

Beyond the Sermon

A Sermon Application Guide

Title: 7 Steps on How to Meditate (Growing Deeper; a series on Romans 1:21 - Part 5)

This guide is designed to offer a simple tool for those wanting to take the next step with Sunday's message. You can print this guide to study on your own, or use it in a group and experience transformation together.

Message Theme & Prayer Focus

Have a Good Heart - Return to Him

“God, thank you for your pursuit of me. Thank you for your faithfulness in my life and in my family. Your constant pursuit of me doesn't go unnoticed or unappreciated. I know that what you have promised in your word, you are faithful to complete. I trust you and I stand in agreement with what you are doing in my life, my job, my family, and in the world. I am your hands and feet. I love you Lord, Amen.”

Key Truths & Applications

Romans 1:21 talks about four things that people did to walk away from God. They didn't glorify Him as God, they were not thankful, they became vain in their imaginations, and their foolish hearts were darkened. If we take these steps and put them in reverse, we get a roadmap for growing closer to God.

1. Glorify God (minimize the things that are not a part of the kingdom of God)
2. Be thankful
3. Recognize the power of our imagination (meditate on God's word)
4. Have a good heart

In Matthew 12, the tree that Jesus talks about is our heart, which will automatically produce whatever we put into it. There are things we can do to make our hearts good or bad, it just depends on what we are sowing into it. If we sow fear, greed, lust, anger, those things are what will be produced. When we read and hear the word, we are planting that word; but meditating on the word is like watering the seed that is planted. That is what is going to produce life, peace, joy, healing, and all the blessings that line up with the kingdom of God; and we will grow in knowing and experiencing Him as we do. Like playing with our food, we only gain an experience

with that food, but don't get any nutritional value from it until we actually consume it and let it come inside of us.

3 things to do for your heart:

- Get the word

God's word is light and when we get into the word, we see the light too. The purpose and goal of meditation is that we would get the word on the inside of us and let it change what we do. Hearing the word of God and doing what it says is like building a house on rock. Hearing the word of God and not doing it is like building a house on sand. (Matthew 7:24-27)

- Repentance

Being sorry we got caught is different than regretting our actions, apologizing, and changing how we live from then on. Repentance is a change in how we think, that results in changed behavior. It needs to be an attitude in our hearts, something we pay attention to everyday.

- Fasting

Fasting changes us. When we tell our body "no" it's our spirit saying that it's in charge. Then we can take the time that we would be preparing a meal or eating and get into God's presence, meditating on His word. During the fasting time, our spirit rises up and is strengthened. When we take dominion over our flesh, we become more in tune to the things of God—what He is saying, how He thinks, and how we can walk in His truth.

Practical:

Reading through this message is wonderful, but let's take it to the next step this week. Start with point number 1 and dedicate an amount of time to put these 3 things into practice, making sure we aren't just being 'readers' of the word but 'doers' of the word.

Key Verses:

- Luke 8:15, 16
- 1 Peter 2:2
- Psalms 36:9, 69:10, 35:13
- Matthew 3:1-2, 4:4, 7:24-27, 12:33
- Acts 20:32, 2:37-38
- Joshua 1:8
- Isaiah 8:18-20, 58:6
- Revelations 2:20
- Ephesians 2:10
- Proverbs 10:29
- Hebrews 3:13

- Hosea 4:11
- 1 Kings 11:4
- Mark 1:14-15
- 1 Thessalonians 5:23
- 2 Corinthians 5:17
- James 1:21
- 1 Corinthians 9:27

Declarations

“The things that I plant in my heart will grow. I am careful not to plant in my heart something that brings death but only the things that bring life. God, I will be more intentional to be in your presence and in the middle of your word each day of the week. I will read it, meditate on it, and listen for your voice. I repent of my old way of thinking and adopt the mind of Christ, changing the way I live. I will take the time to fast and pray, learning how to take control over my body and become more in tune with the kingdom of God. I will produce good fruit.”

What’s Next?

Now it’s time to write down anything that the Lord has spoken to you. Praise Him, Thank Him and ask the Holy Spirit to help you walk this out.

Scripture References from: 7 Steps to Grow Deeper

Philippians 3:12-14 NKJV

Not that I have already attained...

Matthew 12:33 NKJV

“Either make the tree good and its fruit good, or else make the tree bad and its fruit bad”...

Luke 8:13-15 NKJV

But the ones on the rock *are those* who, when they hear, receive the word with joy; and these have no root, who believe for a while and in time of temptation fall away. Now the ones *that* fell among thorns are those who, when they have heard, go out and are choked with cares, riches, and pleasures of life, and bring no fruit to maturity. But the

ones *that* fell on the good ground are those who, having heard the word with a noble and good heart, keep *it* and bear fruit with patience.

Luke 8:15 NKJV

But the ones that fell on the good ground are those who, having heard the word with a noble and good heart, keep it and bear fruit with patience.

1 Corinthians 3:6 NKJV

I planted, Apollos watered, but God gave the increase.

Mark 4:24 NKJV

Then He said to them, "Take heed what you hear. With the same measure you use, it will be measured to you; and to you who hear, more will be given.

1 Peter 2:2 NKJV

...as newborn babes, desire the pure milk of the word, that you may grow thereby...

Psalms 36:9 NKJV

For with You is the fountain of life; In Your light we see light.

Joshua 1:8 KJV

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:

Acts 20:32 NKJV

And now, brethren, I commend you to God, and to the word of his grace, which is able to build you up, and to give you an inheritance among all them which are sanctified.

Psalms 119:130 NKJV

The entrance of Your words gives light; It gives understanding to the simple.

Matthew 7:24-27 NKJV

"Therefore whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the rock: and the rain descended, the floods came, and the winds blew and beat on that house; and it did not fall, for it was founded on the rock. "But everyone who hears these sayings of Mine, and does not do them, will be like a foolish man who built his house on the sand: blew and beat on that house; and it fell. And great was its fall."

John 14:1 NKJV

“Let not your heart be troubled...

1 Peter 5:8 NKJV

Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.

Revelation 2:20 NIV

Nevertheless, I have this against you: You tolerate that woman Jezebel, who calls herself a prophet. By her teaching she misleads my servants into sexual immorality and the eating of food sacrificed to idols.

Proverbs 10:29 NKJV

The way of the Lord is strength for the upright...

Hebrews 3:13 NKJV

but exhort one another daily, while it is called “Today,” lest any of you be hardened through the deceitfulness of sin.

Hosea 4:11 NKJV

“Harlotry, wine, and new wine enslave the heart.”

1 Kings 11:4 NKJV

For it was so, when Solomon was old, that his wives turned his heart after other gods...

Matthew 3:2 NKJV

“Repent, for the kingdom of heaven is at hand!”

Mark 1:14-15 NKJV

...Jesus came to Galilee, preaching the gospel of the kingdom of God, and saying, “The time is fulfilled, and the kingdom of God is at hand. Repent, and believe in the gospel.”

Ephesians 2:10 AMPC

For we are God’s [own] handiwork (His workmanship), recreated in Christ Jesus, [born anew] that we may do those good works which God predestined (planned beforehand) for us [taking paths which He prepared ahead of time], that we should walk in them [living the good life which He prearranged and made ready for us to live].

1 Thessalonians 5:23 KJV

Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.

Luke 16:19-23 NKJV

There was a certain rich man who was clothed in purple and fine linen and fared sumptuously every day. But there was a certain beggar named Lazarus, full of sores, who was laid at his gate, desiring to be fed with the crumbs which fell from the rich man's table. Moreover the dogs came and licked his sores. So it was that the beggar died, and was carried by the angels to Abraham's bosom. The rich man also died and was buried. And being in torments in Hades, he lifted up his eyes and saw Abraham afar off, and Lazarus in his bosom.

2 Corinthians 5:17 NKJV

Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

James 1:21 KJV

...receive with meekness the engrafted word, which is able to save your souls.

John 4:24 NKJV

God is a Spirit...

Hebrews 1:7 NKJV

"Who makes His angels spirits...

1 Thessalonians 5:23 NKJV

...and may your whole spirit...

1 Corinthians 9:27 BRG

But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.

Psalms 69:10 NKJV

When I wept and chastened my soul with fasting...

Psalms 35:13 NKJV

I humbled myself with fasting...

Isaiah 58:6 NKJV

“Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke?