

Meditation: The Lifestyle of a Christian

The righteous/blessed one does it.: Meditation as a FACT

- PART 1: It Is a Characteristic of the Blessed One
 - PART 2: WHEN DOES HE DO IT?
 - PART 3: WHERE?
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PART 1: It Is a Characteristic of the Blessed One

Psalm 1 - He does it. Therefore he *is* blessed! [This is contrasted with the wicked.]

- * See the separate study on Psalm 1*
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PART 2: When Does He Do It?

- **Whenever - day or night!**
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Psalm 1:2 - Day and Night

- Theme: He meditates on the Word
- [See the separate study on Psalm 1, for further details.]

Psalm 63:6 - "I think about you all night long"

- The Theme of His Thoughts: Longing to be with God. [Specific context: He is in the wilderness at this time, away from the temple. The general principle, regarding a desire for fellowship with God, can be applicable in *any* situation.]
- He is thinking about God when others are not aware of it. [Compare with the Jesus' statement: "the Father sees what is done in secret" (Matthew 6:4; Matthew 6:6; Matthew 6:18).]

Psalm 119:97, 148 - All day long (v. 97) and all night (v. 148)

- In other words, "at all times."
 - Themes (context of these verses): the blessings of living in obedience to the Word, prayer for deliverance from enemies, and trust in God's Word.
 - The whole Psalm is a good one to meditate on!
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PART 3: WHERE?

- **Anywhere... including:**
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Psalm 63:3 - "On my bed."

Psalm 48:9 - At the place of worship ("within your temple").

[Many other passages exist, but they don't have the specific word "meditate" in the context.]

Such a lifestyle is our goal. As we grow in Christ, we *will* increase in this!

QUESTIONS:

1. *When* do you think about God and his Word? Do you omit him from parts of your life? Is there any area of your life in which he doesn't *deserve* to have a part?
2. If there is an area of your life that you are excluding him from, what are you going to do about it? [You may have to explore this issue further, before you can give a full answer to this question.]