

Rockford Reformed Church
Sermon Series - "Time For Change" #3
Psalm 1 - "Meditation"
1/20/19 – Pastor Tim Meendering

Questions for family/small group discussions:

What have been some of your challenges, frustrations, and successes in disciplines such as devotional reading, Bible study, memorization, meditation, and prayer?

Three questions about meditation:

1. Why do it? Meditation yields immeasurable _____.

You become a person of:

a. _____ rather than shallowness.

How do you perhaps most often work to manage your image, appearance, and reputation rather than focus on substance and your heart? What might be some of the fallout of this tendency?

b. _____ rather than drifting.

How have you seen God's Word keep you firmly rooted during a storm in your life?

c. _____ in fruitless seasons.

Can you recall a fruitless/winter season in your life when you spiritually grew through roots drawing from God's Word? What essential biblical truths have been most vital for your growth?

2. What is meditation?

We see that meditation is answering prayer or God's Word turning into prayer (such as Ps. 42:5/103:1-3). What is key here for allowing God to initiate and our response in prayer? How is this kind of prayer different from how you have often prayed?

3. How do we meditate?

a. What do we draw on?

Ps. 1:2 says we are to delight in God's law/Word. Meditation is a way for us to engage with God. Why is it so vital for Scripture to be the ultimate authority for your heart and life? What are often the competing authorities for your heart and life?

b. How do we draw on God's Word?

Meditation transforms the Word into flesh, action, hands, feet, and emotions (1 Thes. 1:3). What are some ways that your meditation on Christ changes your thoughts and actions?

c. When?

What is the suggested rhythm in Psalm 1:2? What first practical step can you take toward a new habit that involves meditation?

d. How can you meditate AND delight in the Word of God?

Why do you think it may have been so difficult for you to delight in God's Word? How does our relationship to God and his Word change when we know that Jesus thought, worked, and lived out everything found in God's Word (Heb. 10:7, Ps. 22:1, 14-15)? What are some ways that you can see how Jesus obeyed and suffered the condemnation of the Word for you so that you can delight in the Word and obey it?

Additional resources to consider:

- [Asking the Right Questions: A Practical Guide to Understanding and Applying the Bible](#), by Matthew S. Harmon.
- [Bible Matters: Making Sense of Scripture](#), by Tim Chester

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