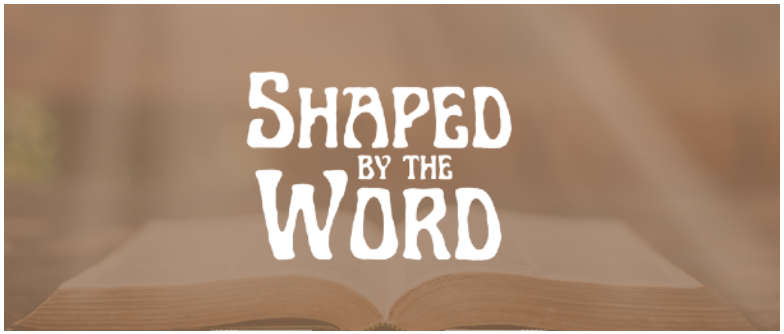


PART 3: MEDITATING ON SCRIPTURE

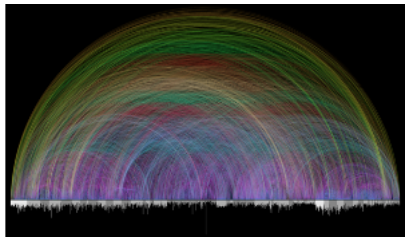
Sermon Notes

Text: Psalm 1

Intro:

Psalm 1:1-6

An invitation to meditate on the scriptures



The Bible is "hyperlinked." What does this tell us?

1. **The Bible is designed to interpret itself**

e.g. Genesis 3:6; 6:1-2; Exodus 32:4 - "saw" & "took" develop a theme.

2. **This is how Biblical authors told their story**

3. **True understanding of the scriptures will only come through continual reading and re-reading**

Hebrews 4:12

Conclusion

Just keep reading, because…you'll be blessed!

Psalm 1:1-3

Connect Group Discussion

Warm up:

1. What did you think of Sunday's message?

2. When you think of the word "meditate" what images pop into your head?

Discussion & Group practice:

1. Read Psalm 1. What does it say about the person who delights and meditates on the scriptures ("the law of the Lord")?

    - Meditate on the imagery of the tree. How does a fruitful tree represent a blessed life?

    - Can you think of other passages in the Bible with trees, which might help interpret this verse? Here are some options: Exodus 3:1-5; Mark 11:12-14, 20-21; Revelation 22:1-2. How do these passages help interpret Psalm 1?

2. Read Hebrews 4:12-13. What does this passage say about the scriptures ("the word of God")? Are there other scriptures that could help interpret this passage? Try these: Matthew 10:34-39; Matthew 26:52; Ephesians 6:17.

3. If you still have time to spare in your discussion, choose a short passage of scripture, and try practicing #2 in the personal practice section of this study guide.

Personal Practice:

1. This week continue to follow the "hyperlinks" you see while you read the Bible. If an image, or vocabulary pops out to you, try to find other passages that link to it. How do these other passages help interpret the one you're reading?

2. Bible meditation is a great launching point for prayer. Try this:

- After reading a passage of scripture, consider a truth or idea that stood out to you.
- Summarize that in your own words
- Ask yourself these 3 questions:
    i. How does this truth help me praise God?
    ii. What sin does it reveal that I should repent of?
    iii. What need does it identify that I need to ask God for?
- Turn this praise, confession and request into a prayer.

Pray: