

# **Beyond The Sermon**

## A Sermon Application Guide

Title: 7 Steps on How to Meditate

This guide is designed to offer a simple tool for those wanting to take the next step with Sunday's message. You can print this guide to study on your own, or use it in a group and experience transformation together.

### **Message Theme & Prayer Focus**

Releasing His Word

*"God, I take this moment right now to thank you for the ways you have been moving in my life. I trust that I am taken care of, provided for, and safe. I ask for wisdom in the moments I don't understand and patience for the things I can't change. I love you, I trust you and it's my joy to praise you. Amen."*

### **Key Truths & Applications**

Romans 1:21 talks about four things that people did to walk away from God. They didn't glorify Him as God, they were not thankful, they became vain in their imaginations, and their foolish hearts were darkened. If we take these steps and put them in reverse, we get a roadmap for growing closer to God.

1. Glorify God (minimize the things that are not a part of the kingdom of God)
2. Be thankful
3. Recognize the power of our imagination (meditate on God's word)
4. Have a good heart

The purpose of meditation is to get God's word inside of us to change the way we think.

First, we have to understand God's grace. Then we present our bodies as a living sacrifice offering our whole selves to the Lord. We can say, *"God here are my hands, I want to do your work. God here is my life, I trust you and I want to partner with you. Here is my heart, I choose to believe what you say."*

Keeping our thoughts on God keeps us in perfect peace by constantly reminding ourselves that God is bigger than the situations we face. He has it all under control, and has our best interest in mind. We can exchange our own thoughts on the matter for His thoughts and reality.

Hearing God's word is like planting a seed, and meditation is like watering it. When we have an experience with God and His word we should take the time and effort to water it, gaining all of the spiritual "nutritional value" from it.

Practical:

**Step 1:** Apply the word to yourself personally.

This means adopting it into our life and situations we face, whether that is learning how to forgive, how to trust God, finding a mentor to help us grow, or how to persevere through tough times.

**Step 2:** Allow the Holy Spirit to make God's word a reality in your heart.

This looks like seeing ourselves as God sees us and rejecting everything contrary to what He says. We live in a society that tells us to follow our individual feelings, but God lays out clear truths for us all. He tells us who we are. If we let our mind wander, the devil will take advantage and try to use that against us.

**Step 3:** Carefully ponder how the word applies to your life.

We should ask, 'When should I do this, where should I do this, with whom should I do this?' and allow the Holy Spirit to lead us into appropriately applying what we have heard.

**Step 4:** Dwell on how the word from the Lord changes your life.

As we read and go through scripture, we need to be looking at how it applies to us, and how it shifts our ways of thinking and beliefs. Lean into God's way of life, not your own.

**Step 5:** Agree with what God's word says about you.

When we agree with what God says about us, He can do more than what we could ever ask or imagine.

**Step 6:** See yourself as God sees you.

As we apply the word of God to our life, we are going to start seeing ourselves as victorious.

**Step 7:** Realize the integrity of God's word.

God's word is trustworthy and He has made promises to us. He watches over His word to make sure that it comes to pass.

Key Verses:

- Romans 1:21
- Joshua 1:8
- Psalms 42:7, 78:41-45, 119:111, 119:128, 138:2
- Proverbs 20:27
- Isaiah 26:3
- Revelation 19:10
- 2 Corinthians 10:3-5
- 1 Peter 5:8
- Mark 11:25
- Ephesians 3:20
- 1 Timothy 4:15
- Luke 21:33

## **Declarations**

*"As I read my bible, I look for how it applies to my life. I allow the Holy Spirit to make God's word a reality in my heart and in my life. My mind dwells on how the word changes my life and I remind myself of how God sees me—loved, valuable, strong, and more than a conqueror. I know*

*that God is trustworthy, faithful, and I believe that He keeps His promises. I keep my thoughts on Him and remain in perfect peace, in Jesus' name."*

### **What's Next?**

Now it's time to write down anything that the Lord has spoken to you. Praise Him, Thank Him and ask the Holy Spirit to help you walk this out.

## **Scripture References**

### **7 Steps on How to Meditate**

#### **Psalms 42:7 NIV**

Deep calls to deep...

#### **Proverbs 20:27 KJ21**

The spirit of man is the candle of the Lord,

#### **John 4:24 NKJV**

God is Spirit, and those who worship Him must worship in spirit and truth."

#### **Romans 1:21 KJV**

Because that, when they knew God, they glorified him not as God, neither were thankful; but became vain in their imaginations, and their foolish heart was darkened.

#### **Joshua 1:8 NKJV**

This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it.

#### **Romans 12:1 NKJV**

I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.

#### **Titus 2:11-12 NIV**

For the grace of God has appeared that offers salvation to all people. It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age,

#### **Romans 12:1 NKJV**

I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.

#### **Romans 12:1 AMPC**

...and well pleasing to God, which is your reasonable (rational, intelligent) service and spiritual worship.

**Romans 12:2 CEV**

Don't be like the people of this world, but let God change the way you think...

**Romans 12:2 NKJV**

... that you may prove what is that good and acceptable and perfect will of God.

**Isaiah 26:3 NKJV**

You will keep him in perfect peace, Whose mind is stayed on You,

**Proverbs 23:7 NKJV**

For as he thinks in his heart, so is he.

**Proverbs 23:7 NKJV**

For as he thinks in his heart, so is he.

**Isaiah 26:3 NKJV**

You will keep him in perfect peace, Whose mind is stayed on you,

**Psalms 49:3 NKJV**

My mouth shall speak wisdom, And the meditation of my heart shall give understanding.

**1 Corinthians 3:6 NKJV**

I planted, Apollos watered , but God gave the increase.

**Psalms 119:111 NKJV**

Your testimonies I have taken as a heritage forever,

**Hebrews 13:8 NKJV**

Jesus Christ is the same yesterday, today, and forever.

**Revelation 19:10 NKJV**

For the testimony of Jesus is the spirit of prophecy.”

**Psalms 78: 41-44 KJ21**

Yea, they turned back and tested God, and limited the Holy One of Israel. They remember not His hand, nor the day when He delivered them from the enemy, how He had wrought His signs in Egypt and His wonders in the field of Zoan, and had turned their rivers into blood, and their streams, that they could not drink.

**Psalms 1:2 NKJV**

But his delight is in the law of the Lord, And in His law he meditates day and night.

**Psalms 119:128 NKJV**

Therefore all Your precepts concerning all things I consider to be right; I hate every false way.

### **2 Corinthians 10:4-5 AMP**

The weapons of our warfare are not physical [weapons of flesh and blood]. Our weapons are divinely powerful for the destruction of fortresses. We are destroying sophisticated arguments and every exalted and proud thing that sets itself up against the [true] knowledge of God, and we are taking every thought and purpose captive to the obedience of Christ,

### **Matthew 19:6 NKJV**

So then, they are no longer two but one flesh. Therefore what God has joined together, let not man separate.”

### **Malachi 2:14 NKJV**

...she is your companion And your wife by covenant.

### **Genesis 1:27 NKJV**

So God created man in His own image; in the image of God He created him; male and female He created them.

### **Luke 1:41-44 NKJV**

And it happened, when Elizabeth heard the greeting of Mary, that the babe leaped in her womb; and Elizabeth was filled with the Holy Spirit. 42 Then she spoke out with a loud voice and said, “Blessed *are* you among women, and blessed *is* the fruit of your womb! 43 But why *is* this *granted* to me, that the mother of my Lord should come to me? 44 For indeed, as soon as the voice of your greeting sounded in my ears, the babe leaped in my womb for joy.

### **Hebrews 12:9 NKJV**

Furthermore, we have had human fathers who corrected *us*, and we paid *them* respect. Shall we not much more readily be in subjection to the Father of spirits and live?

### **2 Corinthians 10:4-5 MSG**

The tools of our trade aren't for marketing or manipulation, but they are for demolishing that entire massively corrupt culture. We use our powerful God-tools for smashing warped philosophies, tearing down barriers erected against the truth of God, fitting every loose thought and emotion and impulse into the structure of life shaped by Christ.

### **1 Peter 5:8 NKJV**

Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.

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### **Proverbs 23:7 NKJV**

For as he thinks in his heart, so is he.

**1 Peter 2:24 NKJV**

who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—by whose stripes you were healed.

**Mark 11:25 NKJV**

“And whenever you stand praying, if you have anything against anyone, forgive him,

**Deuteronomy 28:13 NKJV**

And the Lord will make you the head and not the tail; you shall be above only, and not be beneath,

**Deuteronomy 28:6 NIV**

You will be blessed when you come in and blessed when you go out.

**Ephesians 3:20 NKJV**

Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us,

**1 Timothy 4:15 NKJV**

Meditate on these things; give yourself entirely to them, that your progress may be evident to all.

**Romans 12:2 CEV**

...but let God change the way you think.

**1 Corinthians 3:6 NKJV,**

... but God gave the increase.

**Psalms 89:34 NKJV**

My covenant I will not break, Nor alter the word that has gone out of My lips.

**Jeremiah 1:12 ESV**

...for I am watching over my word to perform it.”

**Matthew 24:35 NKJV**

Heaven and earth will pass away, but My words will by no means pass away.

**Psalms 138:2 NKJV**

For You have magnified Your word above all Your name.

**Genesis 22:17 NKJV**

I will bless you, and multiplying I will multiply your descendants as the stars of the heaven and as the sand which is on the seashore;

**Genesis 15:5 NKJV**

Then He brought him outside and said, “Look now toward heaven, and count the stars if you are able to number them.” And He said to him, “So shall your descendants be.”

**Genesis 17:5 AMP**

“No longer shall your name be Abram (exalted father), But your name shall be Abraham (father of a multitude); For I will make you the father of many nations.

**Romans 4:21 NIV**

...being fully persuaded that God had power to do what he had promised.

**2 Peter 1:4 NKJV**

...by which have been given to us exceedingly great and precious promises,

**Mark 16:17 NKJV** And these signs will follow those who believe: In My name they will cast out demons; they will speak with new tongues;

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