



Meditation

Psalms 1:1-6

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Matthew 7:13 “Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. 14 But small is the gate and narrow the road that leads to life, and only a few find it.” (NIV)

What determines if we take the road of life or the road of death is meditation.

Psalms 1 (NIV)

- 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.
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.

The Progression of Sin (1)

- **Interest** (“walk”)
- **Identification** (“stand”)
- **Immersion** (“sit”)

The road of the world leads to death. (1, 5-6)

Ephesians 2:1 And you were dead in the trespasses and sins 2 in which you once walked, following the course of this world... (ESV)

The road of the Word leads to life. (2-3)

We delight in and meditate on the Word of God. (2)

Psalms 119:97 Oh, how I love your law! I meditate on it all day long. (NIV)

Psalms 119:15 I meditate on your precepts and consider your ways. 16 I delight in your decrees; I will not neglect your word. (NIV)

Eastern Meditation is emptying the mind for the elimination of thought.

Biblical Meditation is filling the mind for the transformation of thought.

Romans 12:2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. (NIV)

Meditation: Reading, contemplating, and internalizing God’s Word.

Colossians 3:16 Let the word of Christ dwell in you richly... (ESV)

Jeremiah 15:16 When your words came, I ate them; they were my joy and my heart’s delight... (NIV)

Prayer is speaking to God.

Meditation is hearing from God.

Tree: When I meditate on the Word of God regularly, I will have spiritual strength and life, even out of season. (3)

Chaff: When I do not meditate on the Word of God regularly, I will lack life and be lost. (4)

A way to meditate:

Lectio Divina: Each week, enjoy spending 10 minutes a day reading a Bible passage 4 times:

Reading 1: Read each word slowly.

Reading 2: Reflect on the meaning.

Reading 3: Respond by considering an application.

Reading 4: Rest in God’s presence and empowerment.

Memorizing Scripture helps us live righteous lives.

Psalms 119:11 I have hidden your word in my heart that I might not sin against you. (NIV)

Psalms 1:6 For the LORD watches over the way of the righteous, but the way of the wicked leads to destruction. (NIV)

Which road will I take?