

Transformation through Meditation

Romans 8:28-30 – *And we know that all things work together for good to those who love God, to those who are the called according to His purpose. ²⁹ For whom He foreknew, He also predestined to be conformed to the image of His Son, that He might be the firstborn among many brethren. ³⁰ Moreover whom He predestined, these He also called; whom He called, these He also justified; and whom He justified, these He also glorified.*

- **Vs. 30 [AMP]** – *And those whom He thus foreordained, He also called; and those whom He called, He also justified (acquitted, made righteous, putting them into right standing with Himself). And those whom He justified, He also glorified [raising them to a heavenly dignity and condition or state of being].*

Adding to or subtracting from our lives.

- Better than doing nothing!
- This is not transformation!
- Subtracting something we desire leads to feelings of lack and will be difficult to maintain.
- Adding or subtracting bring change.
- Transformation comes from being!

Hebrews 4:9-11 [NASB] – *So there remains a Sabbath rest for the people of God. ¹⁰ For the one who has entered His rest has himself also rested from his works, as God did from His. ¹¹ Therefore let us be diligent to enter that rest, so that no one will fall, through following the same example of disobedience.*

- **“rest”** [vs. 10 & 11] – different Greek word. A ceasing from labor.
- **Matthew 11:28-30 [AMP]** – *Come to Me, all you who labor and are heavy-laden and overburdened, and I will cause you to **rest**. [I will ease and relieve and refresh your souls.] ²⁹ Take My yoke upon you and learn of Me, for I am gentle (meek) and humble (lowly) in heart, and you will find rest (relief and ease and refreshment and recreation and blessed quiet) for your souls. ³⁰ For My yoke is wholesome (useful, good—not harsh, hard, sharp, or pressing, but comfortable, gracious, and pleasant), and My burden is light and easy to be borne.*

- o **Not:** a rest from physical labor.

A sense of being – who we are – comes by meditation.

Mark 4:24 [AMP] – *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.*

Psalm 1:1-3 [NLT] – *Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers. ² But they delight in the law of the Lord, meditating on it day and night. ³ They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do. [According to Romans 3:27, FAITH is a law]*

- “**meditating**” – devise, muse, imagine, mutter.

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

- “**mind**” – purpose, imagination.

Philippians 4:8 – *Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.*

- “**meditate**” – to think upon a matter by way of taking account of its character.
- **Danny Griffin**: “what are you thinking about when you’re not thinking about what you’re thinking about?”
 - o Everyone meditates! But on what??

Dr. Richards: biblical meditation is the doorway to the heart. ... By focusing inward (reducing the mental clutter and outward focus) we begin to hear with the eyes of the heart. Through meditation we experience God’s Word, God’s presence and God’s promise. And they become real in our hearts.

One of the greatest things that happen as we ponder, consider and meditate on the presence of Christ in us is that we become aware of who we really are. We enter the realm of being and leave addition and subtraction behind.