



WHO'S CONTROLLING YOUR THOUGHTS?

How To Control Your Thoughts and Emotions?

Brought to you by:

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Lesson 7: The Power of Christian Meditation

Reflection Scripture

*...his delight and desire
are in the law of the Lord, and on His law
(the precepts, the instructions, the teachings of God)
he habitually **meditates** (ponders and studies)
by day and by night.
And he shall be like a tree firmly planted [and tended] by the streams of water,
ready to bring forth its fruit in its season;
its leaf also shall not fade or wither;
and everything he does shall prosper [and come to maturity]
- Psalm 1:2-3 (AMP)*

Guided Notes:

Use these notes to guide you through this lesson.
Fill in the blanks as we go along.

Scripture References: Psalm 19:14, Philippians 4:13, Isaiah 49:15 & 16, 2 Cor 5:21, 2 Corinthians 5:17, Romans 10:17, Romans 12:2

What is Meditation?

- What is Meditation?
 - "to engage in contemplation or _____; to focus one's _____ on: reflect on or _____ over." (Webster's Dictionary)
- We all meditate on different things every day.
- The issue?
 - Usually, we're meditating on the _____ things...

What Are You Rooted In?

- What do you meditate on?
 - The long to-do list that never seems to end?
 - The past _____ that you've made?
 - The bills you're not sure how you're going to pay?
 - You sit, and you think on it over and over.
 - You focus your thoughts on it.
 - You contemplate how it might affect other areas of your life.
- You _____ On It...

*Let the words of my mouth,
and the _____ of my _____,
be _____ in thy sight,
O LORD, my _____,
and my redeemer.*
-Psalm 19:14

- Most of us spend a lot of time in _____
thought: Meditating
- But, on what?
 - Our _____!
- What should we be meditating on?
 - **God's** _____

What Are You Rooted In?

Additional Notes

- Are you really rooted in _____?
 _____?
 – Everything going on in our outer life – our actions – is a direct result of our inner life – our thoughts.
 – So, we can determine what you are really rooted in by looking at your _____
 • Especially when things go _____.
 – When the storm comes, it reveals your _____.

Get Uprooted!

- When there is a storm we find out what we're really rooted in.
 – _____ Meditation helps us get rooted in God's promises
 • And it uproots us from _____.

Why Meditate?

- In eastern religions, their meditation focuses on _____.
 – Totally emptying themselves and their minds.
- The goal of Christian meditation is exactly the opposite.
 – Not to be made empty, but to be made _____
 – Filled to _____ With _____!
- Christian meditation moves God's Word from your head to your _____.
 – It makes God's promises a part of who you really are!
 – It helps you change your _____ DNA by replacing those old _____ with new ones!
- God's Word is our _____ in this battle for our minds!
- Meditation let's you develop laser sharp _____ and shoot the Word where ever you need it most!
 – You can begin tearing down the _____!

Additional Notes

How To Meditate

- Attack those mental strongholds head on!
 - Hand pick scriptures to _____ specific _____ that had rooted themselves in your thinking.
 - Meditation will _____ those lies with God's truth.

Common Christian Strongholds

- LIE: You aren't good enough.
 - You're unlovable
 - You are incapable.

TRUTH

*Can a mother forget the baby at her breast
and have no compassion on the child she has borne?
Though she may forget, I will not forget you!
See, I have engraved you on the palms of my hands...*
(Isaiah 49:15,16 NIV)

*I have strength for all things in Christ Who empowers me
[I am ready for anything and equal to anything
through Him Who infuses inner strength into me;
I am self-sufficient in Christ's sufficiency].*
(Philippians 4:13 AMP)

- LIE: God can't forgive you for the things you've done.

TRUTH

*God made him who had no sin to be sin for us,
so that in him we might become The righteousness of God.*
(2 Cor 5:21 NIV)

- LIE: Things will never change.

TRUTH

*Therefore,
if anyone is in Christ, he is a new creation;
the old has gone, the new has come!*
(2 Corinthians 5:17 NIV)

Why Meditate?

- In order to win _____
_____...

Additional Notes

- We must _____ our _____ to focus on God's _____ in every single situation.
 - To believe God's Word more than we do what we _____ or _____!
- Christian meditation helps you _____ your _____.
- Over time, when trials hit...
 - You'll _____ meditate on God's goodness instead of on the _____.
- When you _____ hide God's _____ to you in your heart...
 - They'll become more _____ to you than any situation you see before you...
- You will develop true _____!

“So faith comes from _____, that is, hearing the Good News about Christ.”
(Romans 10:17 NLT)

Be Ye Transformed...

*Don't copy the behavior and customs of this world,
but let God _____ you into a new person
by changing the way you _____.*
*Then you will _____ to know God's will for you,
which is good and pleasing and _____.*
-Romans 12:2 NLT

Additional Notes

What's On Your Heart....

Lesson 7:
The Power of Christian Meditation
Reflection Questions

1. In your own words, define what Christian meditation really is? What is its purpose, and how do you engage in it? _____

2. In this lesson we said that most of us usually spend our time meditating on the wrong things. What are some of the negative things that you often find yourself “meditating” on? Why do these things take up so much of your mental energy, and, how can you start switching the focus of your thoughts back to God’s Word?

3. God spends a lot of time in His Word talking about our hearts: “As a man thinketh in His heart so is he,” “Let...the meditations of my heart be acceptable in thy sight,” “Keep thy heart with all diligence; for out of it are the issues of life.” And, we could go on. Why do you think God puts so much emphasis on what’s going on in our hearts? _____

4. We ended this lesson by saying, “faith comes by hearing...” How do you think that scripture relates to you diligently pondering and thinking on God’s promises to you? Can hearing yourself say God’s Word be a form of “hearing”? _____

Breaking The Strongholds That Bind

What lies has the enemy been trying to use to keep you from living the life Jesus died to give you?

It's Time To Fight Back...

The weapons of your warfare are not carnal, but they are mighty through God to pull down the strongholds in your life.

*So, Put on salvation as your helmet,
and take up the sword of the Spirit, which is the word of God.
And you will be able to resist the enemy in the time of evil.*

(Paraphrase of 2 Cor. 10:4, Ephesians 6:13-17 NLT)



How To Use Your Spiritual Sword:

1. **Pray!** Ask God to help you identify the top 3 mental strongholds you're currently fighting against.
2. **Seek!** Search through God's Word for Scripture Promises you can use to replace the lies.
3. **Meditate!** Spend time each day for the next 7 days meditating on these promises.

<u>Strongholds:</u> Lies from the enemy that feel real	<u>My Sword:</u> God's promises to me. They are the truth that sets me free!