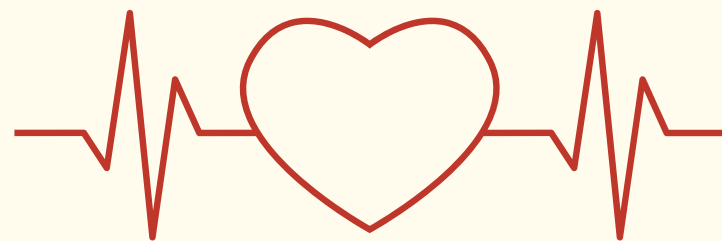


A Biblical Study of the Heart



part 4: A Change of Heart

The Mind–Gateway to the Heart

Romans 12:1–2, ...but be transformed by the renewal of your mind.

Philippians 4:8, ... whatever is true, whatever is honorable, ... think on these things.

Ephesians 4:23, ... be renewed in the spirit of your mind;

Romans 8:5, ...the mind set on the Spirit is life and peace;

Colossians 3:2, Set your mind on the things above...

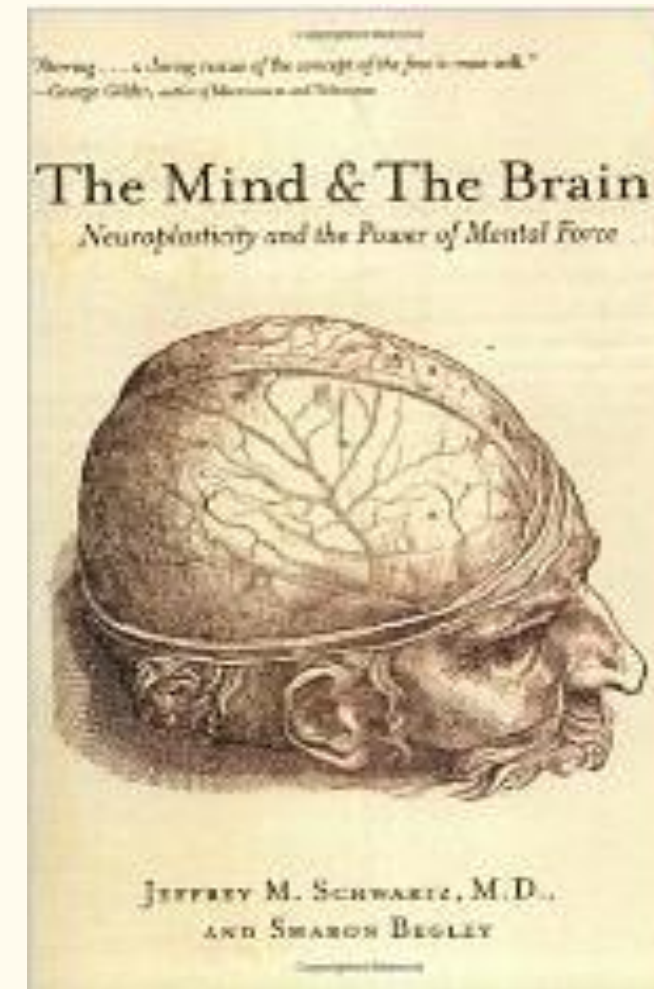




Sidebar: Neuroplasticity of the Brain



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Jeffrey M. Schwartz, *The Mind & The Brain: Neuroplasticity and the Power of Mental Force* (Harper, 2003).



The Way of Meditation

... and on His law he meditates day and night, Psalm 1:2.

...but you shall meditate on it day and night, ... For then you will make your way prosperous, and then you will have good success, Joshua 1:8.

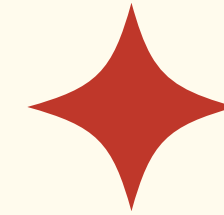
... my soul shall be satisfied... when I remember you on my bed and meditate on You in the night watches, Psalm 63:5-6.





Primary Hebrew Words

Haghah: I remember You ... I meditate on You in the night watches, Ps 63:6 (and Ps 1:2). Muse, ponder, think, imagine. Including low, vocalized utterances—murmur, whispering, talking to yourself.



Siyach: I will meditate on your precepts and fix my eyes on your ways, Ps 119: 15 (and v. 23, 27, 48, 78, 148). Rehearse with oneself, ponder, go over something in the mind. Also contains “vocal” element.



Rabbis' picture of meditation



Meditating as a Christian

1. Find a quiet, comfortable place removed from your normal “life” of work and ministry where you will not be interrupted for 20-30 minutes (not driving in your car - no phone, TV, music, etc. around).

Settle and focus.

2. Pray and ask your Heavenly Father through his Spirit to open your heart to his truth that is for you today.



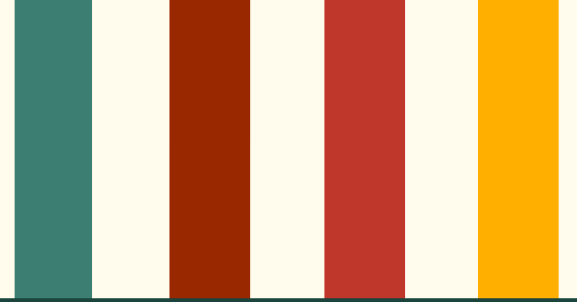
3. Read the text slowly five times, with a brief pause between readings. When you find a phrase, or word, or sentence that “halts” you (saying to yourself “That’s interesting”; “I need that...” “I love that...”), meditate in the following way.

a. Repeat the phrase, word, sentence verbatim aloud 5 times.

b. Repeat the phrase, word, sentence verbatim whispering 5 times.

c. Put the phrase, word or sentence in your own words several different ways.





4. Sit open to the presence of the Spirit asking God, “where am I in this text”? Let the truth of this word into each relational sphere of your life: “Does this say about my relationships at work, my relationships at home, at church?”, “Is there something here for this particular issue I’m facing?” etc.

Think concretely about specific things you should do or avoid, ways you should think, truth you should have handy for certain situations. Ask yourself if there is some way you might keep this truth before your heart this week so it is more “available” as you engage the different events or conversations of your life. etc.



5. Write down your application. What should you do and when you will do it? Try different ways of expression: journal, write a prayer to the Lord, etc.

**6. Sing aloud a chorus of praise or hymn.
The Spirit inhabits songs of
praise to Jesus (Eph 5:18–19).**

