

## **Meditation of the Heart**

Jesse Berthold / August 20, 2025

Evening Service

### **Meditation of the Heart**

**Psalm 19:14 (NLT)** “May the words of my mouth and the **meditation** of my **heart** be pleasing to you, O Lord, my rock and my redeemer.”

**Psalm 104:34 (NLT)** May all my **thoughts** be pleasing to him, for I rejoice in the Lord.

**Proverbs 4:23 (NLT)** Guard your heart above all else, for it **determines the course of your life**.

### **Romans 8:5–17 (NLT)**

5 Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. 6 So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace. 7 For the sinful nature is always hostile to God. It never did obey God’s laws, and it never will. 8 That’s why those who are still under the control of their sinful nature can never please God.

9 But you are not controlled by your sinful nature. You are controlled by the Spirit if you have the Spirit of God living in you. (And remember that those who do not have the Spirit of Christ living in them do not belong to him at all.) 10 And Christ lives within you, so even though your body will die because of sin, the Spirit gives you life because you have been made right with God. 11 The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you.

12 Therefore, dear brothers and sisters, you have no obligation to do what your sinful nature urges you to do. 13 For if you live by its dictates, you will die. But if through the

power of the Spirit you put to death the deeds of your sinful nature, you will live. 14 For all who are led by the Spirit of God are children of God.

15 So you have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father." 16 For his Spirit joins with our spirit to affirm that we are God's children. 17 And since we are his children, we are his heirs. In fact, together with Christ we are heirs of God's glory. But if we are to share his glory, we must also share his suffering.

## **TAKE NEGATIVE THOUGHTS CAPTIVE...**

### **2 Corinthians 10:2–6 (NKJV)**

2 But I beg *you* that when I am present I may not be bold with that confidence by which I intend to be bold against some, who think of us as if we walked according to the flesh. 3 For though we walk in the flesh, we do not war according to the flesh. 4 For the weapons of our warfare *are* not carnal but mighty in God for pulling down strongholds, 5 casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, 6 and being ready to punish all disobedience when your obedience is fulfilled.

## **THINK GODLY THOUGHTS...**

### **Philippians 4:8 (NLT)**

8 And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

**Proverbs 23:7 (NKJV)** "For as he thinks in his heart, so *is* he."

## **RENEW YOUR MIND DAILY...**

### **Romans 12:1–2 (NLT)**

And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find

acceptable. This is truly the way to worship him. 2 Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.