



2 Cor. 3:12-18

“But we all, with **unveiled face**, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as from the Lord, the Spirit.”

“But we all, with unveiled face, **beholding** as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as from the Lord, the Spirit.”

# Contemplate:

“to thoughtfully look at a long time”  
synonyms: to take in, to reflect upon,  
to meditate, to ponder.

“But we all, with unveiled face, beholding as in a mirror **the glory of the Lord**, are being transformed into the same image from glory to glory, just as from the Lord, the Spirit.”

Exodus 33:18-21

“But we all, with unveiled face, beholding as in a mirror the glory of the Lord, **are being transformed** into the same image from glory to glory, just as from the Lord, the Spirit.”



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The Great Controversy, p. 555

“It is a law both of the intellectual and the spiritual nature that by beholding we become changed. The mind gradually adapts itself to the subjects upon which it is allowed to dwell. It becomes assimilated to that which it is accustomed to love and reverence.”





# SHADOW of the ALMIGHTY

*The Life and Testament of Jim Elliot*

ELISABETH ELLIOT

"He is no fool who gives that  
which he cannot keep,  
to gain what he cannot lose."  
—missionary martyr Jim Elliot



“A man’s thoughts dye his soul.  
*Constantly dwelling in the words of  
the Lord dyed Jim’s soul, and it’s  
color was not hidden from fellow  
students.”*

## LEFT BRAIN

LOGIC

ANALYSIS

SEQUENCING

LINEAR

MATHEMATICS

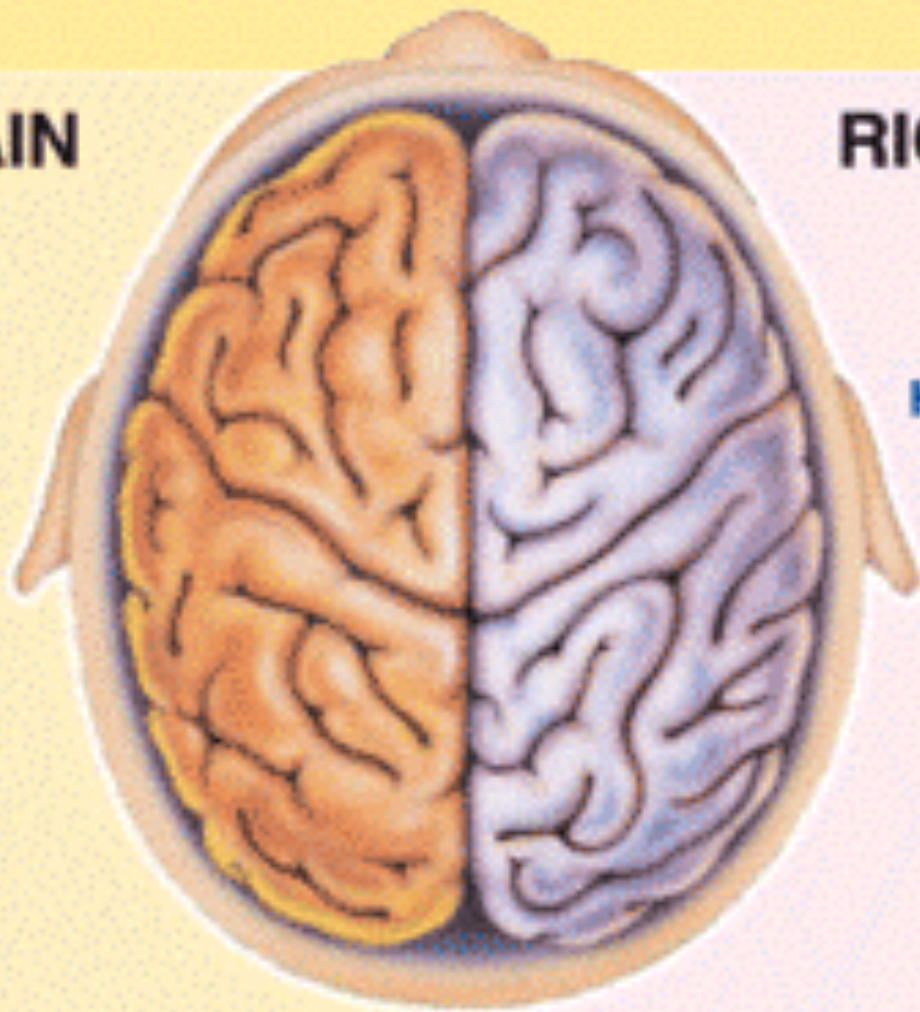
LANGUAGE

FACTS

THINK IN WORDS

WORDS OF SONGS

COMPUTATION



## RIGHT BRAIN

CREATIVITY

IMAGINATION

HOLISTIC THINKING

INTUITION

ARTS (Motor skill)

RHYTHM (Beats)

NON-VERBAL

FEELINGS

VISUALISATION

TUNE OF SONGS

DAYDREAMING



Thoughts from the Mount of Blessings, p. 1  
Let us in *imagination* go back to that scene,  
and, as we sit with the disciples on the  
mountainside, enter into the thoughts and  
feelings that filled their hearts. Understanding  
what the words of Jesus meant to those who  
heard them, we may discern in them a new  
vividness and beauty, and may also gather for  
ourselves their deeper lessons.

Desire of Ages, p. 83

It would be well for us to spend a thoughtful hour each day in contemplation of the life of Christ. We should take it point by point, and let the *imagination* grasp each scene, especially the closing ones. As we thus dwell upon His great sacrifice for us, our confidence in Him will be more constant, our love will be quickened, and we shall be more deeply imbued with His spirit.

Acts of the Apostles, p. 557

“The power and tenderness, the majesty and meekness, the strength and patience, that he saw in the daily life of the Son of God, filled his soul with *admiration*. He yielded his resentful, ambitious temper to the molding power of Christ, and divine love wrought in him *a transformation of character*.”

Imagination.  
Admiration.  
Transformation.

## Definition of Imagination:

“the capacity to produce images, ideas and sensations in the mind without any immediate input of the senses (such as seeing or hearing).

Synonyms: *Meditation*, Visualization,  
Contemplation, Reflection

“Eastern meditative practices involve the emptying of the mind, whereas biblical meditation involves filling the mind with the Word of God, reflecting carefully upon God’s revelation of Himself in the Scriptures, in the life and ministry of Jesus Christ, and upon God’s acts in history, including in the life of the believer.”

Psalm 119:27 Make me understand the way of Your precepts; So shall I *meditate* on Your wonderful works.

1 Timothy 4:12 *Meditate* on these things; give yourself entirely to them, that your progress may be evident to all.



## Christ's Object Lessons, 59

“Merely to hear or to read the word is not enough. He who desires to be profited by the Scriptures must *meditate upon the truth* that has been presented to him....God bids us fill the mind with great thoughts, pure thoughts. He desires us to *meditate* upon His love and mercy, to study His wonderful work in the great plan of redemption....

The soul dwelling in the pure atmosphere of holy thought will be *transformed* by communion with God through the study of Scriptures.”

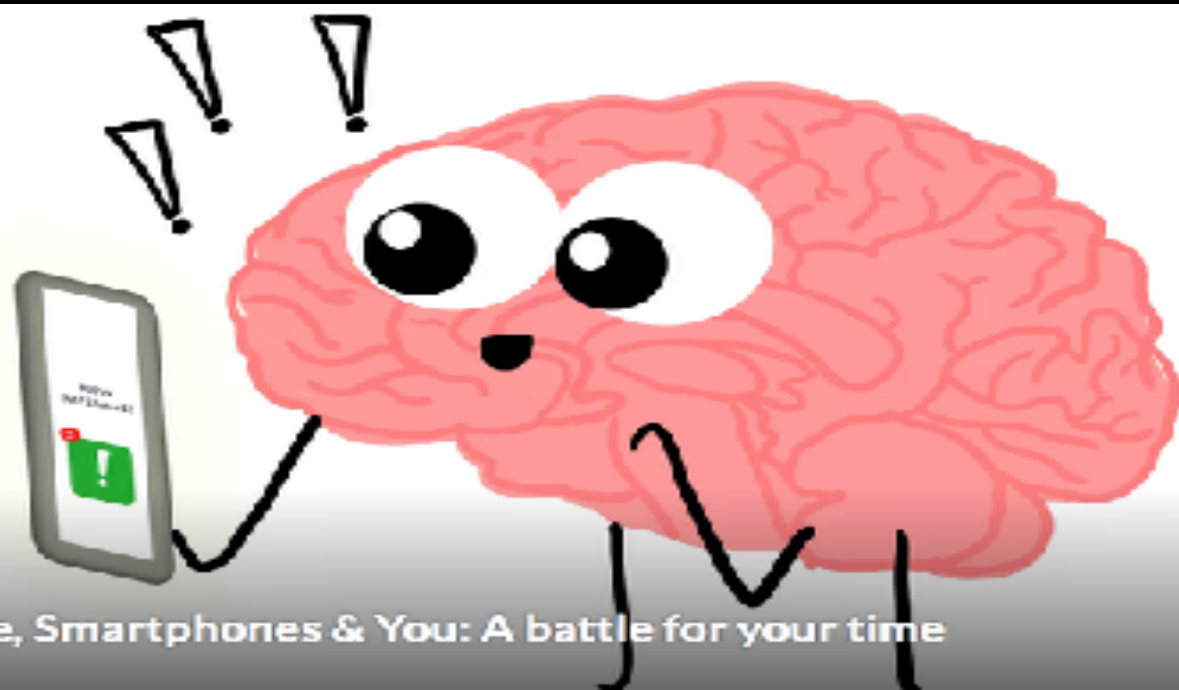


## Genesis 6:5

And God saw that the wickedness of man was great in the earth, and that every *imagination* of the *thoughts* of his heart was only evil *continually*.

2 Cor. 10:5

Casting down *imagination*s, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity *every thought to the obedience of Christ*



PART 5, 2016  
DLSC

**Dopamine, Smartphones & You: A battle for your time**

“I feel tremendous guilt,” admitted Chamath Palihapitiya, former Vice President of User Growth at Facebook, to an audience of Stanford students. He was responding to a question about his involvement in exploiting consumer behavior.

“The short-term, dopamine-driven feedback loops that we have created are destroying how society works,” he explained. In Palihapitiya’s talk, he highlighted something most of us know but few really appreciate: smartphones and the social media platforms they support are turning us into bona fide addicts.



While it's easy to dismiss this claim as hyperbole, platforms like Facebook, Snapchat, and Instagram leverage the very same neural circuitry used by slot machines and cocaine to keep us using their products as much as possible. Taking a closer look at the underlying science may give you pause the next time you feel your pocket buzz.





# Knives Not Allowed

A knife is prohibited if:

- The blade is longer than 2.36 inches or 6 centimeters in length
- The blade width is more than 5/8 inch at its widest point
- The knife has a fixed blade or locks firmly when in use
- The knife has a molded grip



## Phil. 4:8 - Filter

Is it true?

Is it honorable?

Is it right?

Is it pure?

Is it lovely?

Is it praise worthy?

**Evaluate before you  
Contemplate**

“Even the thoughts must be brought into subjection to the will of God, and the feelings under the control of reason and religion. Our imagination was not given us to be allowed to run riot and have its own way, without any effort at restraint and discipline. If the thoughts are wrong, the feelings will be wrong.”

In Heavenly Places, 162

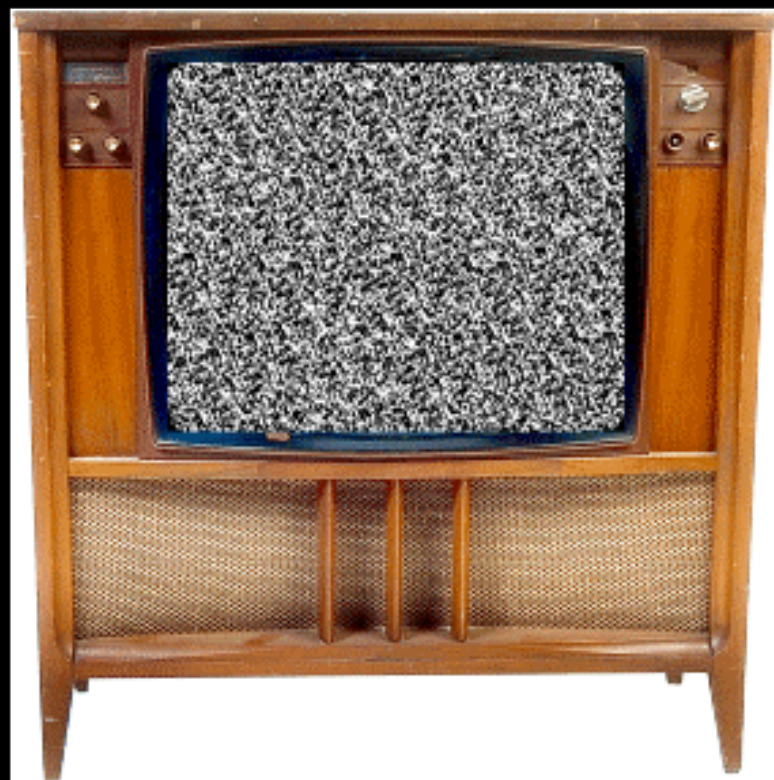






“We need a constant sense of the ennobling power of pure thoughts and the damaging influence of evil thoughts. Let us place our thoughts upon holy things. Let them be pure and true, for the only security for any soul is right thinking.”

In Heavenly Places, 164



Psalm 1:2

“But whose delight is in the law of the LORD, and who *meditates on his law day and night.*”

## Joshua 1:8

Keep this Book of the Law always on your lips; *meditate on it day and night*, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

Patriarchs and Prophets, p. 85 - Enoch  
The infinite, unfathomable love of God  
through Christ became the subject of his  
(Enoch's) *meditations day and night*; and  
with all the fervor of his soul he sought  
to reveal that love to the people among  
whom he dwelt.

# 30 day challenge:

Make time in the morning

Put your phone on air plane mode

Choose a Bible Passage

Journal your thoughts

Meditate on the Text

throughout the day

