

Beyond the Sermon

A Sermon Application Guide

Title - Power of Meditation

(Growing Deeper; a series on Romans 1:21 - Part 4)

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

"The Power of Thoughts"

"Thank you God for being big enough for all my questions. Thank you for providing your word, giving me a roadmap to life and setting an example for me. I'm thankful you gave your life for my salvation. I believe what you say about me is true. Father God, teach me and help me to walk more fully in who you have created me to be and to boldly share your hope with those around me. Amen"

Key Truths & Application

Romans 1:21 talks about 4 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 that leads to growing closer to God.

1. Glorify God (while minimizing 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.

We're all at different places in our faith journey and walk with God, but no matter where we are we can all go deeper, learn and experience more. The more we get into the word and the more time we spend with our Father God, the more our lives and minds will resemble Him because we move in the direction of our dominant thoughts.

We can't stop a thought from showing up but we can keep ourselves meditating on the right ones. Biblical meditation is filling our mind with God's word, and its purpose is to gain revelation for life change. We need to act on what we learn and grow in. What we put in our heart reproduces automatically and that's why it's so important for us to be conscious of what we are watching, reading, listening to, and participating in.

The Bible doesn't tell us that we are changed by prayer, it says we are transformed by the way we think. Learning how to think differently can be challenging but it's worth it and so necessary.

We can hear a scripture verse a thousand times and still get new things out of it by allowing the Holy Spirit to speak through the words on the page.

God's word is like a mirror and it will show us who we really are. We can sit in front of that mirror and still be forgetful of our identity, or we can take what we've seen and learned and do what God says. We can see that we are blessed, that we come out on top, that we are healed, loved, and worth it. What we choose to focus on shapes our view of the world, our circumstances, and the people around us.

Put It Into Practice

Pastor Duane says, "Where the mind goes, the man or woman will follow." What do we find our minds dwelling on? What are we letting it run away with? Are we giving God the right amount of attention or listening to what He has for us?

Take time today and this week to do one or all of the following:

- Look in the mirror and ask God what He thinks about you.
- Find a verse that speaks that truth and repeat it slowly until you hear it differently.
- Take that verse and read it daily, allowing God to reveal even more about it to you.

Key Verses:

- Psalms 1:1-2, 39:3, 42:7
- 2 Timothy 3:14
- 1 Kings 19:2-3
- Joshua 1:8
- Mark 4:24, 16:17-18
- Romans 1:21, 12:2
- Proverbs 23:7
- Matthew 16:13-18
- James 1:22

Declarations

"I know that what God says about me is true. I allow His words to change the way that I think. I meditate on them and I know He speaks to me and reveals more to me. I am fought for, I am redeemed, I am made complete and whole because God made me and loves me. I know that God wants to take me deeper in our relationship, and I allow Him to speak to me and do just that. I will take the things that He says to me, the things I meditate on, and do them. I am changed from the inside out, and I know that He will use who I am to bring glory to Himself and build His Kingdom."

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

Power of Meditation

Psalms 42:7 NKJV

Deep calls to deep...

Romans 1:21 NKJV

because, although they knew God, they did not glorify Him as God, nor were thankful, but became futile in their thoughts, and their foolish hearts were darkened.

Psalms 1: 1-2 NKJV

Blessed is the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful; But his delight is in the law of the Lord, And in His law he meditates day and night.

2 Timothy 3 14-16 NKJV

Every part of Scripture is God-breathed and useful one way or another—showing us truth, exposing our rebellion, correcting our mistakes, training us to live God’s way.

Proverbs 23:7 NKJV

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

1 Kings 17:1-6 NKJV

And Elijah the Tishbite, of the inhabitants of Gilead, said to Ahab, “As the Lord God of Israel lives, before whom I stand, there shall not be dew nor rain these years, except at my word.” Then the word of the Lord came to him, saying, “Get away from here and turn eastward, and hide by the Brook Cherith, which flows into the Jordan. And it will be *that* you shall drink from the brook, and I have commanded the ravens to feed you there.” So he went and did according to the word of the Lord, for he went and stayed by the Brook Cherith, which flows into the Jordan. The ravens brought him bread and meat in the morning, and bread and meat in the evening; and he drank from the brook.

1 Kings 17:7-24 NKJV

And it happened after a while that the brook dried up, because there had been no rain in the land. Then the word of the Lord came to him, saying, “Arise, go to Zarephath, which *belongs* to Sidon, and dwell there. See, I have commanded a widow there to provide for you.” So he arose and went to Zarephath. And when he came to the gate of the city, indeed a widow *was* there gathering sticks. And he called to her and said, “Please bring me a little water in a cup, that I may drink.” And as she was going to get *it*, he called to her and said, “Please bring me a morsel of bread in your hand.” So she said, “As the Lord your God lives, I do not have bread, only a handful of flour in a bin, and a little oil in

a jar; and see, I *am* gathering a couple of sticks that I may go in and prepare it for myself and my son, that we may eat it, and die.” And Elijah said to her, “Do not fear; go *and* do as you have said, but make me a small cake from it first, and bring *it* to me; and afterward make *some* for yourself and your son. For thus says the Lord God of Israel: ‘The bin of flour shall not be used up, nor shall the jar of oil run dry, until the day the Lord sends rain on the earth.’ ” So she went away and did according to the word of Elijah; and she and he and her household ate for *many* days. The bin of flour was not used up, nor did the jar of oil run dry, according to the word of the Lord which He spoke by Elijah. Now it happened after these things *that* the son of the woman who owned the house became sick. And his sickness was so serious that there was no breath left in him. So she said to Elijah, “What have I to do with you, O man of God? Have you come to me to bring my sin to remembrance, and to kill my son?” And he said to her, “Give me your son.” So he took him out of her arms and carried him to the upper room where he was staying, and laid him on his own bed. Then he cried out to the Lord and said, “O Lord my God, have You also brought tragedy on the widow with whom I lodge, by killing her son?” And he stretched himself out on the child three times, and cried out to the Lord and said, “O Lord my God, I pray, let this child’s soul come back to him.” Then the Lord heard the voice of Elijah; and the soul of the child came back to him, and he revived. And Elijah took the child and brought him down from the upper room into the house, and gave him to his mother. And Elijah said, “See, your son lives!” Then the woman said to Elijah, “Now by this I know that you *are* a man of God, *and* that the word of the Lord in your mouth *is* the truth.”

1 Kings 19:2-3 NKJV

Then Jezebel sent a messenger to Elijah, saying, “So let the gods do *to me*, and more also, if I do not make your life as the life of one of them by tomorrow about this time.” And when he saw *that*, he arose and ran for his life, and went to Beersheba, which *belongs* to Judah, and left his servant there.

Joshua 1:8 NKJV

This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night...

Mark 4:1-20 NKJV

And again He began to teach by the sea. And a great multitude was gathered to Him, so that He got into a boat and sat *in it* on the sea; and the whole multitude was on the land facing the sea. Then He taught them many things by parables, and said to them in His teaching: “Listen! Behold, a sower went out to sow. And it happened, as he sowed, *that* some *seed* fell by the wayside; and the birds of the air came and devoured it. Some fell on stony ground, where it did not have much earth; and immediately it sprang up because it had no depth of earth. But when the sun was up it was scorched, and because it had no root it withered away. And some *seed* fell among thorns; and the thorns grew up and choked it, and it yielded no crop. But other *seed* fell on good ground

and yielded a crop that sprang up, increased and produced: some thirtyfold, some sixty, and some a hundred.” And He said to them, “He who has ears to hear, let him hear! But when He was alone, those around Him with the twelve asked Him about the parable. And He said to them, “To you it has been given to know the mystery of the kingdom of God; but to those who are outside, all things come in parables, so that ‘Seeing they may see and not perceive, And hearing they may hear and not understand; Lest they should turn, And *their* sins be forgiven them.’ ” And He said to them, “Do you not understand this parable? How then will you understand all the parables? The sower sows the word. And these are the ones by the wayside where the word is sown. When they hear, Satan comes immediately and takes away the word that was sown in their hearts. These likewise are the ones sown on stony ground who, when they hear the word, immediately receive it with gladness; and they have no root in themselves, and so endure only for a time. Afterward, when tribulation or persecution arises for the word’s sake, immediately they stumble. Now these are the ones sown among thorns; *they are* the ones who hear the word, and the cares of this world, the deceitfulness of riches, and the desires for other things entering in choke the word, and it becomes unfruitful. But these are the ones sown on good ground, those who hear the word, accept *it*, and bear fruit: some thirtyfold, some sixty, and some a hundred.”

Joshua 1:8 NKJV

... that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

Mark 16 17-18 NKJV

...they will lay hands on the sick, and they will recover.

Romans 12:2 NKJV

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what *is* that good and acceptable and perfect will of God.

Mark 4:24 AMPC

And He said to them, Be careful what you are hearing. The measure of thought and study you give to the truth you hear will be the measure of virtue and knowledge that comes back to you—and more besides will be given to you who hear.

2 Peter 1:2-3 NKJV

Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord,

Matthew 16:13-17 NKJV

When Jesus came into the region of Caesarea Philippi, He asked His disciples, saying, “Who do men say that I, the Son of Man, am?” So they said, “Some say John the Baptist, some Elijah, and others Jeremiah or one of the prophets.” He said to them, “But who do you say that I am?” Simon Peter answered and said, “You are the Christ, the

Son of the living God.” Jesus answered and said to him, “Blessed are you, Simon Bar-Jonah, for flesh and blood has not revealed this to you, but My Father who is in heaven.

Psalm 39:3 NKJV

My heart was hot within me; While I was musing, the fire burned. Then I spoke with my tongue:

James 1 22-25 NKJV

But be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; for he observes himself, goes away, and immediately forgets what kind of man he was. But he who looks into the perfect law of liberty and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does.

3 John 1:11 NKJV

Beloved, do not imitate what is evil, but what is good. He who does good is of God, but he who does evil has not seen God.