

TOTAL TRANSFORMATION

SESSION6 – Let's Get Practical

Romans 12:1-2 (KJV) – ¹I 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. ²And 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

Review:

- **Our Spirit is instantaneously changed when we get saved**
- **WE are spirit, soul and body**
- **Our spirit is changed – our soul and body must experience renewal**
- **We must renew our mind.**
- **Changed by the spirit of God**
- **Changed from glory to glory – progressive change**
- **Changed by beholding the glory**
- **The transforming power of the Word of God**

2 Corinthians 3:17-18 (KJV) – ¹⁷Now the LORD is that Spirit: and where the Spirit of the LORD is, there is liberty. ¹⁸But we all, with open face beholding as in a glass the glory of the LORD, are changed into the same image from glory to glory, even as by the Spirit of the LORD.

- We can behold the glory by beholding the Word
- Jesus is revealed in the Word
- God the father is revealed in the Word
- Transformation takes place as we RENEW our minds...
- The Word is God's DELIVERY SYSTEM to bring about everything that HE has provided for us!

I. Let's get practical

How do we put into practice the principles of transformation and change?

A. Recognize and believe in the power of God's Word

1. You must believe that the Word of God has transforming power.
2. The Word of God is living
3. The Word of God is a discerner of my thoughts
4. The Word of God reveals what is true and what is not
5. The Word of God reveals Who you are in Christ
6. The Word of God reveals what you can do since you are in Christ

Can you see how powerful the Word is in the life of a believer?

Can you see what would be missing in the life of a believer who never takes time to renew his mind with the Word of God?

B. Sow the Word as a seed for transformation

God has given you the Word as seed

It is your responsibility to SOW it into the soil of your heart

1. There is a WORD SEED for every need in your life
2. Read the Word
3. Meditate on the Word
 - Meditation definition – *Meditation is a practice where an individual uses a technique such as mindfulness, or focusing their mind on a particular object, thought, or activity*
 - *Meditation is a biblical process*
 - *Biblical Meditation – is yielding our minds over to God as He writes His Word on the tablets of our hearts.*

Hebrews 8:10 (KJV) – For this is the covenant that I will make with the house of Israel after those days, saith the LORD; I will put my laws into their mind, and write them in their hearts: and I will be to them a God, and they shall be to me a people:

Hebrews 10:16 (KJV) – This is the covenant that I will make with them after those days, saith the LORD, I will put my laws into their hearts, and in their minds will I write them;

- *God has committed himself to mind renewal*
- *Meditation is included in God’s process*
- *Meditation*
 - *To think deeply about*
 - *To ponder*
 - *To think about your thoughts*
 - *To imagine/visualize*
 - *To mutter/speak – a form of prayer*

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: for then thou shalt make thy way prosperous, and then thou shalt have good success.” King James Version (KJV)

Psalms 1:1-3 (KJV) – ¹Blessed 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. ²But his delight is in the law of the LORD; and in his law doth he meditate day and night. ³And 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

Colossians 3:1-4 (NIV) – ¹Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. ²Set your minds on things above, not on earthly things. ³For you died, and your life is now hidden with Christ in God. ⁴When Christ, who is your life, appears, then you also will appear with him in glory.

Isaiah 26:3 (KJV) – Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee

1 Timothy 4:13-16 (KJV) – ¹³Till I come, give attendance to reading, to exhortation, to doctrine. ¹⁴Neglect not the gift that is in thee, which was given thee by prophecy, with the laying on of the hands of the presbytery. ¹⁵Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all. ¹⁶Take heed unto thyself, and unto the doctrine; continue in them: for in doing this thou shalt both save thyself, and them that hear thee.

Special Notes:

- Biblical meditation differs from the world's meditation.
- The world's meditation is a tool that relies upon self-effort to attempt to change the mind.
- Biblical meditation gives place to the living word of God
- Biblical meditation releases the supernatural power of God to produce a supernatural change that the world's system can never accomplish.
- MEDITATE ON THE WORD UNTIL GODS WORD BECOMES REAL TO YOU
- KEEP IT IN THE MIDST OF YOUR HEART – Supernatural results

- ***Biblical Meditation*** “God’s Spirit utilizing every faculty of my heart and mind, bringing forth revelation which ushers in transformation.”

C. Check your Focus

Whatever you focus on, grows within you, and whatever grows within you, you become

1. You reflect what you gaze upon
2. Children are a reflection of their parents
3. Children are a reflection of those they hang around
4. Gaze upon your sin, sin becomes stronger
5. Gaze upon what God says about you and His purpose becomes stronger
6. Focus on sin, sin grows
7. Focus on Jesus, Jesus grows within

Hebrews 12:1-2 (KJV)

¹ Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us,

² Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.

- I fix my eyes on Jesus
- Jesus grows within me
- I become Christ like

II. CHALLENGE

- A. Commit to spend time meditation on the Word of God
- B. Increase your word/meditation time.