Newborn children need time to grow and adapt to their new environment. Similarly, newly awakened children of God also require time to develop. Meditation should be an essential practice in daily life. The old thoughts that linger in our minds must be renewed, as they can hinder a relational existence without the Lord. You are not alone; the Holy Spirit dwelling in you will support you. Science indicates that to change the subconscious, you must rewrite its programming through repetition. The subconscious often struggles to accept new ideas of change.

Interestingly, science aligns with Scripture. At the beginning of the nation of Israel, God instructed the people to meditate on the book of the law to guide their behavior. In Joshua 1:8, it is written: “This book of the law shall not depart out of thy mouth, but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.”

The Apostle Paul, in his writing of the Epistles, speaks extensively about the renewal of the mind.

“And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.” Philippians 4:7-8

The key is that God "shall keep your hearts and minds through Jesus Christ." This guidance comes not from the world's ideals of truth but from what the Scriptures teach—what can be described as godly perception. In Romans, it is stated:

“And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect will of God.” (Romans 12:2)

These verses can serve as a starting point for your meditation and the renewal of your mind. Meditation can be a dedicated time in your day to clear your thoughts or an ongoing focus throughout the day. Concentrate on what the Word of God says. Everyone's growth in faith has its own timetable. The ultimate goal for believers in Christ is to be conformed to His image. The knowledge gained from the Word of God will help achieve this. Therefore, fill your mind with His Word, and consider memorizing verses, even passages.