

A lesson in practical Christianity

What you think and visualize in your mind tends to form its own reality. When we allow the indwelling Spirit of Christ to “*transform us by the renewing of our minds,*” then we literally become new creatures. Old things pass away and all things become new. Christ forgave sins, healed the sick, and even raised the dead, and He said we would be able to do even greater things than He. The key to unlocking this potential within us is to change the way we think. Mental and spiritual healing come first, then comes the emotional and physical healing. Just as there are physical laws that govern our physical universe, there are spiritual and moral laws that govern our relationship with God and others.

The greater reality is this. There is actually no difference between physical and spiritual laws. The physical universe in which we reside is actually not material at all, but instead is spiritual in nature and substance, and it is governed by the universal consciousness (Spirit) of God in combination with our own consciousness (human spirit). God does not reside apart from His created universe. He dwells within it (and within us), holds it all together, and is in direct control of every aspect of it. When we allow the Spirit of God to exercise control over our human spirit, nothing will be impossible to us. It doesn't matter what our desires might be, whether physical or spiritual in nature. If we can learn to control our thinking, we truly can achieve the desires of our heart.

We do this through prayer and meditation. As a practical exercise, I would encourage you to meditate on the following Scripture passages several times a day, and pour out your heart to God. Ask Him for whatever you want for (1) yourself, (2) those whom you love, and finally for (3) those whom you ought to love.

Proverbs 23:7a: *“For as he thinketh in his heart, so is he. . .”*

Romans 12:2: *“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will.”*

Philippians 4:8: *“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things.”*

Proverbs 3:5-6: *“Trust in the LORD with all your heart and do not lean on your own understanding. In all your ways acknowledge Him, and He will make your paths straight.”*

Psalms 37:3-4: *“Trust in the LORD and do good. Dwell in the land and cultivate faithfulness. Delight yourself in the LORD; and He will give you the desires of your heart.”*

Psalms 1:1-3: *“Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditates on his law day and night. That person is like a tree planted by streams of*

water, which yields its fruit in season and whose leaf does not wither. Whatever they do prospers.”

Matthew 6:33: *“But seek first his kingdom and his righteousness, and all these things will be given to you as well.”*