



Meditation #2

Pentecost 2009

In Celebration of the Spirit:
Stretching Out in Expectation of the Overflow
Acts 2

Sweet Memories

“But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things and bring to your remembrance, whatsoever I have said unto you.”

John 14:26

For the Christian, the guarding of the mind is one of the most important disciplines of practice. This is because the meditations of the mind often dictate the direction of the steps we take, the affections we are controlled by, the aspirations we possess, and the depth of determination present within us to reach them. There is no substitute for a healthy, alert, organized, focused, disciplined mind.

The mind is important because it is the storehouse of **what** we think about. But also, the mind can be corrupted when the **nature of our thoughts** work to cause harm or danger to ourselves or others. This is why we are encouraged to keep our minds set on things that are true, honest, just, pure, lovely, of good report, virtuous, and worthy of praise. **What’s your mindset?**

The Holy Spirit will help us to guard our minds and keep a positive and uplifted mindset as He keeps before us all that Christ has spoken to our hearts to comfort us as we journey.

You may find it necessary during this season of Pentecost to arrange a private meeting in a secluded place with the Holy Spirit. Get somewhere alone with Him. Turn down the lights. Close the blinds. Turn your cell phone off. Put the do not disturb sign up. And ask the Holy Spirit to fill your mind, bring to your remembrance, all of the wonderful ways in which God has been good to you. Cherish the memories of God’s goodness. Let these sweet memories help to carry you to God’s blessed future for you. What God did before, He can do again. Remember that!

Pray This:

“Heavenly Father, help me to rebuke the negative thoughts which the forces of the world would use to oppress my mind. I remember your goodness toward me, your favor upon me, your love for me, and your blessed destiny for my life. Today my thoughts toward myself and toward all others are all together lovely”

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