



## desert breeze community church

**Teaching Notes:** Ray Davis  
June 01, 2008  
**INCREASE** (More God less me)

### “Meditation” Psalm 1

There is a major difference between trying to do something and training to do something. Spiritual growth (Life change) doesn't happen by trying hard, but by training wisely.

1 Tim. 4:7b-8 1 Cor. 9:25

#### Spiritual disciplines (pathways) are NOT...

- ✓ A way to measure a person's maturity.
- ✓ A way to earn God's favor.
- ✓ An end in themselves.
- ✓ Necessarily painful and hard.

Discipline: is any activity I can do by direct effort that will help me do what I cannot now do by direct effort.

Spiritual discipline: Any activity that can help me to grow closer to God and to experience more and more of the fullness of life He offers me.

Psalm 1

#### The Principle:

- ◆ My life is either being conformed to this world or being transformed by the Word. (vv1-2)(Rom. 12:2)
- ◆ There is a distinction between a Godly (God centered) and a wicked (little or no room for God) person. (Ps. 10:4)
- ◆ Life change is an inside out process. (Walk->Stand->Sit = Thinking->Acting->Being)
- ◆ I will ultimately become most like those I hang with. (Luke 6:43-45)

#### The Promise:

- ◆ I can live a life of total fulfillment and complete wellbeing. V1 “Blessed”
  - ✓ It is a life of Substance (v3 Tree) vs. Superficial (v4 Chaff).

- ✓ It is a life of Stability (v3 planted) vs. Instability (v4 wind blows away)
- ✓ It is a life of Sustenance (v3 streams of water) vs. Waste away (v5 will not stand).
- ✓ It is a life of Stamina (v3 fruit in season...does not wither) vs. Shattered (v6 perish).
- ◆ Who can live this life? Not a smart, rich, gifted, or attractive person, just a person (v1 Blessed is the man).

#### The Practice:

##### ◆ What is Meditation?

- ✓ It is thinking, reflecting, imagining, savoring, enjoying a Biblical truth.
- ✓ It is making a Biblical truth come alive in my heart.
- ✓ It is thinking through the Biblical implications intellectually, emotionally and volitionally. (How would I be different if this truth were explosively alive in my life? Why would God be sending me to this passage today?) (Martin Luther – TACS)

##### ◆ What do I Meditate on?

My greatest desire is conversation, communication, companionship with God through His Word (The Bible). V2a “His delight is in the Law of the Lord.” (Ps. 119:11, 14-16, 20, 72, 103, 127-129)

##### ◆ When should I Meditate? 2b “Day and Night”

Saturate your life with God's Word. (Josh1:8; Dt.6:4-9)

#### The Person:

**John 5:39-40** You diligently study the Scriptures because you think that by them you possess eternal life. These are the Scriptures that testify about me, [40] yet you refuse to come to me to have life.

**John 7:37-38** On the last and greatest day of the Feast, Jesus stood and said in a loud voice, “If anyone is thirsty, let him come to me and drink. [38] Whoever believes in me, as the Scripture has said, streams of living water will flow from within him.”

June 8

“Praying My Fears”

Psalm 3

June 15

“Practicing His Presence”

Psalm 16

June 22

“Hearing God's Voice”

Psalm 19



# Growing

June 01, 2008

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1) We just finished a series looking at the marks of a supernaturally changed heart (Beyond Normal). This series (Increase) is looking at the processes by which change comes about. What is the major difference between trying to do something and training to do something? (1 Tim. 4:7b-8; 1 Cor. 9:25)

2) What are spiritual disciplines and what are they not?  
A non-disciplined spiritual life will cost you more in the long run than a disciplined spiritual life. What would you say are the costs of a non-disciplined spiritual life?

3) Read Psalm 1. What is the 1<sup>st</sup> thing that stands out to you? In your own words what is the principle (The big idea) and the promise of this Psalm?

4) What is meditation? What should I meditate on and how often should I meditate? Why do you think meditation is an important spiritual discipline?

5) Who should ultimately be the focus of our meditation? (John 5:39-40) The streams of living water the tree is planted by can be a metaphor for who? (John 7:37-38) Meditate on these verses asking: If this truth were explosively alive in my heart how would it change my life? Now make it your prayer.