

RENEWAL - GETTING RID OF THE THOUGHTS THAT ARE GETTING YOU!

Part 5: The Meditation Practice

Text: *(Romans 12:1-2 NKJ)*

I. MEDITATION: PLANTING GOD'S WORD IN YOUR HEART

A. Meditation has been God's plan *(Joshua 1:8-9 NKJ)*

1. Moses had recorded God's words
2. God's instructions to the next leader was to do something with that word
 - a. Strong and courageous - we expect from a national leader
 - b. Mediate was a bit out of the ordinary - tactics, organization, training etc..
3. Meditate: to ponder, personalize and practice God's word
 - a. Ponder by talking out loud
 - b. Personalize by making the scriptures apply to you *(Psalm 27:1 NKJ)*
 - c. Practice by keeping it with you and looking to act on that word
4. Quality results are promised
 - a. We make the step of believing God's word is powerful to us
 - b. More powerful than our problems - and we have often thought about them

C. Insight From James *(James 1:21 NKJ)*

1. Here we see the theme of putting off the old
2. Receive with meekness
 - a. Meekness - an attitude toward God that accept's His dealings with us as good
 - b. Not resistant, but accepting
3. Implanted - implies a seed, to germinate grow or spring up *(Mark 4:26-27 NKJ)*
 - a. We don't have to know how we just have to keep planting the seed
 - b. On purpose meditating on God's word is planting
3. The ability to save our souls
 - a. save - to deliver, make whole, deliver from loss or destruction
 - b. soul - talking about our inner man *(Isaiah 26:3-4 NKJ)*

C. Insight from Solomon *(Proverbs 4:20-23 NKJ)*

1. Value God's word
 - a. There are many things that are vying for our attention
 - b. There are many voices out there
 - c. What we believe is valuable - is what we tend to focus on
4. Protect God's word in our lives
 - a. From discouragement and distractions
2. Again we are promised wonderful results
 - a. Life to areas that have been dead
 - b. Health (medicine) to our bodies