

Biblical Meditation

December 31, 2023

Psalm 1:1-3 – the blessing of Biblical meditation

- Blessed is the man: (two categories of blessing one may experience in life)
 - Common grace blessings:
 - Special grace blessings:

- Who does not walk in the counsel of the wicked
- Who does not stand in the way of sinners
- Who does not sit in the seat of scoffers

- But: a contrasting focus and behavior pattern
- His delight is in the law of the LORD

- On His Law he meditates day and night
 - Meditate Described: Hebrew = to murmur or mutter
 - Bible Meditation Distinguished (rehabilitating the concept)
 - Pattern: day & night = an ever present activity

- He is like a tree planted by streams of water

- **My personal meditation plan for 2024**