

"A COLLECTION OF SONGS THAT LITERALLY COVERS HUNDREDS OF YEARS OF JEWISH HISTORY FROM THE PATRIARCHS DOWN THROUGH THE POSTEXILIC PERIOD, THE BOOK OF PSALMS IS PRACTICAL AND PERSONAL AS WELL AS A SCENIC AND MAGNIFICENTLY BEAUTIFUL. THE PSALMS TEACH US HOW TO PRAY, HOW TO GRIEVE, HOW TO REJOICE, AND HOW TO WORSHIP. ANY CHRISTIAN WHO MAKES BUILDING A RELATIONSHIP WITH GOD A PRIORITY IN HIS OR HER LIFE WILL FIND GREAT SPIRITUAL NOURISHMENT IN THE PSALMS. IT IS THE PRAYER BOOK FOR ALL WHO BELIEVE IN THE GOD OF THE UNIVERSE. JESUS USED IT AS SUCH AND SO SHOULD WE." —DR. JEREMIAH JOHNSTON

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"GUARD YOUR HEART ABOVE ALL ELSE,
FOR IT DETERMINES THE COURSE OF YOUR LIFE."

—PROVERBS 4:23 (NLT)

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¹BLESSED 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; ²BUT HIS DELIGHT IS IN THE LAW OF THE LORD, AND ON HIS LAW HE MEDITATES DAY AND NIGHT. ³HE 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. ⁴THE WICKED ARE NOT SO, BUT ARE LIKE CHAFF THAT THE WIND DRIVES AWAY. ⁵THEREFORE THE WICKED WILL NOT STAND IN THE JUDGMENT, NOR SINNERS IN THE CONGREGATION OF THE RIGHTEOUS; ⁶FOR THE LORD KNOWS THE WAY OF THE RIGHTEOUS, BUT THE WAY OF THE WICKED WILL PERISH. —PSALM 1

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I. COMPARE AND CONTRAST TWO PATHWAYS

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WALK = AGREE
STAND = ACCEPT
SIT = APPROVE

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“WHAT YOU DELIGHT IN
IS WHAT WILL
DIRECT YOUR LIFE.
WHAT DELIGHTS YOU
IS WHAT WILL
EVENTUALLY DIRECT
YOU. SO BE CAREFUL
WHAT YOU ENJOY.”
—WARREN WIERSBE

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⁹THE HEART IS DECEITFUL
ABOVE ALL THINGS,
AND DESPERATELY SICK;
WHO CAN UNDERSTAND IT?
¹⁰“I THE LORD SEARCH THE
HEART AND TEST THE MIND,
TO GIVE EVERY MAN
ACCORDING TO HIS WAYS,
ACCORDING TO THE
FRUIT OF HIS DEEDS.”
—JEREMIAH 17:9-10

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¹³ENTER BY THE NARROW
GATE. FOR THE GATE
IS WIDE AND THE WAY
IS EASY THAT LEADS TO
DESTRUCTION, AND
THOSE WHO ENTER BY IT
ARE MANY. ¹⁴FOR THE GATE
IS NARROW AND THE WAY
IS HARD THAT LEADS
TO LIFE, AND THOSE
WHO FIND IT ARE FEW.
—MATTHEW 7:13-14

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2. CONCENTRATE AND PRACTICE:

“HE DELIGHTS IN THE LAW OF THE LORD AND ON HIS LAW HE MEDITATES DAY AND NIGHT.”

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“MEDITATION IS TO THE MIND WHAT DIGESTION IS TO THE BODY. IT IS ABSORPTION AND APPROPRIATION OF RESOURCE FOR LIVING.”

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“IF YOU FEEL THAT WE LIVE IN A PURELY PHYSICAL UNIVERSE, YOU WILL VIEW MEDITATION AS A GOOD WAY TO OBTAIN A CONSISTENT ALPHA BRAIN WAVE PATTERN. BUT IF YOU BELIEVE THAT WE LIVE IN A UNIVERSE CREATED BY THE INFINITE, PERSONAL GOD WHO DELIGHTS IN OUR COMMUNION WITH HIM, YOU WILL SEE MEDITATION AS COMMUNICATION BETWEEN THE LOVER AND THE ONE BELOVED.” —RICHARD FOSTER

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“... THE WAY OF LIFE GOD HAD REVEALED TO ISRAEL THROUGH THE TORAH, IN COMPARISON WITH THE FEROCITY AND CRUELTY OF THE CANAANITES, WAS THE ONLY HOPE FOR THE FUTURE OF HUMAN SOCIETY.”
—GEORGE KNIGHT

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“DON’T LET THE WORLD AROUND YOU SQUEEZE YOU INTO ITS OWN MOULD, BUT LET GOD RE-MOULD YOUR MINDS FROM WITHIN, SO THAT YOU MAY PROVE IN PRACTICE THAT THE PLAN OF GOD FOR YOU IS GOOD, MEETS ALL HIS DEMANDS AND MOVES TOWARDS THE GOAL OF TRUE MATURITY.”
—ROMANS 12:2 (J.B. PHILLIPS)

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“CHRISTIAN MEDITATION, VERY SIMPLY, IS THE ABILITY TO HEAR GOD’S VOICE AND OBEY HIS WORD.” —RICHARD FOSTER

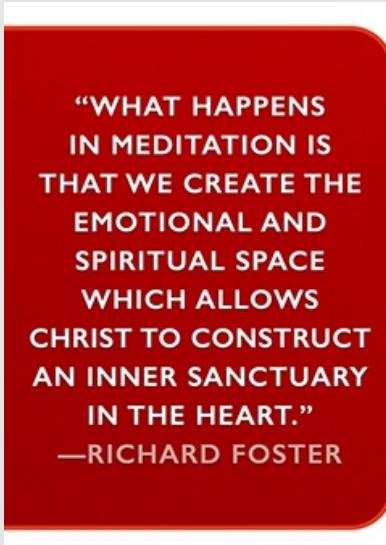
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• MEDITATION NOURISHES AND NURTURES THE SOUL

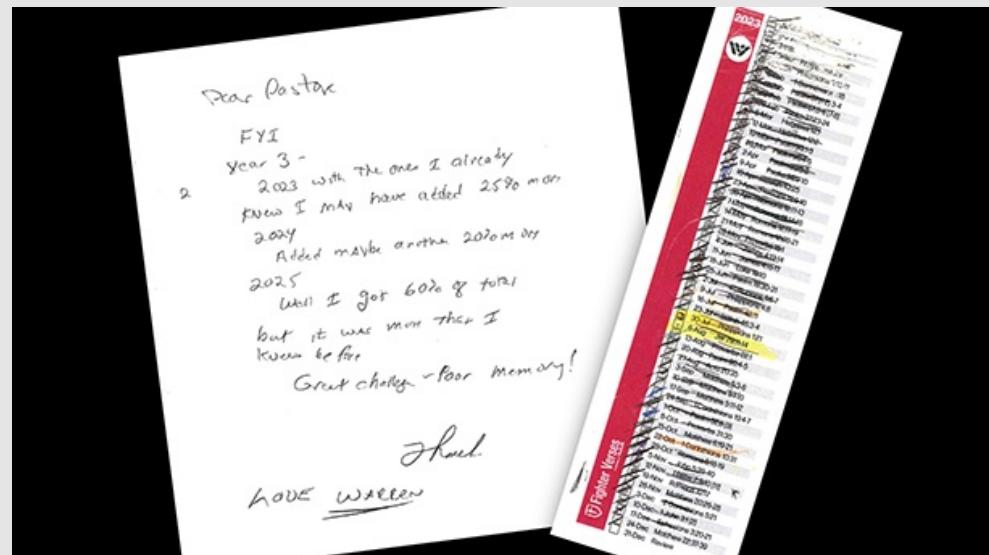
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³⁷ON THE LAST DAY OF THE FEAST, THE GREAT DAY, JESUS STOOD UP AND CRIED OUT, “IF ANYONE THIRSTS, LET HIM COME TO ME AND DRINK.
³⁸WHOEVER BELIEVES IN ME, AS THE SCRIPTURE HAS SAID, ‘OUT OF HIS HEART WILL FLOW RIVERS OF LIVING WATER.’”
—JOHN 7:37-38

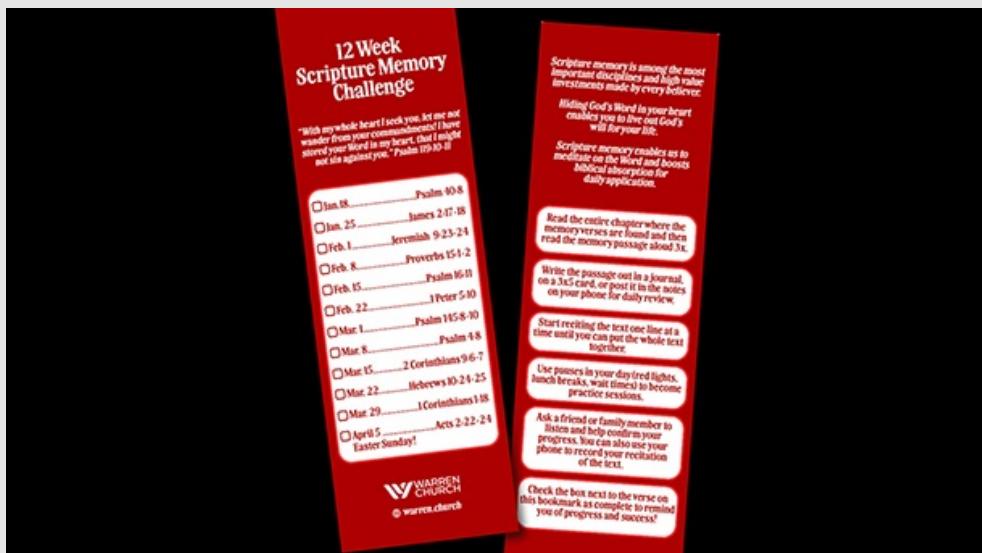
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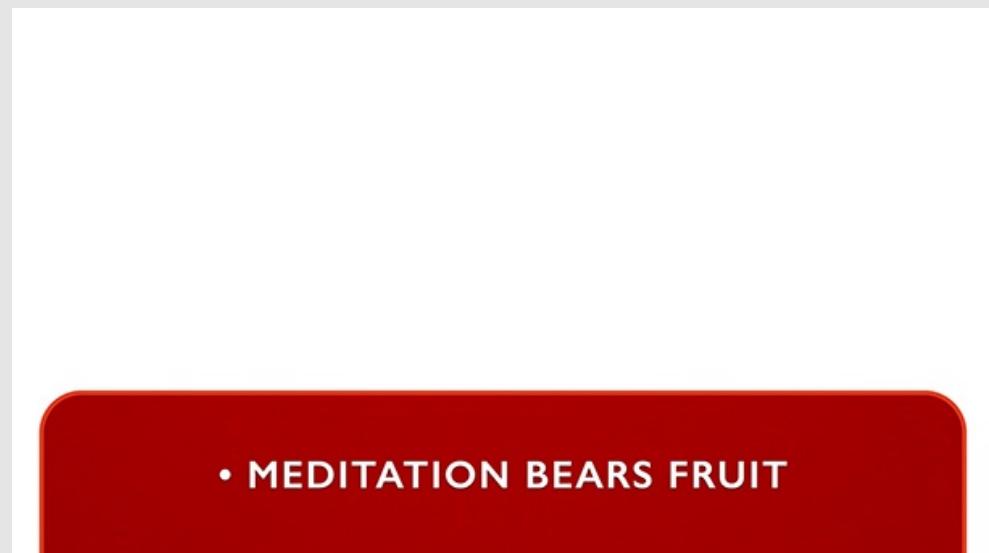
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⁵THUS SAYS THE LORD: “CURSED IS THE MAN WHO TRUSTS IN MAN AND MAKES FLESH HIS STRENGTH, WHOSE HEART TURNS AWAY FROM THE LORD. ⁶HE IS LIKE A SHRUB IN THE DESERT, AND SHALL NOT SEE ANY GOOD COME. HE SHALL DWELL IN THE PARCHED PLACES OF THE WILDERNESS, IN AN UNINHABITED SALT LAND. ⁷“BLESSED IS THE MAN WHO TRUSTS IN THE LORD, WHOSE TRUST IS THE LORD. ⁸HE IS LIKE A TREE PLANTED BY WATER, THAT SENDS OUT ITS ROOTS BY THE STREAM, AND DOES NOT FEAR WHEN HEAT COMES, FOR ITS LEAVES REMAIN GREEN, AND IS NOT ANXIOUS IN THE YEAR OF DROUGHT, FOR IT DOES NOT CEASE TO BEAR FRUIT.” —JEREMIAH 17:5-8

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“TRUE GODLINESS DOES NOT TURN MEN OUT OF THE WORLD, BUT ENABLES THEM TO LIVE BETTER IN IT AND EXCITES THEIR ENDEAVORS TO MEND IT.” —WILLIAM PENN

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• MEDITATION PROTECTS OUR WANDERING HEARTS

¹¹I HAVE STORED UP YOUR WORD IN MY HEART, THAT I MIGHT NOT SIN AGAINST YOU... ¹⁵I WILL MEDITATE ON YOUR PRECEPTS AND FIX MY EYES ON YOUR WAYS... ³²I WILL RUN IN THE WAY OF YOUR COMMANDMENTS WHEN YOU ENLARGE MY HEART!...
⁸⁰MAY MY HEART BE BLAMELESS IN YOUR STATUTES, THAT I MAY NOT BE PUT TO SHAME!
 —PSALM 119:11, 15, 32, 80

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• MEDITATION SUSTAINS VITALITY
AND SECURES VICTORY

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⁸THIS 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. FOR THEN YOU WILL MAKE YOUR WAY PROSPEROUS, AND THEN YOU WILL HAVE GOOD SUCCESS.
⁹HAVE I NOT COMMANDED YOU? BE STRONG AND COURAGEOUS. DO NOT BE FRIGHTENED, AND DO NOT BE DISMAYED, FOR THE LORD YOUR GOD IS WITH YOU WHEREVER YOU GO. —JOSHUA 1:8-9

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3. CONSIDER AND CHOOSE
YOUR COURSE

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“HEARING GOD IS ABOUT THE VERY SPECIFIC ISSUE OF WHAT IT MEANS TO LIVE WITH GUIDANCE IN OUR LIFE.” —DALLAS WILLARD

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³⁵JESUS SAID TO THEM, "I AM THE BREAD OF LIFE;
WHOEVER COMES TO ME SHALL NOT HUNGER,
AND WHOEVER BELIEVES IN ME SHALL NEVER THIRST.
³⁶BUT I SAID TO YOU THAT YOU HAVE SEEN ME AND YET
DO NOT BELIEVE. ³⁷ALL THAT THE FATHER GIVES ME
WILL COME TO ME, AND WHOEVER COMES TO ME
I WILL NEVER CAST OUT... ⁴⁰FOR THIS IS THE WILL
OF MY FATHER, THAT EVERYONE WHO LOOKS
ON THE SON AND BELIEVES IN HIM SHOULD HAVE
ETERNAL LIFE, AND I WILL RAISE HIM UP ON THE LAST DAY.

—JOHN 6:35-37, 40

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