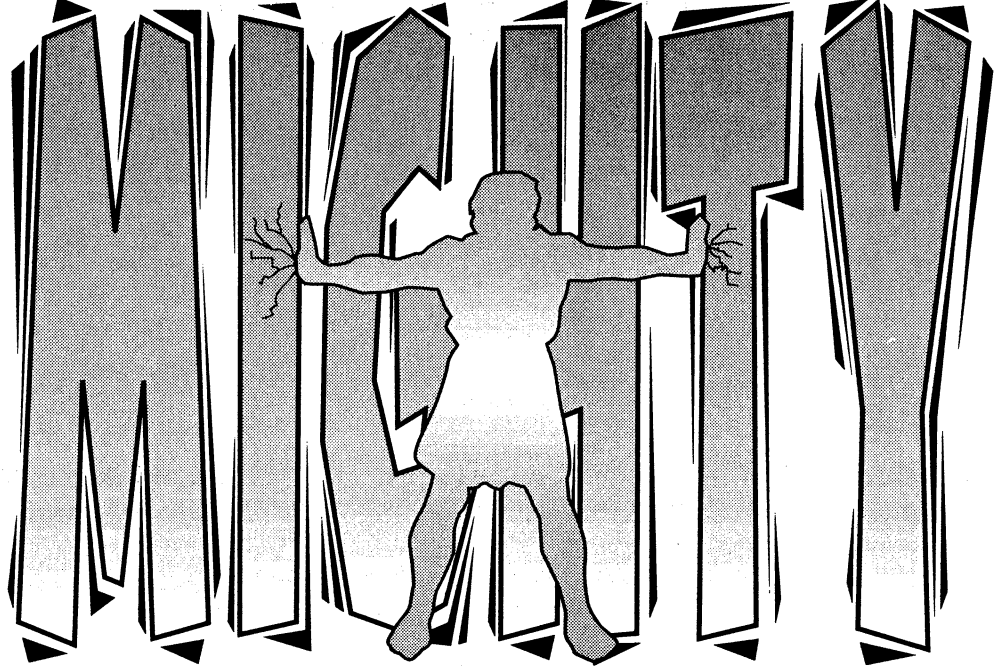


A STUDY ON MEDITATION BY  
FRANK HAMRICK



THROUGH GOD

*Written By*  
**Frank Hamrick**

*Illustrated By Jesse Snow*

**INDEPENDENT IN OPERATION  
BAPTIST IN POLITY AND DOCTRINE  
FUNDAMENTAL IN POSITION  
SEPARATED BY CONVICTION**

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# Foreword

*Mighty Through God* may be the most significant book we have ever produced. What's the greatest need in the church today? What does the unregenerate world need most to see? Is it not a band of believers who are "mighty through God to the pulling down of strong holds?" Sadly, most believers are "mini" rather than "mighty."

Few of us know what it is to live victorious over sin, temptation and trying circumstances. Fewer still know what it is to have and use the wisdom of God in making decisions in their lives. Only an insignificant few have experienced true "face-to-face" fellowship with the Lord and have grown to know and love Him intimately.

Our youth groups languish. Our teens are worldly. Godly homes are rare. Even our pulpits seem to lack the power of the Spirit.

No wonder Satan seems to have the upper hand in our society. There are few godly heroes to oppose him in their own lives. Yet, Paul reminds us in 2 Corinthians 10:4-5 that the "weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds." He then urges us to be diligent in "casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ."

Yet, few of us do this. Why is it that so few experience true victory in their Christian life? Is it because we don't know how? Perhaps it isn't a question of desire or effort, but of ignorance as to how to be "mighty through God."

That's what these lessons are about. This study will show you and your class how to be a mighty warrior of the Lord. If the truths presented in this study are faithfully practiced, you and your students will become strong-armed men of faith, destroying the many fortresses, siege towers, bulwarks and ramparts that Satan has constructed against the citadels of our lives!

## A word about the plan of this book

This book was "lifted" from the center of our *Marks Of A True Winner* ProTeen Classic study. However, significant changes have been made in the material and a fresh look has been given to these lessons to make them a self-contained study. If you have previously taught *The Marks Of A True Winner* in a ProTeens Classic club, you will recognize the similarity of the material.

**Student's Materials.** The students' manuals are "teacher dependent." Actually, you will teach the student's lesson, helping them fill in the blanks as you go over the material. Every word that is to be filled in by the students in their books is underlined in your teacher's manual. That way you can be sure to include that word, phrase or bit of information as you teach so they will be able to easily follow along in their books.

We highly recommend that you fill in your own personal copy of a student book before you teach the lesson. You might also add your own notes in the margin and teach from your student's manual rather than from this manual. That way you will see what the students are seeing as you teach. Be sure to "guide" them through their books.

**Quizzes.** Each teacher's lesson contains a blank quiz for those of you teaching this material in a ProTeen Delta Force meeting. The quizzes may be given weekly. Make as many copies of the quiz as you need. The answers to each quiz are found at the end of each teacher's section. NOTE: There is no quiz for the last lesson since it is assumed you will give the quiz on Lesson 7 and teach Lesson 8 at your last Delta Force meeting. The number of quiz points available meets International Scoring standards.

**Projects and “At-Home Bible Study.”** In addition, there are various “projects” and “at-home Bible study” sections at the end of several of the student’s lessons. These are designed for ProTeen Delta Force classes but are optional for all others. They count for Local Scoring only.

**Overheads.** Overhead masters are provided as a visual aid in the presentation of these lessons. Most of the overheads are reproduced in the student’s manual for ease of transferring information. We highly recommend that you use them as it will make the concepts they portray easier for the students to visualize. The transparency numbers correspond to the chapters where they are used. For example, overheads 5A and 5B are the first and second overheads used in chapter 5.

**Scripture Memory Plan.** The students’ books contain a Scripture memory plan near the back of the book. This is for ProTeen Delta Force clubs who use this study and it complies with International Scoring standards.

**Book Of Remembrance.** Positive Action For Christ has an excellent daily organizer and meditation/journaling tool called the *Book Of Remembrance*. It is available in three editions: Varsity (for high school students), Collegiate and Christian Worker (for pastors, missionaries, youth pastors, teachers and so on). The *Book Of Remembrance* is not necessary to the use of this study, but it will be an excellent “follow-up” tool after these lessons are complete. In essence, this study introduces the student to many of the forms and journals contained in the *Book Of Remembrance*. We highly recommend that you contact our offices for further information about this valuable journal.

**ProTeen Clubs.** If you do not currently have a ProTeen club, call our office for further information. We have three exciting ProTeen clubs waiting for you: Classic, Sigma and Delta Force.

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# 1

## The Secret Of The Christian Life

---

What is the secret to Christian living? From the list below, circle the answer you think is the key to the entire Christian life.

- |                     |                   |                           |
|---------------------|-------------------|---------------------------|
| Witnessing          | Baptism           | Faithfulness              |
| Obedience           | Salvation         | Studying the Word         |
| Yielding to God     | Renewing the mind | Attending church          |
| Memorizing the Word | Loving others     | Separation from the world |
| Being holy          | Loving God        | Glorifying God            |

The correct choice is: Renewing the mind

In order to understand this, let's examine three key words.

### Transformation

Note Romans 12:1-2. List three actions the believer is asked to take in this passage.

- Present our bodies                      a living sacrifice
- Be not conformed                      to this world
- Be transformed                      by renewing the mind

What does "transformation" mean? This word in the Greek is *metamorphoo* (me-tah-mor-fo'-o), from which we get our word "metamorphosis." It is a combination of two Greek words: *meta* and *morpho*. These words mean the following.

- *Meta*:            To change
- *Morpho*:            Shape or form

We see metamorphosis when a caterpillar becomes a butterfly. That is transformation.

Metamorphosis is found three times in the New Testament:

- Matthew 17:2 \_\_\_\_\_
- Mark 9:2 \_\_\_\_\_
- 2 Corinthians 3:18 \_\_\_\_\_

In each case it refers to an inward change.

Thus, the transformation Romans 12:2 is talking about is an *inward* activity that takes place in a believer that changes him into the very image of Christ. And this transformation can *only* take place by renewing the mind!



## Renewing

- What is "renewing the mind"?
- "Renewing the mind" means to make new again \_\_\_\_\_ or to renovate \_\_\_\_\_.
- The Christian life is a mind war.

On the other hand, if we can develop the mind of Christ, we will have consistent victory over Satan. Once our minds are remade so that we think like Christ and act like Christ, we will have victory in the Christian life. This is why Paul said, "Let this *mind* be in you, which was also in Christ Jesus" (Philippians 2:5).

- How do we renew our minds?

Meditation in the Word

Psalm 1:1-3 and Psalm 119:9-15 make this perfectly clear. The key to victory is Meditation.

## Meditation

Meditation produces dedication, but a lack of it produces stagnation.

## DEFINITION OF MEDITATION

Meditation is a \_\_\_\_\_ mental \_\_\_\_\_ process through which  
Scripture \_\_\_\_\_ is memorized \_\_\_\_\_, visualized \_\_\_\_\_  
and \_\_\_\_\_ personalized \_\_\_\_\_.

### THE BENEFITS OF MEDITATION:

◆ Physical/Material Blessings

- Proverbs 4:7-8 Promotion and honor

- Joshua 1:8 Good success

- Psalm 1:1-3 Happiness and prosperity

◆ Mental Blessings

- Romans 12:2 Sharpens our thoughts

- Isaiah 55:8-9 Gives us the mind of God

- Psalm 119:97 Gives wisdom and understanding



COREL GALLERY™

The phrase "be all that you can be" is a favorite expression of the U.S. Army. But it certainly should be the motto of those in God's army. Teens, God has great blessings stored up for you, and He will unload them on those who discipline themselves to daily meditate in His Word. As you meditate, God will pour out His blessings upon you; and you will truly be "all that you can be."





# 1

## The Secret Of The Christian Life

---

**Discuss:** What is the secret to victory in the Christian life? (Allow time for your class to choose between the 15 choices in their books. Ask which one they would choose and why.)

According to Romans 12:1-2, the answer is renewing the mind. In order to understand this, let's examine three key words.

### Transformation

**Student's Book Exercise.** Have the class look at Romans 12:1-2 and record the three actions the Christian is to take: present our bodies a living sacrifice to God; be not conformed to the world; be transformed by the renewing of the mind.

**Ask:** Which of these three actions "transforms" a Christian? (Renewing the mind)

**Ask:** What is "transformation"? What does this word mean?

The Greek word translated "transformed" is the word *metamorphoo* (me-tah-mor-fo'-o). It is a compound word made up of *meta* (to change) and *morpho* (shape or form). It is related to the word we use in referring to the change that takes place when a caterpillar is transformed into a butterfly.

The Christian needs to be changed on the inside. He needs to take on the very nature of Christ, to become like Christ from the inside out. That's metamorphosis.

*Metamorphoo* is found three other times in the New Testament.

● Matthew 17:2.

● Mark 9:2.

These two verses speak of Christ's "transfiguration." (He completely changed in His appearance so that He literally glowed with the glory of God.)

● 2 Corinthians 3:18. We are to be "changed into the same image" of Christ.

Paul uses the word *morpho* without the prefix *meta* in Galatians 4:19: "... until Christ be formed in you." These verses reveal that the transformation Romans 12:2 is talking about is an inward change that takes place in a believer that changes him into the very image of Christ.

How does this take place? By going forward in church and making a commitment to change? No. That is not to say that we don't need to make a decision to change, but just making that decision doesn't change us. We can

go forward a thousand times and “get right with God” and determine to be like Christ; but that will never change us, any more than a young man’s decision to be the next Michael Jordan will make him the next Michael Jordan.

How then are we “transformed”? “By the renewing of the mind.” That brings us to another key word in Romans 12:1-2.

## Renewing

### What Is “Renewing The Mind”?

“Renew” means “to make new again” or “to renovate.” The thought conveyed by this word is not to make something new that has never existed before. Renew means to repair and recondition something that is old or broken down in order to make it far superior to what it was before.

Thus, if we are to be transformed into the very image of Christ so that we think like Him and act like Him, we must repair our minds and make them far superior to what they were before we were saved.

Therefore, it is clear that the Christian life is a mind war! The whole of Christian warfare takes place in our minds. Satan knows that if he can control our minds, he can control us. Thus, he continually seeks to attack us through our minds.

On the other hand, if we can develop the mind of Christ, we will be “mighty through God to the pulling down of strong holds.” We will have consistent victory over Satan. Once our minds are re-made so that we think like Christ and act like Christ, we will have victory in the Christian life. This is why Paul said, “Let this mind be in you, which was also in Christ Jesus” (Philippians 2:5).

Notice 2 Corinthians 10:4-5. Paul pictures the mind as a city against which Satan has built fortresses and siege towers in an attempt to conquer and control our minds. As Christians, we must use the power of God to throw down these siege towers and fortresses so that Satan cannot get victory in our lives. (See also Proverbs 25:28.)

### How Do We Renew Our Minds?

We renew our minds by daily meditation in the Word of God.

In Psalm 119:9, David asks the question, “How can a young man be clean in his life? How can he have victory over sin?” He answers his own question as follows.

- By obeying the Word (119:9)
- By memorizing the Word (119:11)
- By meditating in the Word (119:15)

Note Psalm 1:1-3. Here is the secret to happiness in the Christian life. The “blessed” or happy man does not do three things: (1) walk in the counsel of the ungodly, (2) stand with sinners and (3) sit with scoffers. Instead, he does two things: (1) delights in the Word and (2) meditates in the Word day and night.

Thus, we see that the Christian’s secret to victory, happiness and being transformed points back to one key word: meditation.

# Meditation

This brings us to our third key word. Although “meditation” is not mentioned per se in Romans 12:2, it is implied by the phrase “renewing the mind.” It is through meditation that we renew the mind.

Meditation is a lost art. During David’s day (and even until recent times), men put much time in meditation, realizing the benefits of this daily practice. As a result, men were deep in their love and appreciation for the Lord. Their insight into God’s Word was deep, and their writings sparkled with adoration and dripped with the honey of praise for the grace and glory of their God. Biblical and biographical records of great Christians through the centuries reveal that meditation produces dedication, but a lack of meditation produces stagnation.

## Definition Of Meditation

What is meditation? Meditation is a mental process through which Scripture is memorized, visualized and personalized. Scripture is taken through the mind, the will and the emotions; and as a result, there is a greater love for the Lord and a life of holiness and faith.

## Benefits Of Meditation

Discuss the following benefits and blessings of meditation by having your students first turn to each verse, read it and see if they can tell you the benefit that is being described. Once they determine the benefit, add the following comments.

### *Physical/Material Blessings*

- Proverbs 4:7-8. Promotion and honor. If a person desires to “get ahead” in life, God promises that He will promote him if he exalts wisdom. Since wisdom is found in God’s Word, the way to exalt wisdom is to immerse oneself in the Word.
- Joshua 1:8. Good success. Do you want to be prosperous and successful? Then meditate in the Word every day.
- Psalm 1:1-3. Happiness and prosperity. The truly happy person is the one who stays in the Word. (This will be discussed in more detail later.)

### *Mental Blessings*

- Romans 12:2. Sharpens our thoughts. As we pass God’s Word through our minds, emotions and wills, we find that His Word begins to sharpen our thoughts. Our minds are “renewed.” The world colors our thinking. Television, magazines, friends and our environment all tend to press us into their mold. Before long we begin to think like the world (which is exactly opposite of the way God thinks). Thus, we keep our minds sharp by renewing them through meditation in the Word.

● Isaiah 55:8-9. Gives us the mind of God. God's thoughts are the opposite of ours. So how are we to think like Him? By running His thoughts through our minds. God's Word is an expression of the way God thinks. Someone has said that the Bible is God's brain. If we can constantly run His thoughts through our minds, pretty soon we will begin to think like He does. This is why the old Puritan writers had such depth of knowledge and such beautiful ways of expressing themselves. They had so saturated their minds with His Word that they literally "thought Scripture." Thus, we need to have the same mind or attitude as Christ (1 Corinthians 2:16; Philippians 2:5).

● Psalm 119:97-99. Gives wisdom and understanding. Note Psalm 119:130. God's Word gives "light." David explains what light is in the next phrase "understanding." There is a difference between knowledge and understanding. One can know facts but not understand them. When one understands Scripture, he has wisdom. Note Psalm 119:24. God's Word is our "counselor." Each verse gives us advice. Each verse reveals the perfect will of God. Each verse gives us perfect light and insight for every decision. If we truly know God's Word, we have a perfect guide for every situation; and as long as we follow that guide, we will never make a wrong decision!

It is also true that when God's Word becomes your counselor, you do not have to constantly depend on your youth pastor, pastor, Sunday school or Christian school teacher, or parents for advice. In fact, at that point you will have more wisdom than your teachers (Psalm 119:99), unless they are also saturated in the Word.

The phrase "be all that you can be" is a favorite expression of the U. S. Army. But it certainly should be the motto of those in God's army as well. God has great blessings stored up for each of us, and He will unload them on those who discipline themselves to daily meditate in His Word. As you meditate, God will pour out His blessings upon you; and you will truly "be all that you can be."

Don't settle for a mediocre life. Go for the best. Be all that you can be by saturating your mind with this Book! (In future lessons we will show you how you can do that.)

### **QUIZ ANSWER KEY**

1. Renewing the mind or meditation
2. C
3. Inward
4. Mind war
5. Dedication, stagnation
6. Meditation in the Word of God
7. 1) Promotion and honor; 2) good success, 3) happiness and prosperity
8. 1) Sharpens our thoughts; 2) gives us the mind of God, 3) gives wisdom and understanding

## LESSON 1 QUIZ - THE SECRET OF THE CHRISTIAN LIFE

Name \_\_\_\_\_ Level \_\_\_\_\_ Score \_\_\_\_\_

Maximum Score: 6 points Level One; 13 points Level Two

### LEVEL ONE AND LEVEL TWO

- (1) 1. What is the secret to Christian living? \_\_\_\_\_
- (1) 2. Which of the following actions requested in Romans 12:1-2 will transform a Christian's life? (a) Yielding yourself to the Lord (presenting your body to Him); (b) Living a separated Christian life (be not conformed to the world); (c) Renewing the mind (meditating on God in the Word). \_\_\_\_\_
- (1) 3. What kind of "transformation" is Romans 12:2 talking about — inward or outward?  
\_\_\_\_\_
- (1) 4. Finish this: The Christian life is a \_\_\_\_\_.
- (2) 5. Finish this: Meditation produces \_\_\_\_\_, but a lack of meditation produces \_\_\_\_\_

### LEVEL TWO ONLY

- (1) 6. How does a person renew their mind? \_\_\_\_\_
- (3) 7. Name three physical/material blessings that come from meditation in the Word of God.  
1) \_\_\_\_\_  
2) \_\_\_\_\_  
3) \_\_\_\_\_
- (3) 8. Name three mental blessings that come from meditation in the Word of God.  
1) \_\_\_\_\_  
2) \_\_\_\_\_  
3) \_\_\_\_\_