



# Spiritual Disciplines: Meditation

Psalm 1, John 10:27-30

[based on the sermon preached on 26.02.23 – available on the [church app](#) or at <https://lwac.org.au/sermons>]

## KEY IDEAS

1. The person who delights in God will meditate on his Word continuously and will flourish.
2. The wicked will not flourish nor withstand the judgment of God.
3. Listening to Jesus' voice is critical to knowing and following him.

## CONNECT

- Think of one person whose voice you could instantly recognize anywhere, anytime. What makes that vocal recognition so easy and quick?

## STUDY

### Read Psalm 1:1-3

- The Psalmist describes three types of people - wicked, sinners and mockers - whose company it is not wise nor good to keep. Sometimes we need to associate with people like this (for professional or other reasons), but the Psalmist tells us not to “hang out” with them. Do you know of people who are like this (wicked, sinners and/or mockers)? How difficult/easy is it to not spend time with them?
- The Psalmist then declares that those who find delight in God's Word not only will meditate upon it, but will want to meditate upon it, and for this reason they are blessed by God. Note that those who delight in God and his Word are not the same as those who hang out with sinners, mockers and the wicked. It seems to be one or the other; if you delight in God and his Word you won't want to hang out with sinners, and if you hang out with sinners you won't

want to meditate on God and his Word. Think about the implications of this for your life and share where appropriate.

- Christian, biblical meditation is deep contemplation on and attachment to God and the things of God so that we may better understand God and his truths and then apply these truths to our life. This is very different from meditation in the New Age or Eastern Religions which look only inward to the self, trying to find the solution within oneself. The Bible directs Christians to look outside the self in meditation: to God, his truths and his Word; Eastern meditation looks inward to the self. But looking inward will only lead us astray, as the Bible clearly states in Jeremiah 17:9 “the heart (the center of our being) is deceitful above all things and desperately wicked, who can know it?”
- On a scale of 1-10 (1 being low, 10 being high) measure where your desire to regularly meditate on God’s Word should be and where it actually is. If these two measurements are not the same and where your desire should be is higher than where it actually is, what accounts for the difference? What is keeping you from desiring to meditate on God and his Word more?
- The Psalmist declares that the person who regularly meditates on God and his word is like a tree that is constantly nourished by water and does not experience drought or a dry season, consistently and continuously producing fruit because it is so well watered by the stream.
- In a general way, how might regular meditation on God, his truths and his Word make us better nourished and more fruitful? In a personal way, how might such meditation make you more fruitful in your Christian life?

### **Read Psalm 1:4-6**

- Chaff is the dry, scaly protective casing of the grain, the waste part because humans cannot consume it, which is easily blown away by the wind, a fact which made manual harvesting easier as the grain was tossed into the air with the heavier grain falling back down while the lighter chaff separated and was blown away by the wind. The Psalmist declares that in the same way the wicked will not stand in the judgment.
- How might regular meditation on God, his truths and his Word keep us/you from being blown around like chaff when the winds of life whip up?
- Not only does God promise to watch over the righteous (while the wicked self-destruct), but in conjunction with v. 2 above, the implication is that the reason the righteous are righteous is because their desire above all else is God and their delight is in his Word and his truth. And this desire and delight is expressed in and through meditation upon God and his Word. Given this, what place or priority do you think meditation should have in our life as Christians?

## Read John 10:27-30

- In addition to reflection and contemplation, a key focus of meditation is listening to God. In this regard, John 10:27 ties in strongly with Psalm 1. In v. 27 Jesus declares that his sheep know his voice. Sheep will only listen to and obey or follow the voice of the shepherd they know.
- How might meditation help us better discern the voice of Jesus as our true shepherd? If as Christians we are not regularly meditating so as to hear the voice of Jesus, to what other voices might we become susceptible?
- What is one situation in which you would like to hear and know God's voice more clearly? How might meditation help?

## APPLY

- If you would like to begin regular times of mediation upon God, his truths and his word which you can apply to your life, focus on these four practical areas:
  - where: select a location where you will not be interrupted and can focus
  - when: anytime is okay, but regular, consistent times are best. The quality of time spent meditating is more important than the quantity of time.
  - how: will you use a method or guide? What things, topics or passages will you meditate on?
  - Remember to be Scripture based and prayer focused, and to allow God to lead you, filling your heart and mind with his presence.
- Which other aspect of this study has struck you the most and why? What are you going to do as a result ?
- Identify one or more truths from this study which speak to and can be applied in your life.

1.

2.

## PRAY FOR OUR CHURCH AND FOR ONE ANOTHER

- According to need.