

The Power of Meditating on God's Word

"Oh, how I love Your law! It is my meditation all the day." Psalm 119:97



Number 3 in the series "The Joy of Obeying God's Word"

To meditate means, "to think over and over about something; to think deeply, to ponder." What do you think about over and over again? What do you think deeply about? What do you keep pondering over and over in your mind?

Before I became a believer, I meditated on a lot of things. Little of it was good, and most of it was destructive. I meditated on bitter thoughts towards people who had hurt me. I had a lot of fearful thoughts: thoughts of wanting to see people who had hurt me suffer; hateful and angry thoughts; thoughts of suicide; jealous, envious, and covetous thoughts; greedy, gluttonous, and selfish thoughts; proud, self-righteous thoughts; materialistic thoughts; and unclean thoughts. I could go on and on. Hours wasted daily on meditating on evil. Also, my way to escape the pain of the reality of my life was to read, to watch television, and to constantly fantasize myself into a pain-free existence. The more painful my life became, the harder I tried to escape through fantasy. I was meditating on unreality; and as you know, *it never works!*

After I put my trust in Christ as my Savior, the Holy Spirit led me to meditate on the Word of God. Romans 8:6-7 reads, *"For to be carnally minded is death, but to be spiritually minded is life and peace. Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be."* This was a perfect description of my mind and myself. All my thoughts were destroying me. I had no real life or peace.

I cried out to Jesus to help me, to deliver me from the evil thoughts, and to cleanse, heal, and restore my mind. Romans 12:1-2 reads, *"I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."*

I prayed and surrendered my body as a living sacrifice to God. Then the Holy Spirit led me to Ephesians 4:22-23, which reads, *"...put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and be renewed in the spirit of your mind."* As I daily read and obeyed the Bible, spending more and more time meditating on Jesus and the scriptures I was reading, GOD'S AMAZING GRACE started to set me free and to heal my mind so that I no longer tried to escape reality. The Holy Spirit gave me His power to forgive and to repent of my sins. I no longer wanted to kill myself. He freed me from self-destructive habits.

I can tell you that I *love* life now. I *love* meditating on the faithfulness of my Lord Jesus! Beloved, allow God's Word to conform you to the image of Jesus, and I encourage you to guard your mind.

— Janice McBride

All scripture is taken from the New King James Version of the Bible.

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