

Mind Renewal 5
Christian Meditation

Intro: Meditation is yielding our minds over to God as He writes His Word on the tablets of our hearts.

True mind renewal comes from within us. (not from without)

[OLD COVENANT]

Exodus 31:18 “And when he had made an end of speaking with him on Mt. Sinai, He gave Moses two tablets of the testimony, tablets of stone, written with the finger of God.”

Exodus 32:15-16 (NKJV)

...the writing was the writing of God

Exodus 34:1,4,28 (NKJV)

[NEW COVENANT]

Hebrews 8:10 (NKJV)

Hebrews 10:16 (NKJV)

Meditation is how God does this!

Meditation:

- To think deeply about...
- To ponder
- To think about your thoughts
- To imagine/visualize
- To mutter (speak) – a form of prayer

Joshua 1:8 (NKJV)

Example – A cow

Psalms 1:1-3 (NKJV)

Example – Green things

Colossians 3:1-4 (NKJV)

Set your mind

Philippians 4:6-8 (NKJV)

Think on these – “Think about it”

Isaiah 26:3 – “You will keep him in perfect peace, whose mind is stayed on You,
Because he trusts in You.”

Christian meditation is an act of faith.

Christian meditation is not merely a mental exercise or state of mind, it is God interacting with our thoughts.

1 Timothy 4:13-16 (NKJV)

Joshua 1:8 / Psalms 1:3

TAKE AWAYS

1. Mind renewal comes from within
2. It is God who truly renews our minds, we simply yield our thoughts to Him
3. Mind renewal is an act of faith (Isaiah 26:3)
4. Christian meditation is not merely a mental exercise or state of mind, it is God interacting with our thoughts.