

The Supernatural Power of a Transformed Mind

Study Guide

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AN INVITATION TO MEDITATION

I will also meditate on all Your work,
and talk of Your deeds (PSALM 77:12).

A vital key to remembering the works and Word of God—and experiencing their transformational impact on our minds—is practicing biblical meditation.

Before moving on, I want to make it clear that there is a difference between Eastern meditation and biblical meditation. Just because a counterfeit version of something exists does not give us license to throw out the entire practice. Abandoning biblical meditation has been very costly to the body of Christ. By lumping all versions of meditation together, and throwing out the authentic version, we have stopped short of experiencing the renewal of the mind Paul writes about in Romans 12.

We are able to memorize different Bible verses and quote them at seemingly appropriate times—and yes, we experience a measure of breakthrough here. But God is inviting us into a lifestyle, not an isolated experience. I celebrate every miracle, all the while recognizing that each one is an invitation to pursue a lifestyle where miracles are normative, not the exception.

To walk in the miraculous with the degree of regularity that is available, we need to step beyond memorization and enter the realm of meditation. Eastern meditation demands that its adherents empty their minds. This is incredibly dangerous, for it makes one susceptible to deception and demonic infiltration.

Biblical meditation, on the other hand, involves filling our minds with God's truth. Do you see the difference? The counterfeit version empties the mind, while biblical meditation fills the mind with truth. By filling our minds, we subject ourselves to the transformative power of God's Word. By making this form of meditation our pursuit, we fill our minds with something living, eternal, and supernatural. Living Truth produces transformation. Memorization is one thing, but when we commit to filling our minds with the Word of God, feeding upon it as necessary food, our thought life collides with God's glory, and His glory and presence are released through encountering His Word.

Paul shows us in Second Corinthians what happens when any part of our lives is brought into a collision with glory—we "are being transformed into the same image from glory to glory, just as by the Spirit of the Lord" (2 Cor. 3:18). Meditation advances this process of transformation in the mind, conforming your very thinking into the image of Christ, so that you start thinking like Him.

TRANSFORMATION THOUGHT

Biblical meditation involves filling our minds with God's transformative truth.

REFLECTION QUESTIONS

1. What have you thought about biblical meditation in the past?
2. What do you think it looks like to fill your mind with God's truth? List any practices you currently use that help you do this.

TRANSFORMATION PRAYER

Father, show me how to fill my mind with Your truth. Thank You that as my mind encounters Your Living Word, it transformed to reflect the mind and thoughts of Christ.