYSTEMS.

THE FUNCTION OF **THE SPIRIT**



● THE WORD OF GOD IS THE WEAPON OF THE HOLY SPIRIT.

"And take the helmet of salvation, and the sword of the Spirit, which is the word of God."

Ephesians 6 : 17

● THE SPIRIT OF A MAN IS THE FACULTY THAT CONFIRMS THAT SCRIPTURE IS GOD'S WORD.

This is only possible if an individual has received the Holy Spirit of God into his spirit.

● A REBORN PERSON "KNOWS" GOD'S WORD IS TRUE!

He received God's Word into his spirit.

Related Scriptures

"Eye hath not seen, nor ear heard (physical), neither have entered into the heart of man (rational and emotional elements), the things which God has prepared for them that love him.

But God hath revealed them unto us by his Spirit; for the Spirit searcheth all things, yea, the deep things of God.

Now we have received, not the spirit of the world, but the Spirit which is of God; that we might know the things that are freely given to us of God." 1 Cor. 2: 9, 10, 12

● HOW FAR BEYOND MY SPIRIT HAS GOD'S WORD PENETRATED INTO MY LIFE?

God wants His light to penetrate from our spirit through our whole being.

"The word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul (mental) and spirit (spiritual), and of the joints and marrow (physical), and is a discerner of the thoughts and intents of the heart."

Hebrews 4: 12

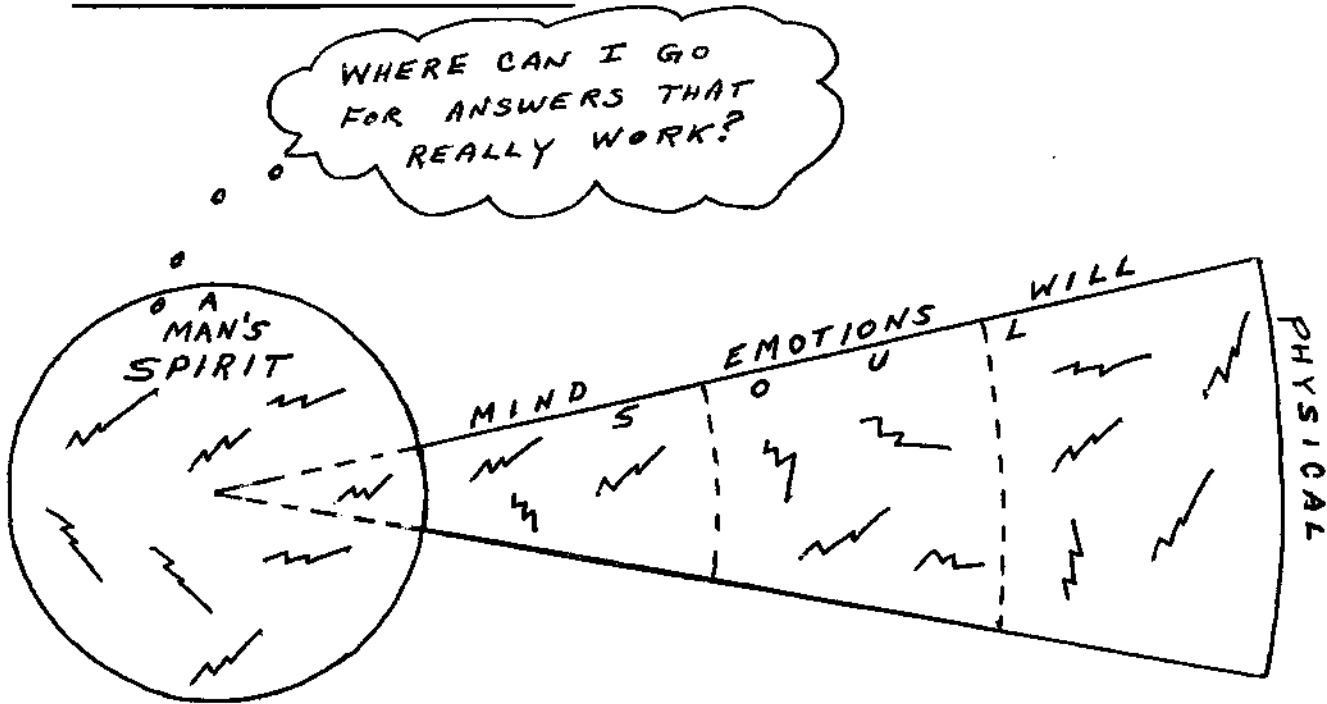
● A PERSON HAS FELLOWSHIP WITH GOD IN HIS SPIRIT.

"God is a Spirit; and they that worship him must worship him in spirit and in truth." John 4:24

THE SOUL:

● BEFORE CONVERSION:

A PERSON HAS NO RESOURCE THAT WILL PROVIDE PERMANENT SOLUTIONS FOR HIS PROBLEMS.



● A MAN WILL TRY TO SOLVE HIS OWN PROBLEMS, WHILE REJECTING GOD'S PRINCIPLES FOR HIS LIFE.

"The preaching of the cross is, I know, nonsense to those who are involved in this dying world, . . . It is written:

I will destroy the wisdom of the wise and the prudence of the prudent will I reject.

For consider, what have the philosopher, the writer, and the critic of this world to show for all their wisdom? For it was after the world in its wisdom had failed to know God, that he (God) in his wisdom chose to save all who would believe by the 'simplemindedness' of the gospel message."

1 Corinthians 1:18-21(Phillips)

● IT IS FUTILE TO TRY TO SOLVE PROBLEMS ON THE BASIS OF MAN'S WISDOM.

"For who could really understand a man's inmost thoughts except the spirit of the man himself? How much less could any one understand the thoughts of God except the very Spirit of God?"

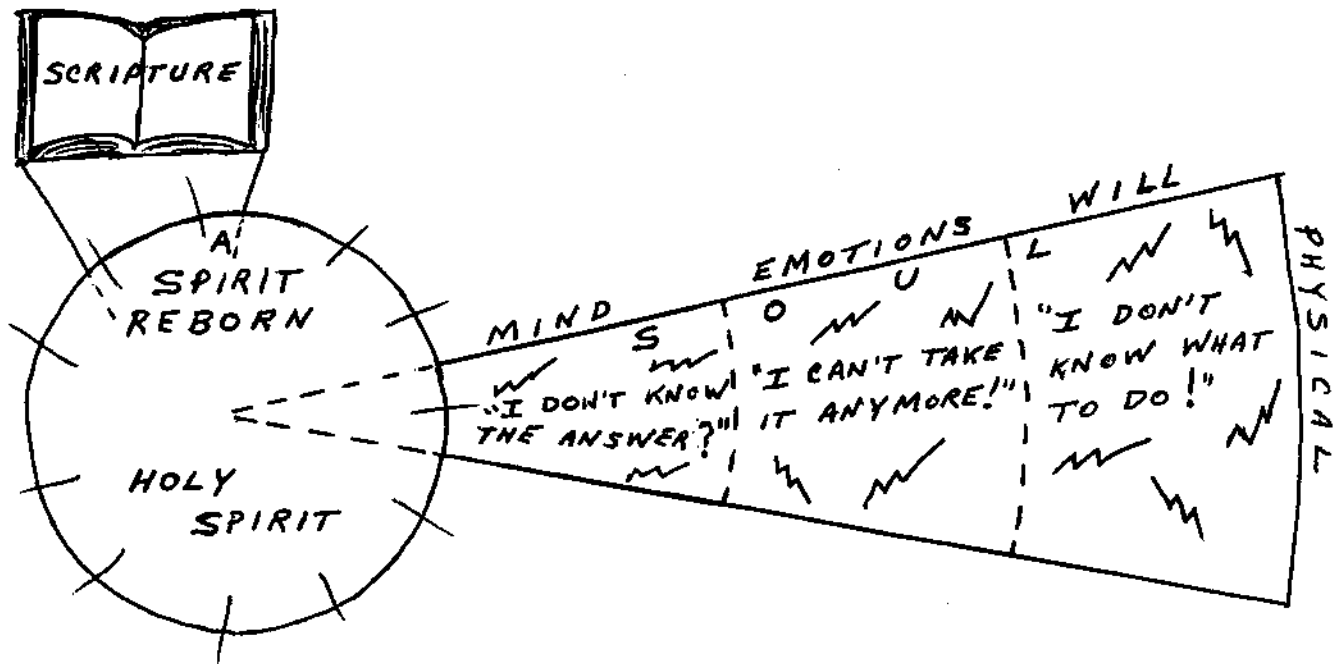
But the unspiritual man simply cannot accept the matters which the Spirit deals with - they just don't make sense to him, for, after all, you must be spiritual to see spiritual things. "

1 Corinthians 2:11, 14

See also James 3: 13-17.

● AFTER CONVERSION:

THERE ARE STILL CONFLICTING THOUGHTS, EMOTIONS, AND DECISIONS:



● THE PROCESS OF MEDITATION IS LIKE LEARNING A LANGUAGE

There are three steps to learning a language. A person does not really know the language until he has reached the third step.

Suppose a person is learning French:

- FIRST: The person hears someone else speaking French. To understand at this level he must take the words he hears and find the English equivalent.
- SECOND: The person wants to express himself in French. In order to do that he must translate the English into French and repeat the words in French. At this level the person still sees an "English picture."
- THIRD: By familiarization, the individual begins to actually think French thoughts; subsequently he will express French thoughts without the first two steps.

If a person reads a passage of Scripture and certain verses don't seem to make sense, this usually indicates that he is not thinking God's thoughts on that subject. If he were, those verses would be the next thoughts in his mind.

HOW TO MEDITATE:

1. REBUILD MY THOUGHT STRUCTURE by taking a whole section of Scripture from my spirit into my mind and memorizing the passage word-perfect.

The passage that is chosen should be related to a specific personal need. (See suggested selections, page 19.) Continue to work on this passage until it becomes a natural expression of my life.

2. STABILIZE MY EMOTIONS by taking the same Scripture into my emotions. Personalize it by expressing the same thoughts in the first person singular.

3. DRAW NEW CONCLUSIONS AND MAKE NEW DECISIONS by taking the same Scripture into my will and basing my actions upon it.

● WHEN TO MEDITATE? FOUR TIMES A DAY.

There are four significant occasions in the course of a day when a person is to turn his thoughts back to the Lord. These times are

- WHEN I SIT IN MY HOUSE
- WHEN I WALK IN THE WAY
- WHEN I GO TO BED
- WHEN I GET UP IN THE MORNING

Deuteronomy 6:7

Spiritual & mental process of allegorizing scripture so that it actually becomes a living part of a person's life.
When is this?
your thought time.

● MOTIVATION FOR

GETTING

STARTED:

● CONSIDER MAKING A VOW TO MEDITATE IN GOD'S WORD DAILY.

☛ "When thou vowest a vow unto God, defer not to pay it; for he hath no pleasure in fools: pay that which thou hast vowed. Better is it that thou shouldest not vow, than that thou shouldest vow and not pay.

Suffer not thy mouth to cause thy flesh to sin; neither say before the angel, that it was an error: wherefore should God be angry at thy voice, and destroy the work of thine hands?"

Ecclesiastes 5: 4-6

A person may think, "If I don't make a vow, then I can't break it." But when a person realizes the seriousness of a vow to God; and once he makes it, the vow becomes a motivation to continue at any cost.

A person is to meditate in his "spare thought time", when his mind is free from responsibility and more susceptible to temptations and defeat.

A distinct indication of a maturing Christian life is to naturally turn thoughts back to the Lord, rather than letting the time idly pass by.

● A NATURAL WAY TO BEGIN MEDITATION IS TO SING HYMNS.

"Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord." Ephesians 5: 19

This is especially effective when a person is facing a testing or temptation and finds himself unmotivated to turn his thoughts back to Scripture.

● SELECT KEY HYMNS AND CHORUSES THAT REALLY ENABLE YOU TO EXPRESS YOUR FEELINGS TO GOD; MEMORIZE THEM.

A PROJECT FOR BEGINNING:

1. SELECT A SPECIFIC TIME (ONCE A WEEK) TO MEMORIZE (preferably with another person). Half an hour would be sufficient as you begin.
2. SELECT THE APPROPRIATE PORTION OF SCRIPTURE. Memorize all you can in that half hour. Don't spend time looking for insights. See how much you can memorize.
3. WRITE THE VERSES MEMORIZED ON A CARD. Suppose you memorized the first four verses - write them out and carry them with you wherever you go.
4. FOR THE NEXT THREE DAYS: In each of the four spare thought times during the day, say the same four verses to yourself. Refer to your copy if you forget a phrase or two.
5. BEGIN TO PERSONALIZE THE VERSES. Now you know the verses backwards and forwards. The next four days are the exciting part! Make the verses a personal expression of your heart to the Lord:

INSTEAD OF :

"Trust in the Lord with all thine heart;
and lean not unto thine own understanding.
In all thy ways acknowledge him, and
he shall direct thy paths."

Proverbs 3: 5,6

NOW :

Lord, I am trusting in you with
all my heart. I will not rely on
my own ways; I will acknowledge
you and let you direct my steps.

6. NOW YOU'RE READY TO MEDITATE! For the remainder of the week, as you make God's thoughts your thoughts, begin to re-evaluate your life and to gain new insights into what God wants you to do, based on this portion of His Word. Note anything Scripture points out that is not true in your life and purpose with the Lord to make it a part of your life.

7. THE NEXT WEEK, spend another half hour memorizing as much as possible, beginning where you left off the previous week. In other words, if you memorized four verses last week, begin at verse 5 and go on. Continue this each week until the block passage is memorized. At the end of the half hour, many people find it meaningful to share the insights gleaned during the previous week with the others who are memorizing together.

☐ "If you live your life in me, and my words
live in your hearts, you can ask for whatever
you like and it will come true for you."
John 15:7 (Phillips)

Be sure you don't substitute meditation for studying God's Word daily. Scripture emphasizes over and over the need for personal prayer and study of the Word on a regular basis. Proverbs 8:34; Psalms 5:3; II Timothy 2:15; 3:16, 17

● AREA FOR DEVELOPMENT:

THOUGHT LIFE

● Passage - James 1:2-8(Phillips)

An illustration of how a young man was reacting to testings and temptations until he began meditating and saw his situation from God's point of view.

HIS THOUGHTS	GOD'S THOUGHTS	HIS REBUILT THOUGHT STRUCTURES
<p>I was always reacting to temptations in my thought life:</p> <p>"Why am I still tempted God, when I've given my life to you?"</p> <p>"If I didn't have these temptations, I could be a really victorious Christian."</p> <p>"These temptations are always pulling me down."</p> <p>"What's the use? There aren't any answers for this problem."</p>	<p>When all kinds of trials and temptations crowd into your lives, my brothers, don't resent them as intruders, but welcome them as friends !</p> <p>Realize that they come to test your faith and to produce in you the quality of endurance. But let the process go on until that endurance is fully developed, and you will find you have become men of mature character with the right sort of independence.</p> <p>And if, in the process, any of you does not know how to meet any particular problem he has only to ask God - who gives generously to all men without making them feel foolish or guilty - and he may be quite sure that the necessary wisdom will be given him.</p>	<p>God says to welcome temptations - they're there for a purpose.</p> <p>They're in my life to test my faith and to produce a quality in me !</p> <p>God says that when I respond the right way they'll build me up!</p> <p>I'm looking forward to each situation as an opportunity to turn my mind back to the Lord.</p>

HIS THOUGHTS	GOD'S THOUGHTS	HIS REBUILT THOUGHT STRUCTURES
<p>"I have given the Lord every area of my life but this one. "</p>	<p>But he must ask in sincere faith without secret doubts as to whether he really wants God's help or not.</p> <p>The man who trusts God but with inward reservations is like a wave of the sea, carried forward by the wind one moment and driven back the next. That sort of man cannot hope to receive anything from the Lord, and the life of a man of divided loyalty will reveal instability at every turn.</p>	<p>No wonder I haven't felt the Lord was helping me. I'm going to trust him without any reservation !</p> <p>I have a new stability !</p>

Passage _____

● AREA FOR DEVELOPMENT: _____

MY THOUGHTS	GOD'S THOUGHTS	REBUILT THOUGHT STRUCTURES

THE RESULTS OF MEDITATION:

● A SUCCESSFUL AND PROSPEROUS LIFE

☞ "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

☞ "But his delight is in the law of the Lord; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper." Psalm 1: 2,3

● MORE INSIGHT THAN SECULAR TEACHERS

☞ "O how I love thy law! It is my meditation all the day . . . I understand more than all my teachers: for thy testimonies are my meditation." Psalm 119: 97, 100

● A POWER TO REFRAIN FROM SINNING

☞ "Wherewithal shall a young man cleanse his way? By taking heed thereto according to thy word . . . Thy word have I hid in mine heart that I might not sin against thee." Psalms 119: 9, 11

● INSIGHT INTO HOW TO LIVE

"He taught me also, and said unto me, Let thine heart retain my words; keep my commandments, and live." Proverbs 4:4

● A SUCCESSFUL LIFE THAT OTHERS WILL SEE

- "Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all."
1 Timothy 4: 15

● A CONFIDENCE TO ASK GOD FOR SOMETHING AND KNOW HE WILL DO IT

- "If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you." John 15:7

● A FULL, RICH AND PEACEFUL LIFE

- "My son, forget not my law, but let thine heart keep my commandments; . . . For length of days, and long life, and peace, shall they add to thee."
Proverbs 3: 1,2

● ABILITY TO KNOW GOD'S THOUGHTS

- "My son, if thou wilt receive my words, and hide my commandments with thee . . . then shalt thou understand the fear of the Lord, and find the knowledge of God." Proverbs 2: 1, 5

● PURITY IN THE THOUGHT LIFE AND POWER TO RESIST TEMPTATION

- "My son, keep my words, and lay up my commandments, . . . that they may keep thee from the strange woman, from the stranger who flattereth with her words." Proverbs 7: 15

SPECIFIC SITUATIONS

IN WHICH A PERSON SHOULD MEDITATE:

- Many conditions of mental illness, frustration, discouragement and defeat are a direct result of failing to identify situations in which God wanted the individual to turn his whole attention to Him.

God will use conflicting thought patterns to draw a person into His Word.

- Conflicts in his mind - to search for knowledge
- emotions - to turn heartaches over to Him
- will - to make the right decisions

● DURING DISTRESS OR CRISIS - A KEY TO MENTAL STABILITY

- ☛ "Princes also did sit and speak against me, but thy servant did meditate in thy statutes." Psalms 119:23
- ☛ "My eyes anticipate the night watches and I am awake before the cry of the watchman, that I might meditate on your Word. Hear my voice according to your steadfast love. O Lord, quicken me and give me life, according to your (righteous) decree." Psalm 119:148,149 (Amplified)

● DURING PERIODS OF DEPRESSION - SPIRITUAL VICTORY

"In the day of my trouble I sought the Lord.
My sore ran in the night, and ceased not;
my soul refused to be comforted.

I will remember the works of the Lord; surely
I will remember thy wonders of old. I will
meditate also of all thy work, and talk of
thy doings." Psalms 77: 2,11, 12

• WHEN OPPRESSED BY THOSE WHO HATE YOU

☐ "Let the proud be ashamed; for they dealt perversely with me without a cause; but I will meditate in thy precepts." Psalm 119:78

• WHEN OTHERS OPPOSE YOU - KNOWING HOW TO ANSWER

☐ "So shall I have wherewith to answer him that reproacheth me; for I trust in thy word... My hands also will I lift up unto thy commandments, which I have loved: and I will meditate in thy statutes." Psalm 119:42,48

☐ "My mouth shall speak of wisdom, and the meditation of my heart shall be of understanding."
Psalm 49:3

☐ "Oh, how I love thy law! It is my meditation all the day. Thou, through thy commandments, hast made me wiser than my enemies; for they are ever with me." Psalm 119:97, 98

• WHEN YOU SEEK TO DISCERN GOD'S WILL

☐ "With my whole heart have I sought thee; oh let me not wander from thy commandments . . . I will meditate in thy precepts, and have respect unto thy ways." Psalm 119:10, 15

• WHEN YOU NEED CONFIDENCE - GOD IS BIGGER THAN YOUR SITUATION

"My soul shall be satisfied as with marrow and fatness, and my mouth shall praise thee with joyful lips, when I remember thee upon my bed, and meditate on thee in the night watches. Because thou hast been my help, therefore, in the shadow of thy wings will I rejoice. My soul followeth hard after thee; thy right hand upholdeth me. But those who seek my soul, to destroy it, shall go into the lower parts of the earth. They shall fall by the sword; they shall be a portion for foxes. But the king shall rejoice in God; everyone that sweareth by him shall glory, but the mouth of those who speak lies shall be stopped."

Psalms 63: 5-11

● BEFORE MARRIAGE - FOR RIGHT THOUGHTS AND ATTITUDES

While Rebekah was traveling from her homeland to become the wife of Isaac, the Scripture records the following:

- "And Isaac went out to meditate in the field at the eventide; and he lifted up his eyes, and saw, and behold, the camels were coming. And Rebekah lifted up her eyes, and when she saw Isaac, she lighted off the camel." Genesis 24:63, 64

Shortly thereafter they were married.

● WHEN YOU LONG TO PLEASE THE LORD

- "Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer." Psalms 19:14
- "My meditation of him shall be sweet; I will be glad in the Lord." Psalms 104:34

SUGGESTED PORTIONS FOR MEMORIZATION AND MEDITATION ACCORDING TO PERSONAL NEEDS.
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<u>TOPIC</u>	<u>SCRIPTURE</u>
● Discerning God's Will	Romans 12
● Relating to Chastening	Hebrews 12: 1 - 17
● Responding to Sources of Irritation	I Peter 2: 18 - 27
● Getting along with Other People	James 4
● Dating Standards	I Thessalonians 4 (Phillips)
● Conflict of the Old and the New Natures	Galatians 5 Romans 6, 7, 8
● Temptation	James 1 (Phillips)
● Genuine Love	I Corinthians 13
● Christ's Own Words	Matthew 5, 6, 7
● Values	Colossians 3
● Insight into Everyday Problems	Entire Book of Proverbs
● Faith	Hebrews 11
● Overcoming Worry	Philippians 4
● Suffering	I Peter 3: 14 - 4: 19
● Following the Lord	Ephesians 5: 1 - 20
● Giving	II Corinthians 9
● Qualities for Development	II Peter 1:4 - 9 (Phillips)
● Empathizing with Others	II Corinthians 1: 3 - 7 (Phillips)
● Man's Wisdom vs God's Wisdom	I Corinthians 2

THE IMPORTANCE OF

THE PSALMS

● GOD wants each person to be sensitive to the emotions and needs of other people. Most people are sensitive to only a small number of people. The average Christian needs to increase his sensitivity to others.

● HOW DOES GOD INCREASE THE SPECTRUM OF SENSITIVITY IN A PERSON'S LIFE AND MAKE HIM MORE SENSITIVE TO THE NEEDS OF OTHERS?

● GOD BREAKS A PERSON'S HEART
He will allow a person to experience the same emotions that others around him feel - not necessarily to the same degree, but the same kind of emotions.

David was "a man after God's own heart" (1 Samuel 13:14, Acts 13:22). The Psalms express the very heart of God; they should also express the individual's heart. If a person were to evaluate all the psalms and line them up from the highest emotion to the lowest depression, he would find they express the total spectrum of human emotions.

God often allows situations to develop that will expose a person to new areas of this spectrum; thus he may gain a broader sensitivity and insight into the feelings of others, if he is open to the opportunity. If he shuts it out, he will become insensitive to others and simultaneously oversensitive about their reactions to him. From God's point of view, the Psalms give insight concerning how He wants the individual to respond in each kind of situation.

PROJECT:

- "Lord, I want to be sensitive to those around me, therefore, break me and allow me to express my thoughts through your words."

God is saying that there is something very valuable to learn when He says :

- ☐ "Be filled with the Spirit, speaking to yourselves in PSALMS and hymns and spiritual songs, singing and making melody in your heart to the Lord." Ephesians 5: 18, 19

LISTED BELOW ARE SOME PSALMS which express specific personal needs or expressions of the heart to the Lord. As the Lord allows you to experience new situations, you are encouraged to add to the list.

<u>SITUATION:</u>	<u>PSALM:</u>
• Meditation	1
• Lying In Bed	4, 63
• Before Falling Asleep	5
• Worship	19
• Confidence in God's Ability to Lead	23
• Crying unto the Lord	25
• Responding to False Accusations	35
• Depression	42, 43
• Feeling the Lord Has Forgotten You	44
• Security in Trouble	46

<u>SITUATION:</u>	<u>PSALM:</u>
● God's Power	47
● False Values	49
● Confessing Sin	51
● Feeling Offended by a Close Friend	55
● Envyng the Wicked	73
● Courage	91
● Praise	100
● Praising the Lord for His Goodness	107
● Development of a Godly Man	119
● Family	127, 128
● God's Omniscience and Self Acceptance	139
● Praising the Lord with Music	150

evil produces a negative, critical, condemning spirit.

CONSEQUENCES OF A WOUNDED SPIRIT

PARENT'S RESPONSE	VISIBLE ATTITUDES	INWARD RESPONSES
Inconsistent to Problem Prov. 18:12	superficial communication	refuses to forgive Heb. 12:15
anxiety over attitude	Indifferent (lazy)	Loses respect II Tim. 3:2
Becomes Legalistic eph. 6:4	Stubborn	Resists authority I Sam. 15:23
Intensifies demands	initiates conflicts	Rebellious Justifies guilt Prov. 29:22
verifies suspicions	wrong associations	compensation for void P. Lil. 3:19
attacks value system	Defensive	frustration over double life Prov. 19:3
justifies own actions	Openly condemns	guilt intensifies Rom. 2:1
outwardly gives up/ inwardly sneers Prov. 10:1,5	Physical Emotional Problems	total irresponsibility escape prov. 13:13