

Theme: 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.

I. Intro - Conversation with Rachel M.

- A. Recently got her doctorate in education from Oxford
- B. "Are you teaching us how to read Scripture and not just what it says?" Exactly!
- C. We are practicing mediation together these weeks
- D. We will specifically look at it - but we have been doing it!

II. The Way of God's Instruction

- A. The way is the way of God's Torah
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.
Psalm 1:1-2

1. The way of blessing is the way of God's Torah (Law)
2. We must understand the meaning of Torah
 - a. Torah classically refers to Mosaic law - the Pentateuch (Genesis-Deuteronomy)
 - b. But the basic meaning is 'instruction' not legal code
 1. The Hebrew is drawn from the verb 'to teach/instruct'
 2. It is used this way often in the Old Testament
The Lord said to Moses, "Come up to me on the mountain and stay here, and I will give you the tablets of stone, with the law and commands I have written for their **instruction**." Exodus 24:12
Listen, my son, to your father's instruction and do not forsake your mother's **teaching**. Proverbs 1:8

3. Torah is God's instruction, which teaches us the truth about God, humanity, righteousness, sin, etc.
4. We are called to meditate on God's instruction to us, realizing it is the truth and will guide us into the path of true blessing.

- B. God's Torah or the teaching of the world
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.
Psalm 1:1-2

1. The world offers its 'torah' telling us how to view life, God, humanity, righteousness, sin, etc.
2. The Torah of the world is often diametrically opposed to God's Torah
3. God's people must walk in the way of God's Torah, not the torah of the world

III. The Way - Meditating on God's Instruction

- A. The constant call to meditate on God's Word
But his delight is in the law of the Lord, and on his law he meditates day and night. Psalm 1:2
 1. The wise one meditates on Torah day and night
 2. One can not know the right way, much less walk in it, without meditating upon God's Word of instruction
 3. This command is repeated many times
Do not let this Book of the Law depart from your mouth; 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. Joshua 1:8

- a. Torah must be meditated upon day & night
- b. This leads to prospering - as in Psalm 1:3!
Oh, how I love your law! I meditate on it all day long.
Psalm 119:97
- a. Acrostic poem about God's Word
- b. The Psalmist loves & mediates on Torah all-day

B. Understanding 'meditation'

But his delight is in the law of the Lord, and on his law he **meditates** day and night. Psalm 1:2

1. Eastern religion - empty the mind; repeat a meaningless mantra
2. This is the opposite of what Scripture means!
3. The Hebrew word means to murmur or mumble
4. This is why Joshua said it was to be in your mouth
5. To meditate is to think deeply, to turn it over in my mind so as to understand it, and to do this until it is penetrating into my heart and desires.

C. How to meditate on God's Word of Instruction

1. Meditation begins by hearing and reading Scripture!
 - a. You can not meditate on what you do not read!
 - b. Scripture is the fuel of our meditation!
2. Meditation happens as I repeatedly hear, read, and think about a verse or small passage
 - a. This is not about covering vast swaths of Scripture, but deeply penetrating into a smaller section
 - b. We read, think about, mutter it aloud, and do this over and over again until it is opening up to us.

3. Meditation grows as I pray through the verse or passage of Scripture
 - a. Remember that Psalms are prayers!
 - b. As I pray a verse or passage for myself or others it deepens my understanding of God's Word and my desire for it to be fulfilled
4. Meditation happens as I study the passage and look for similar verses/passages
 - a. We look at the metaphors and words and look for similar verses/passages to gain insight
 - b. Psalm 1:2-3; Joshua 1:8; Psalm 119 shed light on one another
5. Meditation is aided as I memorize the verse or passage so I can mutter it to myself as I go through my day
I have **hidden your word in my heart** that I might not sin against you... ¹³ **With my lips I recount all the laws** that come from your mouth... ¹⁵ **I meditate on your precepts and consider your ways.** Psalm 119:11, 13, 15
 - a. Hidden, recount, meditate are parallel - same idea
 - b. As I memorize God's Word I can recall it, repeat it aloud to myself, and turn it over and over in my mind to get an increasing understanding of God's loving Word of instruction to me.
6. Meditation is furthered as I talk through the verse or passage with others
These commandments that I give you today are to be upon your hearts. ⁷ Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Deuteronomy 6:6-7

- a. Get them in your heart, and in your kids!
- b. To do this, talk about them with others!
- c. We help each other meditate on Scripture deeply as we talk through what God's Word means and think through how to apply it in our lives today.

D. The goal in meditating on God's Word of Instruction

1. Meditation is meant to stir up delight in God's Word!

But his delight is in the law of the Lord, and on his law he meditates day and night. Psalm 1:2

- a. Delight is parallel with delight, for they are symbiotic - the more we delight the more we meditate, and the more we meditate the more we delight!

- b. This idea of delight, love, rejoicing is often linked with meditation in the Psalms

I **rejoice** in following your statutes **as one rejoices in great riches**. ¹⁵ I **meditate** on your precepts and consider your ways. ¹⁶ I **delight** in your decrees; I will not neglect your word. Psalm 119:14–16

Oh, how I love your law! I meditate on it all day long. Psalm 119:97

- c. Meditation is never merely about academic insight; it is always aimed at deeper delight in God and His Word.

2. Meditation points me to Jesus Christ in all His glory and sufficiency

- a. Jesus is the focus of all Scripture, so true meditation will always find Him!
- b. The more I meditate upon Jesus, His character, His work for us, and His glory, the more my love and desire for Him grows.

3. Meditation must always usher in the application of obedience to God's Word

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. Psalm 1:1–2

- a. Does not walk - this is speaking of "the way" of life
- b. The wicked meditate on how to disobey God's Word
Why do the nations conspire and the peoples **plot** in vain? Psalm 2:1
 - 1. Plot is 'meditate' (same Hebrew word)
 - 2. But they are meditating on how to throw off God, His King, and His Word!
- c. Meditation must lead to walking the way of the righteous - obeying God's Word
Do not let this Book of the Law depart from your mouth; 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. Joshua 1:8
- d. I prosper and am secure, not as I simply hear God's Word but as I apply it by the power of the Spirit.

IV. Applying the Word

A. Meditating on God's Word this week

- 1. I encourage you to not just skim over a lot of Bible text, but to pick one or two passages and meditate deeply - this will keep God's Word fresh in you
- 2. Perhaps continue with Psalm 1 and 2, or pick another passage.
- 3. Read, study, pray, and memorize it this week
- 4. As the Spirit for deep understanding and application

B. The Table of Refuge

1. Each week we come to this Table
2. Each time is a meditation upon the work of Christ for us, for this is central in God's Word and our faith
3. The message of Psalm 1 and 2 and all Scripture is to find our refuge in Christ alone

Serve the Lord with fear and rejoice with trembling.

¹² Kiss the Son, lest he be angry and you be destroyed in your way, for his wrath can flare up in a moment. Blessed are all who take refuge in him.

Psalm 2:11–12

- a. Psalm 1 and 2 present two kinds of people: those who meditate on God's Word to obey, and those who meditate to get out from under God's Word, His King, His rule
 - b. There are those who embrace God's Word, His Son in faith that leads to obedience, and those who reject His Word and Son to their own destruction
4. Have you found refuge in the Son? Come to Him today!
 5. All who believe - come to the Table of refuge!

The Way: Meditating on God's Instruction

Psalm 1
May 9, 2021
Communion
Acts 20:32

Teaching keywords: Word of God; blessing; Christian life; obedience

Now I commit you to God and to the word of his grace, which can build you up and give you an inheritance among all those who are sanctified. Acts 20:32

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. Psalm 1:1–6