

The Holy Scriptures- Meditation

Psalm 1

The Blessed and The Wicked

The Blessed

Psalm 1:1 Blessed is the man

Blessed (asheri): a heightened state of happiness and joy, implying very favorable circumstance and enjoyment

He is blessed because of what he does not do

Psalm 1:1 Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers;

Wicked (*rasha*): unrighteous, i.e., pertaining to being evil, with a focus on the guilt of violating a standard

Sinner: those *deviating* from the straight course

Sinner (*chatta*): As a noun, it is used to describe those who, by their actions, are under the wrath and judgment of God (Ps. 1:5) and face ultimate destruction

Scoffer (*les*): to deride or to boast so as to express utter contempt

The seat of the scorner may be very lofty, but it is very near to the gate of hell; let us flee from it, for it shall soon be empty, and destruction shall swallow up the man who sits therein.

Spurgeon, C. H. (n.d.). [*The treasury of David: Psalms 1-26*](#) (Vol. 1, p. 1). Marshall Brothers.

Blessed because of what he does

Psalm 1:2 but his delight is in the law of the LORD, and on his law he meditates day and night.

Delight (*chephets*): **desire**, delight, i.e., take pleasure or enjoyment in something

The Law- The revealed will of God in the Torah (5 books), Psalm, Prophets and NT.

LORD -Yahweh

Psalm 119:12 Blessed are you, O LORD; teach me your statutes!

Meditates (hagah): **meditate**, ponder, give serious thought and consideration to selected information, with a possible implication of speaking in low tones reviewing the material

Deep thinking on the truths and spiritual realities revealed in Scripture, or upon life from a scriptural perspective, for the purposes of understanding, application, and prayer.

Whitney, Donald S.. *Spiritual Disciplines for the Christian Life* (p. 46). *The Navigators*. Kindle Edition.

What the blessed are like

Psalm 1:3 He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.

Planted (shathal): to transplant

Psalm 19:7 The law of the LORD is perfect, reviving the soul; the testimony of the LORD is sure, making wise the simple;

Yields its fruit in its season

John 15:4–5 Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. ⁵I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.

Its leaf does not wither

1 John 5:13–15 I write these things to you who believe in the name of the Son of God, that you may know that you have eternal life. ¹⁴And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. ¹⁵And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him.

In all that he does, he prospers

Isaiah 41:10 fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

The Wicked

Psalm 1:4 The wicked are not so,

The wicked are not in any way like the blessed one who delights and mediates in and on the Law of the LORD.

When men are living in sin they go from bad to worse. At first they merely *walk* in the counsel of the careless and *ungodly*, who forget God—the evil is rather practical than habitual—but after that, they become habituated to evil, and they *stand* in the way of open *sinners* who willfully violate God's commandments; and if let alone, they go one step further, and become themselves pestilent teachers and tempters of others, and thus they *sit in the seat of the scornful*. They have taken their degree in vice, and as true Doctors of Damnation they are installed, and are looked up to by others as Masters in Belial.

Spurgeon, C. H. (n.d.). [*The treasury of David: Psalms 1-26*](#) (Vol. 1, pp. 1-2). Marshall Brothers.

Psalm 1:4 The wicked are not so, but are like chaff that the wind drives away.

Chaff (mots): The fine pieces of grain, husks of wheat, grains in general, or fine-cut straw given to animals as fodder but figuratively indicating what is useless or worthless.

Two paths two ends

Psalm 1:5-6 Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the righteous; ⁶ for the LORD knows the way of the righteous, but the way of the wicked will perish.

Proverbs 14:12 There is a way that seems right to a man, but its end is the way to death.

Two keys to being blessed

Memorization

Psalm 119:11 I have stored up your word in my heart, that I might not sin against you.

Meditation

Meditates (hagah): meditate, ponder, give serious thought and consideration to selected information, with a possible implication of speaking in low tones reviewing the material

Deep thinking on the truths and spiritual realities revealed in Scripture, or upon life from a scriptural perspective, for the purposes of understanding, application, and prayer.

Psalm 119:97 Oh how I love your law! It is my meditation all the day.

The kind of meditation encouraged in the Bible differs from other kinds of meditation in several ways. While some advocate a kind of meditation in which you do your best to empty your mind, Christian meditation involves filling your mind with God and His truth.

Whitney, Donald S.. *Spiritual Disciplines for the Christian Life* (p. 46). *The Navigators*. Kindle Edition.

2 Corinthians 10:5 and take every thought captive to obey Christ,

www.openthebible.org

Scripture is the foundation of our praying; meditation readies us for it by helping us focus, understand, remember, worship, and apply.

5 key to meditation of God's Word

Meditate to Focus

I will meditate on your precepts and fix my eyes on your ways. (Psalm 119:15)

Meditate to Understand

Make me understand the way of your precepts, and I will meditate on your wondrous works. (Psalm 119:27)

Meditate to Remember

I remember the days of old; I meditate on all that you have done; I ponder the work of your hands. (Psalm 143:5)

Meditate to Worship

...but his delight is in the law of the Lord, and on his law he meditates day and night. (Psalm 1:2)

Meditate to Apply

This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. (Joshua 1:8)

Meditation on the Scriptures will show I am unable to fulfill the Law of God

Meditation on the Scriptures will point me to Jesus

Meditation on the Scriptures will show me my righteousness is not from within but imputed to me by Christ.

Meditation on the Scriptures will cause me to strive for obedience to the commands of God by the power of the indwelling Spirit.

Meditation on the Scriptures will anchor my soul in completed work of Jesus on my behalf.