

# Practicing the Christian Life: Meditation

## Psalm 1:1-6

6/25/23

### Outline

*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*

I. What Meditation Promises.

II. How Meditation Works.

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## Psalm 1:1-6

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*Praise the Lord, my soul;  
all my inmost being, praise his holy name.  
2 Praise the Lord, my soul,  
and forget not all his benefits—  
3 who forgives all your sins  
and heals all your diseases,  
4 who redeems your life from the pit  
and crowns you with love and compassion,  
5 who satisfies your desires with good things  
so that your youth is renewed like the eagle's. Psalm 103:1-5*

### III. How Meditation Delights.

*"Blessed is the one...whose delight is in the law of the LORD,  
and who meditates on his law day and night. (vs.s 1-2)*

*My mouth is dried up like a potsherd,  
and my tongue sticks to the roof of my mouth;  
you lay me in the dust of death. Psalm 22:15*

*"It is by grace you have been saved and not of works..." Ephesians 2:8-9*