

Sermon Discussion Questions: Meditation (Psalm 1)

October 13th, 2019

1. What in the sermon encouraged you, comforted you, challenged you, or informed you?

2. Read Psalm 1. How does Psalm 1 encourage us to approach meditation and what is its effect on our lives? What is the difference of the focus and the practice of Christian meditation compared to eastern and more modern expressions of meditation?

3. Reverend William Bates says, “If the eye doth not abide upon the object, it is either because the object displeaseth, or because the eye is taken off by something that is better; so if our meditations are so fleeting and unsteady in reference to God, what is the reason? either God doth not please us, or something better that pleaseth us draws our eyes off from him; and this casts a real disparagement upon God. Oh that we should forsake the Fountain of Living Waters for broken cisterns, that can hold no water!”¹ What are some things that your mind constantly focuses on other than the Lord? What might this reveal about what you may struggle to find more important or desirable than God?

4. Psalm 143:5-6 says, “⁵I remember the days of old; I meditate on all that you have done; I ponder the work of your hands. ⁶I stretch out my hands to you; my soul thirsts for you like a parched land.” Why is it important that we meditate on God’s works of redemption and provision throughout Biblical history and in the specific history of our lives? Consider God’s specific work in and care for your life. What are some recent ways you have seen him at work providing, caring for and growing you?

5. Read Psalm 1:6 and 1 Corinthians 13:12. How does it affect you personally to realize that you are “known by God”? How might this encourage you to persevere in meditation and application of God’s Word?

6. Meditate on God’s Word this week in 1 Timothy. Below are the verses for the week ahead along with some guidance as to how to worship God through His Word.
 - **Adoration:** Read and adore God for His great character and kingdom clarified in the verse.
 - **Meditation:** Read and consider key phrases, prepositions, people, plots, connections, and redemptive themes.
 - **Confession:** Read and confess ways you don’t reflect God’s character and kingdom in the verse.
 - **Thanksgiving:** Read and give thanks for God’s grace, forgiveness, and help in or around the verse.
 - **Supplication:** Read and seek God’s guidance in applying the text. Write down application.

10/14 1 Timothy 2:5–7

10/15 1 Timothy 2:8

10/16 1 Timothy 2:9-15

10/17 1 Timothy 3:1–7

10/18 1 Timothy 3:8–13

¹ Bates, W. (1990). *The Whole Works of the Rev. William Bates*. (W. Farmer, Ed.) (Vol. 3, p. 152). Harrisonburg, VA: Sprinkle Publications.