

CHEW

by Vincent M. Newfield



Your words were found, and I ate them; and Your words were to me a joy and the rejoicing of my heart....
—Jeremiah 15:16

After thirty-four years of walking with the Lord, I have found that there is only *one* fool-proof way to renew our minds and rewire the computer in our cranium. How? By getting the Word of God in us. Only God's Word in the hands of the Holy Spirit who lives in us has the inherent power to change us—nothing else.

Now, when I say get the Word in us, I'm not just talking about *reading* it—I'm talking about "chewing" on it. Reading is great, but it's not the same as chewing. Chewing on the Word is *meditating* on the Word, which means "to dwell on something in thought, rolling it over and over in the mind."X If you know how to worry, you know how to meditate. The only difference is, instead of rolling the *problem* over and over in your mind, you roll God's *principles* and *promises* over and over in your mind.

What happens when we chew on the Word? Well, what happens when we eat? We put food in our mouth, chew it, swallow it, and it goes into our stomachs where it is digested. Chewing breaks down each bite-sized bit into tiny morsels our body can easily digest. The more we chew our food, the more nutrients are released for our bodies to absorb.

In the same way, when we *chew* on the Word, which is our spiritual food, we put it in our mouth, chew it in our minds and digest it in our spirit. Just like our stomach contains special digestive juices to break down our physical food, the Holy Spirit, who lives inside us, acts as the digestive juices, breaking down each scripture into usable fuel for our spirit and soul (see John 14:26; 16:13,15).

What part of the Word do we chew? Well, in what areas of your life are you *struggling*? Where are you having an intense mental attack? Find *specific* scriptures that fight against the *specific* problems you're facing, and chew on them until they become a permanent part of who you are. For example, I use to battle with thoughts and feelings of condemnation—especially over sins I'd already repented of. Just wishing they would go away didn't change a thing. But when I got out my Bible and looked up the word *condemnation* in the concordance, I found some specific scriptures to chew on that brought change to my thinking.

In my notebook, I wrote out scriptures like Romans 8:1, declaring that there is *no condemnation* to those who are in Christ Jesus. I jotted down 2 Corinthians 5:21, which says that in and through Jesus, God sees us as *righteous, acceptable* and *approved*. I also wrote out and personalized John 3:17, 18: *For God did not send the Son into [Vincent] in order to judge (to reject, to condemn, to pass sentence on) [Vincent], but that [Vincent] might find salvation and be made safe and sound through Him. [Vincent] who believes in Him [who clings to, trusts in, relies on Him] is not judged [Vincent who trusts in Him never comes up for judgment; for him there is no rejection, no condemnation—he incurs no damnation].*

Chewing on these scriptures—rolling them over and over in my mind and my mouth—transformed my life. Does condemnation still come against me? Yes. But it no longer holds me hostage. Why? Because the truth of God's Word is a permanent part of who I am. When the enemy launches his lies of condemnation against me, the Holy Spirit recalls the Word I have hidden in my heart, and the devil's deceptions are no match for the wonderful Word of God!

Again, God's Word in the hands of the Holy Spirit that lives in you has the power to transform you. So chew on the life-changing truth of Scripture. ...*In a humble (gentle, modest) spirit receive and welcome the Word which implanted and rooted [in your hearts] contains the power to save your souls!* (James 1:21)

Take the Next Step -----

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