

The Supernatural Power of a Transformed Mind

Study Guide

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SHIFTING WORRY TO MEDITATION

You will keep in perfect peace all who trust in you,
all whose thoughts are fixed on you! (ISAIAH 26:3 NLT)

I want to follow up yesterday's topic by equipping you with some practical ways you can biblically meditate. This is not a practice that is reserved for an elite, super-spiritual few. The good news is if you can worry, you can also meditate. In fact, worry is the counterfeit of meditation. Same principle; wrong emphasis.

The problem is that many people are more skilled at worrying than they are meditating, when in fact, we all possess the capacity to go either way. I want to help you choose the road less traveled—biblical meditation.

Every person, saint and sinner alike, meditates every day. The question is, what are you meditating on? Here is an example. Say you've got a problem with your finances. A person with a renewed mind derives joy even in that circumstance because joy comes not by what is seen but by what God says. This person practices biblical meditation, filling his or her mind with the promises of God. In turn, they are not only able to quote a Bible verse at their problem, but their entire thought process is transformed to reflect the way God thinks about their situation. They go from a fear or worry perspective to a provision perspective. They know that God is not a liar and He will keep His word.

The problem is, there is a little voice called worry that steals in and reasons with you, saying, "Years ago you disobeyed the Lord financially, and now you will reap what you sowed." That might sound like a pretty good argument, and it might cause you to shift your meditation from God's Word to worry. We empower what we agree with. If we start making mental agreement with this deceptive argument, it becomes a more consuming thought process and it begins to replace our provision perspective. Soon that little voice has grown so big it's like a megaphone in your ear, drowning out the truth of God's perspective.

The voice that drowns out every other in your mind should not be worry or fear; it should be the steadfast, unchanging Word of the Lord. Instead of recalling God's abundant promises of provision, we choose to give ear to the enemy and focus on the lie he is introducing into our thought process.

It is essential that when thoughts counter to God's Word come against us, we follow Isaiah 26:3 and keep our minds fixed upon the Lord. We need to make ourselves invincible. This happens through the process of biblical meditation.

TRANSFORMATION THOUGHT

The secret to maintaining God's perspective when dealing with trials or circumstances is keeping our minds fixed upon His truth. We cannot allow fear or worry to convince us to second-guess God's promises.

REFLECTION QUESTIONS

1. What does it look like to keep your mind "fixed" upon the Lord according to Isaiah 26:3?
2. Write down three things you can start practicing that will help keep your mind fixed upon God and His truth.

TRANSFORMATION PRAYER

Father, help me to keep my mind fixed upon You—even in the midst of storms, trials, and circumstances. Empower me not to be swayed or convinced by thoughts that are in disagreement with Your truth. I stand, by the power of the Holy Spirit, convinced that what You said is steadfast and true.