



The Way - Meditating on God's Instruction

Key idea:

Those who walk the way of Jesus Christ embrace God's Instruction, meditating on His Word day and night so they understand and obey it, knowing this is for their own good.

Key text:

Psalm 1

Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. ² But his delight is in the law of the LORD, and on his law he meditates day and night. ³ He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers. ⁴ Not so the wicked! They are like chaff that the wind blows away. ⁵ Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous. ⁶ For the LORD watches over the way of the righteous, but the way of the wicked will perish.

Key points:

1. The way of the righteous, the way of blessing, is the path of meditating upon God's Law, His Torah. The basic meaning of Torah is not legal code, but rather instruction. God's Word is His loving instruction for us.
2. Scripture consistently tells believers to meditate upon God's Word. To meditate is to think deeply about something, to turn it over in my mind so as to understand it, and to do this until it penetrates my heart and desires.
3. Several practices are part of meditating upon God's Word of instruction:
 - a. Meditation begins by hearing and reading Scripture!
 - b. Meditation happens as I repeatedly hear, read, and think about a verse or small passage
 - c. Meditation grows as I pray through the verse or passage of Scripture
 - d. Meditation happens as I study the passage and look for similar verses/passages
 - e. Meditation is aided as I memorize the verse or passage so I can mutter it to myself as I go through my day
 - f. Meditation is furthered as I talk through the verse or passage with others

4. There are three main goals in meditating upon God's Word:
 - a. Meditation is meant to stir up delight in God's Word!
 - b. Meditation points me to Jesus Christ in all His glory and sufficiency
 - c. Meditation must always usher in the application of obedience to God's Word

Questions for discussion/application:

1. What part of Sunday's teaching stood out most to you? Why?
2. Many translations translate the Hebrew word 'Torah' as law in Psalm 1. How is it different to think of Torah as meaning 'instruction' rather than 'legal code'? How does this change my understanding of the call in Psalm 1?
3. Psalm 1:1 speaks of the counsel of the wicked, the way of sinners, and the seat of mockers, while Psalm 2 speaks of God's Torah, His instruction. How are these two related to one another? How do those identified as 'wicked', 'sinners', and 'mockers' think of God's Word?
4. When I hear the word 'meditate', what comes to my mind? What is my first thought of what meditation looks like in practice? How does that differ from what Scripture means by 'meditation'?
5. Why does God tell us we need to meditate on His Word day and night? Why is such constant meditation necessary for us to consistently walk in the ways of God?
6. What practices have I found particularly helpful in meditating on God's Word?
7. When I look at the practices of meditation listed in key point 3 above, which one(s) have I practiced the least? How can I incorporate them more into my practice of meditating on God's Word?
8. Why is meditation so essential to applying God's Word in my daily life? How does meditation help me to do this more than simply reading large passages of Scripture?
9. What text do I plan to meditate on this week?
10. Who will I call or see to encourage this week?

For Further Study:

[Meditating on God's Word](#) (September 2, 2012)

[The Psalms As Instruction: The Abundant Life](#) (October 20, 2003)

[The Psalms and the Word of God](#) (February 1, 2004)

[Our Instruction Manual: The Bible](#) (July 14, 2019)

[Letting the Word Dwell In You Richly](#) (January 17, 2010)

[Shema: Hear and Speak God's Word](#) (January 1, 2017)

Preview of next week: The Way: Embracing God's Rule (Psalm 2)