

**Introduction: We've got a problem!**

**The Real Issue: How can we get the Word to “work” in our lives?**

**1. The Biblical Picture**

*<sup>1</sup>How blessed is the man who does not walk in the counsel of the wicked, Nor stand in the path of sinners, Nor sit in the seat of scoffers! <sup>2</sup>But his delight is in the law of the LORD, and in His law he meditates day and night. <sup>3</sup>He will be like a tree firmly planted by streams of water, which yields its fruit in its season and its leaf does not wither; and in whatever he does, he prospers.*

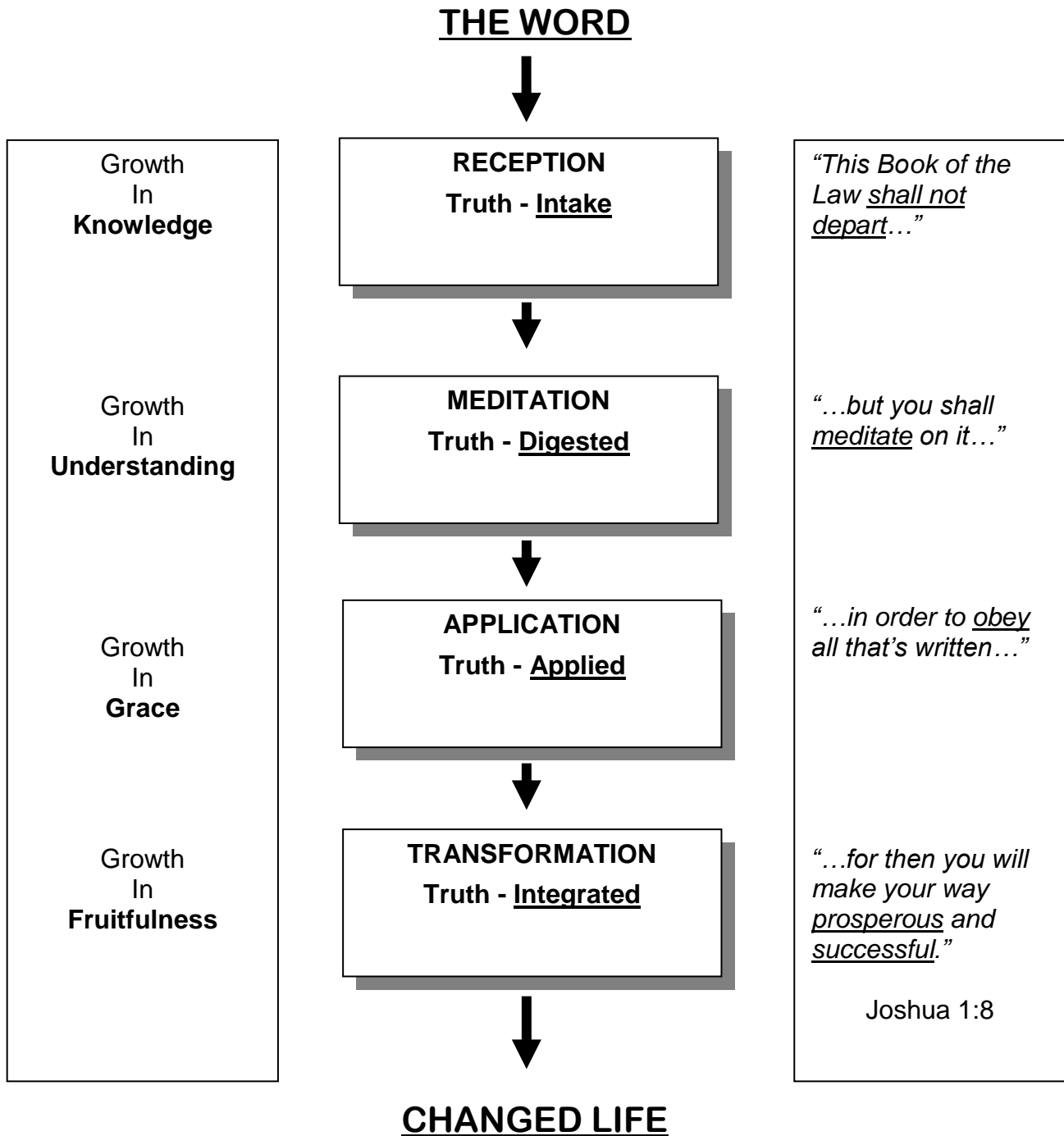
Psalm 1:1-3 (NASB)

- **The Missing Link =** \_\_\_\_\_

**2. The Transformational Process**

*<sup>8</sup>"This book of the law shall not depart from your mouth, but you shall **meditate on it** day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success.*

Joshua 1:8 (NASB)



- The Key to Change is \_\_\_\_\_

### 3. The Daily Practice

*<sup>2</sup>And do not be **conformed** to this world, but be **transformed** by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.*

Romans 12:2 (NASB)

### Two Commands:

1. “STOP being conformed.”
2. “START allowing yourself to be transformed.”
  - How? Biblical meditation
  - Application – 2PROAPT

### Conclusion:

just  
STOP ^ reading the Bible; START meditating on it!

## Discussion Questions:

1. What comes to your mind when you hear the word “meditation?” How does Biblical meditation differ from popular practices?
2. Why is meditation the “missing link” in the process of spiritual transformation?
3. How would memorizing Scripture help one meditate?
4. Look up the following passages and discuss the importance of our “minds” as it relates to spiritual transformation. (Romans 8:5-8, Colossians 3:1-10, Ephesians 4:20-23, Philippians 4:8, Romans 12:2)
5. What specific means will you use to increase your time to meditate on God’s Word this week?