

# THRIVE

## (Habits of Grace)

9 – 24/25 - 2016

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Sermon Notes

### “Meditation” **Psalm 1**

Beliefs do not automatically produce changed character. Beliefs must be turned into changed character through spiritual disciplines. Meditation is the key to making a Biblical truth real to our heart and the doorway into a deeper more satisfying prayer life.

#### WHAT IS MEDITATION?

- It is a relishing and cherishing. V2a but his delight...
- The focal point is God’s Word. V2b is in the law of the LORD...
- You do it regularly and relentlessly. V2c ...he meditates day and night. The wicked vv1, 4, 6 and righteous vv5, 6. (Pro4:23; Ps10:4)
- It is thinking out the implications of a Biblical truth intellectually, emotionally & volitionally. V3 He is like a tree planted by streams of water... (Ps42, 103)

#### WHAT MEDITATION DOES?

- It gives me a life of total fulfillment and complete wellbeing. V1 “Blessed is the man...”
- This is less about our circumstances and more about our character. V3 like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither...
- Our character is either being conformed to this world or being transformed by God’s Word. V1 who walks not in the counsel of the wicked, nor stands in the way of the sinners nor sits in the seat of scoffers; but his delight is in the law of the LORD... (Believing->Behaving->Belonging)
  - ✓ Substance (v3 tree planted) vs. Superficiality (v4 chaff the wind drives away)
  - ✓ Sustenance (v3 streams of water) vs. Starved (v5 will not stand in the judgment, nor sinners in the congregation of the righteous)
  - ✓ Significance (v3 fruit...doesn't wither...prosper) vs. Insignificance (v6 will perish)
- Who can live this life? Not a smart, rich, gifted, or attractive person, just a person. v1 Blessed is the man...

#### HOW TO MEDITATE?

- Meditation assumes you already know what a text means. (2Tim2:15, 4:3-4; Act17:11)  
To understand you must answer two basic questions:  
See Growing Notes under Interpretation.
- Meditation assumes that you have memorized the text.  
V2b he meditates day and night; Josh1:8; Ps119:11; Matt4:1-11
- Meditation is a sustained process like a tree growing its roots down toward the water source. Trees don't grow overnight. We must be patient, persistent asking for God's mercy and help.  
The effects are cumulative. V2b and on his law he meditates day and night. V3a He is like a tree planted by streams of water...(TACTS: Teaching, Adoration, Confession, Thanksgiving and Supplication) Ps16:8; John8:31-32; John 15:1-17

#### **Growing Notes**

**Pray and then read Psalms 1:1-6**

**Follow this three step model for Bible Study:**

**Step 1: Observation—What does the passage say?**

Context (historical, cultural, literary [both the book and the bible])

Content: key words, repetitive words or phrases, etc.

The Big Idea: 1) What is he talking about? (Subject)

2) What is he saying about what he is talking about? (Compliment)

**Step 2: Interpretation—What does the passage mean?**

First: What did the original author intend to convey to his readers?

Second: What role does this text play in the whole bible; how does it contribute to the gospel message and move along the main narrative arc of the Bible, which climaxes in the salvation of Jesus Christ? Creation/Fall/Redemption/Restoration

What does this teach me about God? About human nature, character, and behavior? About Christ & His Salvation? About life with God's people (Church)?

**Step 3: Application—What am I going to do about what the passage says and means?**

S.P.E.C.K = **S**in to confess? **P**romise to claim? An **E**xample to follow? **C**ommand to obey? **K**nowledge about God?

Am I living in light of this? What difference does this make? Am I taking this seriously? If I believed and held to this, how would that change things?

When I forget this, how does that affect me and all my relationships?

What is God speaking to you from this study?

Meditate on a key verse or thought and respond in prayer.