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The Benefits Of Renewing The Mind And Meditating The Word

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As we begin to celebrate this time of year, the birth of the Lord Jesus Christ, we find in the following scriptures the reason that Jesus came. Our desire is to reach out to those in the world and the church that are hurting and give them hope and wholeness. Hope that can be found in the Word of God and wholeness in what His plan is for each of us. To give life more abundantly, deliverance and healing to those in need. God anointed Jesus with the Holy Ghost in order for Him to carry out His plan and He has given each of us that same anointing, we however, need to learn how to attain this anointing and how to minister it to others.

John 10:10 "The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly." KJV

Luke 4:18 "The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised," KJV

Luke 4:18 "The Spirit of the Lord [is] upon Me, because He has anointed Me [the Anointed One, the Messiah] to preach the good news (the Gospel) to the poor; He has sent Me to announce release to the captives and recovery of sight to the blind, to send forth as delivered those who are oppressed [who are downtrodden, bruised, crushed, and broken down by calamity]," AMP

Acts 10:38 "How God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good, and healing all that were oppressed of the devil; for God was with him." KJV

The wholeness that is spoken of is not only physical healing in our bodies, but our emotions as well. Many times people, because of their past, are hung up on things that have caused their minds to be messed up. They are unable to hear what Jesus has said in the Word and process it properly. They process the Word the way things have happened to them not being able to gain total freedom.

Isaiah 53:1 "Who hath believed our report? and to whom is the arm of the Lord revealed?" KJV

1 Thess 5:23 "And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ." KJV

Heb 4:12 "For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart." KJV

The Word teaches that we are each made up of three parts, spirit, soul and body. God wants our whole body to be set apart to serve Him. The spirit of man contacts the spiritual realm, being

good or bad. Our soul would be our intellect, our emotions, feelings or mind and a part of our conscience. Our body in the natural realm being our five senses. When we are born again, we become alive with the life of God and this life is imparted to us.

Many believers who have been born again for years have never experienced the life of God that is on the inside of them. They have never experienced the salvation, the goodness or blessings and favor of God. For us to have this experience we must renew our minds, the soulish part of us must come in agreement with the will of God, that life of God that is on the inside of us. Without the renewing of our minds, we will never benefit from God's blessings.

Phil 2:13 "For it is God which worketh in you both to will and to do of his good pleasure." KJV

Paul speaking to the Jews taught in Romans chapter 8 through 11, that many times the carnal mind is always against God and that if we follow after these reasoning's of the flesh or carnal mind that we will never receive the blessings of God. He admonishes us to follow after the spirit and to pursue the things of God.

Rom 12: 1-2 "I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. 2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God." KJV

Beseech is a word that Paul used many times, wanting to get the people's attention. He was talking to the church, telling them to not conform to the world but to present themselves unto God.

If we are trying to change our lives in any other way than the renewing of our mind, we bring ourselves under the law and works mentality and law will always minister failure, defeat, despondency and discouragement, because we cannot become good enough to keep the law. Conformed means to be like the world, a reproduction of it. How is a believer going to think different than the world? We will be transformed by the renewing of our mind. Transformed means changing an appearance and is always a process of time. Changing from the inside outwardly. Our mind is a continual process of renewing.

Rom 12:2 "So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you." MESSAGE

Eph 4:23 "And be renewed in the spirit of your mind;" KJV

What Jesus has said to us versus what religion or tradition says becomes a challenge to us. When we begin to understand that God's will and purpose for us is found in the Word we begin to renew our minds to that. The believer that will renew their mind will not think like the world thinks.

Praying the will of God comes from our renewing of our minds, we don't just throw out the phrase "if it be the will of God", and we know for a certainty what the will is. Without the renewing of our minds, we will go around thinking like the world and not God. When we receive the engrafted word of God, it will give us a boost or edge over the enemy. How do we renew our mind?

There are principles that will enable us to renew our minds. Meditation and giving the Word of God first place in our lives are two of them. There are benefits and results to each of these principles.

Psalm 1:1-3 "Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. 2 But his delight is in the law of the Lord; and in his law doth he meditate day and night. 3 And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper." KJV

The result of meditating on the Word of God in verse 3, he is like a tree, whose roots are tapped into an endless supply of water, he will produce fruit, his leaf will not wither and he shall prosper. Prosperity in all areas of our lives.

Joshua 1:8 "This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success." KJV

Joshua was getting ready to take over the leadership of Moses. Joshua became a doer of the Word. His benefits were, he became a doer, prosperous and had good success.

Psalm 119:97-100 "O how love I thy law! it is my meditation all the day. 98 Thou through thy commandments hast made me wiser than mine enemies: for they are ever with me. 99 I have more understanding than all my teachers: for thy testimonies are my meditation. 100 I understand more than the ancients, because I keep thy precepts." KJV

The benefits here are wisdom, wiser than our enemies, more understanding than all our teachers.

How do we meditate? By going over and over things what has been said, thinking about and remembering what the promises that the Word says to us. We won't be able to meditate if we have not renewed our minds with the Word. We cannot draw on what we do not have; we will not be able to realize the blessings that God has for us or what our place in Christ Jesus and the church is.

Phil 4:15-19 " Now ye Philippians know also, that in the beginning of the gospel, when I departed from Macedonia, no church communicated with me as concerning giving and receiving, but ye only. 16 For even in Thessalonica ye sent once and again unto my necessity. 17 Not because I desire a gift: but I desire fruit that may abound to your account. 18 But I have all, and abound: I am full, having received of Epaphroditus the things which were sent from you, an odour of a sweet smell, a sacrifice acceptable, wellpleasing to God. 19 But my God shall supply all your need according to his riches in glory by Christ Jesus." KJV

Jer 17:7-8 "Blessed is the man that trusteth in the Lord, and whose hope the Lord is. 8 For he shall be as a tree planted by the waters, and that spreadeth out her roots by the river, and shall not see when heat cometh, but her leaf shall be green; and shall not be careful in the year of drought, neither shall cease from yielding fruit." KJV

Benefits from meditating in the word are blessings, we will not be aware of bad things going on around us in the world, but will continue to prosper.

Putting God's Word first in our lives is another principle we must observe in order to renew our minds. When we give priority to the Word we begin to find God's life and it will be health to us. His will is that we be healthy and have life. By renewing our minds, we will begin to meditate the word and put God's Word first place in our lives.

Pro 4:20-22 "My son, attend to my words; incline thine ear unto my sayings. 21 Let them not depart from thine eyes; keep them in the midst of thine heart. 22 For they are life unto those that find them, and health to all their flesh" KJV

Matthew 4 and Luke 4 teaches us that Jesus had a renewed mind and that He put the word first place in His life. When the enemy came to Jesus to tempt Him, because Jesus had a renewed mind and put the Word first place in His life was able to put the enemy down. He had a time of preparation during the years that we don't know much about.

We all have a time of preparation and equipping ourselves, meditating on the Word of God, learning to put the Word first, presenting our bodies a living sacrifice to the Lord, being not conformed to this world, but being transformed to the renewing of our minds to the Word of God. By renewing our minds, we can redeem the days we have lost.