

HOW TO MEDITATE ON THE PSALMS

Psalm 1 and 2

WHAT IS MEDITATION?

Psalm 1.1-6

Meditation is frequently mentioned in the bible, specifically in the Psalms (**Psalm 63.6, 77.12, 143.5, 119.15, 23, 27, 48, 78, and 148**, etc.). It is not study of the Word, nor is it prayer, per se. However it is more or less a middle ground between the two. It is meant to bring the Word into our hearts. To meditate means to “mutter,” as if we are thinking aloud and pondering. The following are some suggestions on how to learn to meditate:

- Read the text once through. Stop as you like, but mostly get the full context.
- John Owen says to then “fix your mind” upon the thoughts of God that are evoked in your reading. George Mueller, copying Luther, suggests asking questions:
 - What is there to learn about God in this passage?
 - Where is this similar in my life?
 - Is there an example to follow or command to obey?
 - Is there an error to avoid or sin to confess?
 - Is there a promise to appropriate in or a truth about God to believe in?
- Next, read the Psalm again, more slowly. You can paraphrase it as you go into your own words. You can also emphasize each word.
- Next, go into a time of “free prayer.” This is where we usually start. But when we start with meditation, our “free prayer” will be tethered to bigger truths about God and an eternal, biblical perspective on our requests.
- Finally, we can spend some time in contemplation or further meditation. This is where, after our time of free prayer, we can return to the themes we first focused on in our reading, and end our time starting with, “but You, oh Lord...” End your time in praise and giving God thanks for who He is and what you focused on.

Jeremiah 15.16

THE “OTHER” MEDITATION

Psalm 2.1-12

As **Psalm 1 and 2** act as pillars on each side of the entrance of the Psalms, they couldn’t give us a more stark contrast. Interestingly, the word “plot” in verse 1 is the same Hebrew word translated as “meditate.” Though a godly man will meditate on the Law of God, by and large, the world (shown here as masses of people and nations) also meditates, but their meditation is meditating on self-centered and self-serving motivations. They aim to “break free” from the Lord. But their meditation will lead to something much different than the meditation of **Psalm 1**.

Ultimately, **Psalm 2** is called a “kingship psalm.” It declares the kingship of God and His Anointed One. This Anointed One originally was seen as merely a descendant of David (which was true), but as time went on and Christ came into the world, it became clear that this was also a prophecy of *the* Anointed One of God and *the* ultimate Son of David.

FINDING JESUS IN THE PSALMS

Both **Psalm 1 and 2** are ultimately about Jesus. Jesus is truly the “blessed Man” in **Psalm 1**, and He is, of course, the “Anointed One” in **Psalm 2**. When we meditate on the Psalms, make it not *ultimately* to be about ourselves, but seek Christ. Ask yourself, “how might Jesus have prayed this prayer,” and “how does Jesus fulfill this psalm?”

NOTES:

Upcoming Sermons:

Next week we will be looking at the role that prayer and the Psalms have when it comes to learning how to preach the Gospel to ourselves. We will look at how this is intended to be both corporate, where we preach to one another, and how we memorize the Gospel.

This Week’s Scripture to Memorize:

Psalm 103:1-2

¹Bless the Lord, O my soul, and all that is within me, bless his holy name! ²Bless the Lord, O my soul, and forget not all his benefits.

ARE YOU NEW HERE?

WELCOME TO LIFE MISSION CHURCH!

We’d LOVE for you to fill out the **Connection Card** on your seat to let us know you were here today. You can drop it in the offering during service or take it to one of our teammates at the **Connection Booth** outside - we’d love to give you some welcome information. Feel free to grab some food or coffee out in the courtyard and hang out. We hope you’ll **join us next Sunday** and consider making us your church family.

SERVING OPPORTUNITIES

If you’ve ever taken your child to one of our **Kids on Mission** classes, or enjoyed a cup of coffee after service, chances are there was a faithful servant behind each of those examples. Serving is one of the **most fun & rewarding ways we experience community** with our church family! **Fill out a connection card** to learn about the serving opportunities available today.

COMMUNITY GROUPS

The best way to **get connected** in the church is by joining one of our **Community Groups**! You’ll forge friendships, be encouraged, and take the sermon deeper into your heart every week. **Sign up for a Group** on a **Connection Card** or visit the **Connection Booth**. You won’t regret it!

GIVING

Gospel-centered generosity is motivated by a heart of thankfulness because of the sacrificial love God has already shown us. If you call **Life Mission** your home, you can place your gift in the offering baskets during service, give online at **lifemissionchurch.com/give** or mail a check to our PO Box. Thank you so much!

KIDS ON MISSION

Our **Kids on Mission** ministry has classes for **newborns – 5th grade**. Visit our website to read more about the vision and plan we have for our kids, including Pastor Jobey’s heart for the ministry and his walkthrough of our curriculum. For questions about KOM email **Katie McGinty** at **katie@lifemission.tv**

JUNIOR HIGH STUDENTS

Our **6th - 8th graders** worship with the adults and then head to the junior high room with their teacher and classmates for the rest of service.

HIGH SCHOOL STUDENTS

Our **9th - 12th graders** stay in the service because we believe that it is critical for them to not “graduate the faith” when they graduate school. Our **High School Ministry meets on Thursday Nights @7PM at Casey & Amy Barnes Home in San Marcos**. For directions and/or questions about our student ministries, contact **Casey Barnes** at **casey@lifemission.tv**.

VISION: WHY DO WE EXIST?

We want to see God's glory known among the nations, to the least, last, and lost.

MISSION: WHAT DO WE NEED TO DO?

We need to make disciples who make disciples locally and globally, who are saved, equipped, and sent by the Gospel.

STRATEGY: HOW WILL WE DO IT?

By teaching people how to be rooted in the Gospel of God's glory through the Word of God, Prayer, and Gospel Community.

CONTACT US:

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COMMUNITY GROUP HOMEWORK

Before discussion begins, is there anyone who can recite the memory verse?

1. Read **Psalms 1 and 2**. What was interesting or encouraging to you from the verses or from the sermon on Sunday? _____

2. Read **Psalm 1:1, 2** again. Then read **Psalms 119:11, 27, 97-100** and **Jeremiah 15:16** How do we delight in the law of the Lord? _____

3. When you contrast **Psalm 1 and 2** as the entrance posts to the next 148 Psalms, what fruit is gained by meditating on the word versus the world? _____

4. In the sermon, Jobey outlined how to meditate. (e.g., fix our thoughts, ask questions, paraphrase, and emphasize each word). Are you currently spending time in true biblical meditation? If not, what aspects can you change or improve? _____

5. How can meditating on God, His Word, and His works help bring about fruit in your life? _____

6. One way to define meditation is "a form of prayer meant to bring the Word into your heart so you can pray better." When you pray, do you mostly pray to get answers? Or do you often pray to have God Himself? _____

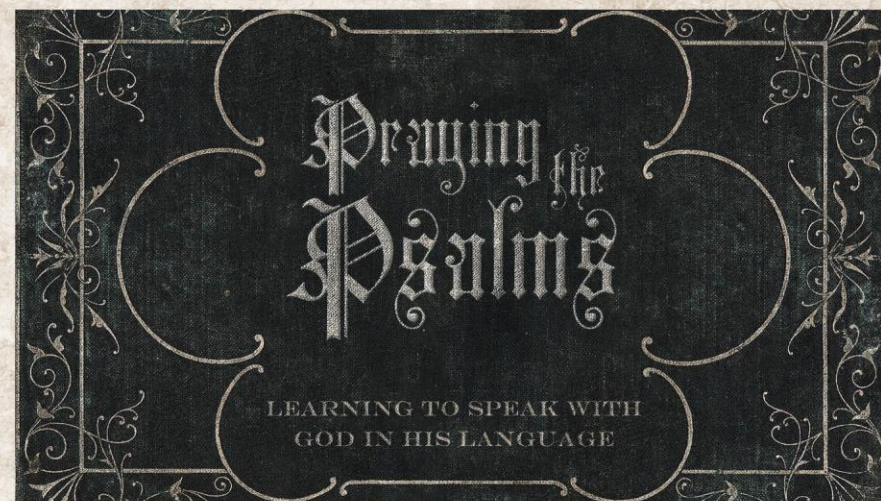
7. **Group Activity:** This week we read **Psalm 16** as part of our Daily Psalm Reading. As a group, read this psalm. Spend some time meditating as a group (which isn't *true* meditation, per se, but we are helping each other practice). Ask some of the questions from the sermon notes, share insights how you can apply some of the truths to your own life. Then, as a group, spend some time of prayer in the **P.R.A.Y.** model, praying through elements of this psalm. Maybe have a different person pray each element, drawing from the psalm. You can **Praise** God for the gift of His Word, then confess and **Repent** of any sin, **Ask** God to deepen your delight in His Word and then **Yield** with Thanksgiving!



LIFE MISSION
C H U R C H

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**Making Disciples Who Make Disciples Locally and Globally,
Who are Saved, Equipped, and Sent by the Gospel.**



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Psalm 1 & 2 // February 5, 2017

SUNDAYS AT 10AM

Life Mission Church Meets at Classical Academy High School
207 E Pennsylvania Ave, Escondido 92025

