



“Cultivate”

MARCH 16TH, 2022

6:30PM



“Meditate”

WHAT COMES TO MIND
WHEN YOU HEAR THE
WORD MEDITATE?

Psalm 1

¹ 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,
² but whose delight is in the law of the LORD,
 and who meditates on his law day and night.
³ 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.

Psalm 1 cont.

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 leads to destruction.

Historical Context

Authors: David wrote about 73 psalms; Asaph 12; The son of Korah 9; Solomon 2; Heman (with the son of Korah), Ethan, and Moses each wrote one; 51 psalms are anonymous.

Written: Between the time of Moses and the Babylonian Captivity

Purpose: To provide poetry for the expression of praise to God. Responses to life (ie. Music/Praise Songs).

Information provided from Life Application Study Bible

Walter Brueggemann's idea of summing up the Psalms

1. *Psalms of Orientation* (e.g. Psalm 8, 24, 33, 104, 133, 145).
2. *Psalms of Disorientation* (e.g. Psalm 13, 35, 74, 86, 95, 137).
3. *Psalms of New Orientation* (e.g. Psalm 29, 47, 93, 97, 98, 99, 114, 148, 150).

Historical Context

Author: Anonymous

Focus: Recognizes the value in being obedient to God and not following sinful actions/ways.

- Sets the tone for worship and life centered on God.
- Provides the benefits of being obedient to God.
- Contrast the life of a faithful person and one who isn't faithful.

Information provided from Life Application Study Bible

Explore the Text

Consequences of disobedience

¹ 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,

Why does the Psalmist offer a caution to us when participating in these activities?

Explore the Text

The psalm teaches us that we can find happiness when we turn away from certain activities that lead to sadness or destruction.

Actions of walking, standing and sitting in wickedness.

“Blessed is the one who does not **walk** in step with the wicked”

1. Walk- regular activity on an ongoing basis. Daily. Regular thing that you do.

Wicked- Hebrew (raw-shaw) criminal, guilty of crime, hostile to God, sinful against God or humanity, or anything ungodly.

Happiness comes to those who do not regularly participate in criminal activity..anything ungodly!

Explore the Text

Action of standing with the wrong intent.

“stand in the way that sinners take”

2. Standing- Positioning yourself firmly in something (an idea *ideology*- structure- pattern), remaining consistent in that space or situation

Sinners- Hebrew (chatta) fallible, sinners

Happiness comes to those who do not position themselves in sinful patterns
of living.

Explore the Text

Action of sitting with the wrong intent.

“or sit in the company of mockers”

2. Sitting- Taking up residence. Doing this for a longtime. Getting comfortable with this pattern of behavior.

Mockers- Hebrew (loots) to scorn, talk arrogantly, boast, mock, scoff (makes fun of someone or something of religious and moral value). – how we use our words.

Happiness comes to those who do not get comfortable with arrogant talk
that makes fun of others faith and moral values.

Explore the Text

Benefits of obedience

but whose delight is in the law of the LORD,
and who meditates on his law day and night.

³ 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.

Explore the Text

Actions that lead to life.

“whose delight is in the law of the LORD,”

1. Delight- Take pleasure in, desire, longing for, willing desire.

Law of the Lord- Mosaic Law (10 Commandments, New Commandment (NT church in Jesus Christ) – direction, instruction for life, teachings

Happiness comes to those who enjoy God’s teachings, and long to learn and live out God’s instructions in life.

Explore the Text

Actions that lead to life.

“and **who meditates** on his law day and night.”

2. Meditate- To groan, utter repeatedly, ponder (think about it), talk to one’s self, speak

Law of the Lord- Mosaic Law (10 Commandments, New Commandment (NT church in Jesus Christ) – direction, instruction for life, teachings

Happiness comes to those who repeatedly talk, think, and speak God’s teachings, and desire to learn and live them out in life.

Benefit of Meditation

Psalm 1-

1. like a tree planted by streams of water, (nourished)
2. which yields its fruit in season (growth)
- and 3. whose leaf does not wither (sustainability)
4. whatever they do prospers. (success)

Benefit of Meditation

Isaiah 26:3-³ You will keep in perfect peace
all who trust in you,
all whose thoughts are fixed on you!

Philippians 4:8- ⁸ And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. (peace)

Psalms 104:34- ³⁴ May all my meditations (musing, thoughts) be pleasing to him, for I rejoice in the LORD. (changed mind)

How do we meditate?

Psalm 119:15-¹⁵ I meditate on your precepts (commandments) and consider your ways (character of God).

23-²³ Though rulers sit together and slander me,
your servant will meditate on your decrees (teachings).

48-⁴⁸ I reach out for your commands, which I love,
that I may meditate on your decrees (teachings).

78-⁷⁸ May the arrogant be put to shame for wronging me without cause;
but I will meditate on your precepts (commands).

148-¹⁴⁸ My eyes stay open through the watches of the night,
that I may meditate on your promises (benefits as children of God).

Ways To Meditate

- ❖ Reading a passage repetitiously
- ❖ Listening to the word repetitiously
- ❖ Posting passages on bathroom mirror, in your car, on the refrigerator etc.
- ❖ Morning Readings
- ❖ Contemplation- Lectio Divina, Yoga

I CORINTHIANS 13: 1-7

NIV

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

Psalms 46:10

NIV

**Be still, and know
that I am God.**