



Renewing Your Mind
Lesson 4: Meditation

1. Review

1 Thessalonians 5:23

You are a “three part” person. Those three parts include your spirit, soul, and body.

The soul is the dimension of man that deals with the mental realm.

3 John 2

The prosperity of our entire life hangs on the prosperity of our soul.

Definition of A PROSPEROUS SOUL: _____

The foundation of a prosperous soul is the truth of the Word of God.

In order for the soul to prosper, we must accept God’s Word as truth and the final authority in our lives.

Where you decide to set your mind determines where you will go in life.

The Bible gives us a key to renewing our minds and the prosperity of our souls – capturing thoughts.

2 Corinthians 10:4, 5

We can capture every thought and bring it to the obedience of the Word of God.

To capture thought we must:

- _____

- Decide to reject them from our minds.
- Submit our minds to the Word of God.
- _____

When we do these things we will pull down strongholds in our minds.

In this lesson we are going to discover how to meditate on the Word of God. This is a key practical thing we can do to pull down strongholds and renew our minds.

2. Key scriptures for meditation

Joshua 1:8

Psalm 1:1-3

3. There are three steps to mediation.

- Separation (from negative people and influences)
- Meditation (speaking the Word to yourself)
- Doing the Word

4. The first step to meditation is separation (from negative people and influences).

James 1:21

1 Peter 2:1, 2

1 Peter 2:1 – Living Bible

So get rid of your feelings of hatred. Don't just pretend to be good! Be done with dishonesty and jealousy and talking about others behind their backs.

Psalm 1:1

5. The second step to meditation is meditation (speaking the Word to yourself).

Psalm 1:2

Definition of MEDITATE (Hebrew - Hagah):

- _____
- _____

- Utter
- Growl
- _____

Joshua 1:8

Meditation is not thinking about or memorizing.

The Word is not planted in your _____. It is planted in the _____.

Mark 4:15

Meditation gets the Word in your heart. The following scriptures reveal the steps of how this happens.

- God's Word is truth.

John 17:17

- _____

Proverbs 3:3

- You can write on your heart with your tongue.

Psalms 45:1

- _____

Matthew 12:34

- Meditation creates a spiritual weapon.

Ephesians 6:17

The word "spirit" does not refer to the Holy Spirit. It is speaking about your spirit, heart, or inner-man

6. How to meditate

- Choose a scripture.
- _____

- Make it personal.

Use 2 Corinthians 5:17 as an example.

2 Corinthians 5:17

- Say it over and over, not in a mechanical way, but in prayer, worship, and study.

- _____

7. The third step to meditation is doing the Word.

James 1:22

Joshua 1:8

8. The outcome of meditation is success.

Joshua 1:8

Psalm 1:3