

# Practicing the Christian Life: Meditation

## Psalm 1:1-6

6/25/23

### Discussion Questions

#### Preparation:

Before you heard the message what did you think meditation was? What is your experience with meditation? Now that you know more about it do you think you'll be more likely or less likely to practice it?

#### Passage:

*Blessed is the one*

*who does not walk in step with the wicked  
or stand in the way that sinners take  
or sit in the company of mockers,*

*<sup>2</sup> but whose delight is in the law of the LORD,  
and who meditates on his law day and night.*

*<sup>3</sup> That person is like a tree planted by streams of water,  
which yields its fruit in season  
and whose leaf does not wither—  
whatever they do prospers.*

*<sup>4</sup> Not so the wicked!*

*They are like chaff  
that the wind blows away.*

*<sup>5</sup> Therefore the wicked will not stand in the judgment,  
nor sinners in the assembly of the righteous.*

*<sup>6</sup> For the LORD watches over the way of the righteous,  
but the way of the wicked leads to destruction. Psalms 1*

1. As you read the passage what stuck out to you and why?
2. Take some time to meditate on each of the metaphors used in Psalm 1. List what they say about the person who delights in God's Word and the person who doesn't.
3. Have you found the Psalm to be true - That sinking your roots into God's Word and living out its implications does produce stability, rootedness, and a substantive person?
4. Share a time in your life when you felt the "*unbearable lightness of being*," that you were merely "*dust in the wind*." Do you know people who experience life this way? What can you say to them to guide them to a better way of life?

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5. What's the difference between Eastern meditation and Biblical meditation? Do people confuse transcendental meditation with Biblical meditation, which is "*to ponder patiently*" God's Word?
6. Are you a more rational person or intuitive person? How does that affect your relationship to God, how you read and study the Bible, and how you make decisions in your life?
7. What's the relationship between bible study, meditation, and prayer?
8. Take Martin Luther's three questions and use them to meditate on Psalm 23. His questions were:
  1. *How does this truth lead me to praise God?*
  2. *What sins do I need to confess in light of this truth?*
  3. *What should I ask God for in light of this truth?"* .

As a group, write down what comes to mind, then create a prayer time using the ACTS format: adoration, confession, thanksgiving and supplication (also called petition) and end your time with a time of adoration, confession and petition using what you wrote down.

9. Try another meditation exercise. Do what the Psalmist did and "*forget not all his benefits.*" The Psalmist came up with four benefits: forgiveness, healing, satisfaction, renewed strength. How many can you come up with?
10. What were your initial experiences with Scripture like? Did you "*delight in the law of the Lord*" or were your experiences more like Pastor Richard's, Isaiah's, or the disciples?
11. What is the secret to delighting in the law of the Lord?
12. Scan the Sermon on the Mount. Imagine living every teaching of Jesus to the "T." How hard would that be? Which teachings are most difficult for you to live out?
13. Pastor Richard shared a time in his life when what he believed, the love and grace of God, was not shaping his self-worth. Instead, the fear of failure and the need to achieve shaped his self-worth.

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Share a time in your life when the implications of a teaching from God's Word had not sunk deeply into your heart, mind and will so that part of your life.

14. End in prayer using the results of your meditation on Psalm 23.