



“Life Transforming Prayer” Psalm 1 & 150

It is the health of your soul that makes you or breaks you in life. The Book of Psalms is a medicine chest for soul healing and keeping. The Psalms will lay bare our lives and point us to God, His Word, and His promises for the flourishing of our souls.

It's been said, “The longest journey a man will ever make is the journey from his head to his heart.” How do we make that journey? The Bible's answer is Life Transforming Prayer.

Life Transforming Prayer...

Begins: With meditation on Scripture (Psalm 1)

Joshua1:8; Ps63:6; Ps119:15, 48, 148

The Why, What and How of meditation: vv2-4

- Why meditate? It puts the roots of your heart down into God so that you can have peace, poise and power regardless of your circumstances.
- What is meditation? It is the pleasure of thinking out the implications of Scripture until it warms your heart and you respond to what God is speaking to you through meditation.
- How to meditate? It begins by asking a lot of questions about the text: S.P.E.C.K. or T.A.C.S.

Sin to confess	Teaching
Promise to claim	Adoration
Example to follow	Confession
Command to obey	Supplication
Knowledge about God	

Continues: By praying the book of Psalms. (Psalms 2-149)

Ps145:18; Pro18:10; Ps34:17

- The Psalms will help you to encounter the real God.
- The Psalms will help you to deal with every possible situation in real life.

Ends: In Praise (Psalm 150) 1Thess5:16-18; Phil4:4; Eph5:20

- All life transforming prayer will end in praise.
- Praise is inner health made audible. (C.S. Lewis)
Where should we praise God? Everywhere! v1
What should we praise God for? Everything! v2
How should we praise God? In every way! vv3-5
Who should praise God? Everyone! v6
- Each tree is known by its own fruit. vv1-3; Luke 6:43-45

Growing Notes

- 1) It's been said, “The longest journey a man will ever make is the journey from his head to his heart.” Explain. How would you help a friend narrow the Gospel gap between beliefs and behavior? This sermon is about Life Transforming Prayer not to earn God's favor but to increase our capacity to experience His favor (through Christ) and narrowing the Gospel gap.
- 2) Read Psalms 1 and 150. Psalms is the prayer book of the Bible. But Psalm one is not a prayer. What is it? What's the big idea of Psalm one? Why should we meditate? What is meditation? How do we meditate? How often should we meditate (v2)? How often do you meditate on God's Word?
- 3) If you want life transforming prayer you must follow Psalm one into the whole book of psalms. You must follow meditation into prayer. How does the book of Psalms help us to encounter the real God and deal with every possible situation in real life? Why is it important to balance God's greatness with His goodness? Why is it important to process the good, bad and ugly in life through prayer?
- 4) All life transforming prayer will end in praise. It does not always get there quickly or easily—the trip can take a lifetime, but the end is always praise. Explain. What does Psalm 150 say about praise? How is praise inner health made audible? How is a tree known by its fruit (v3; Luke6:43-45)? What is God speaking to you through this study? Pray.