

"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

.001.tiff

"GUARD YOUR HEART ABOVE ALL ELSE,  
FOR IT DETERMINES THE COURSE OF YOUR LIFE."  
—PROVERBS 4:23 (NLT)

.002.tiff

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

.003.tiff

I. COMPARE AND CONTRAST  
TWO PATHWAYS

.004.tiff

WALK = AGREE  
STAND = ACCEPT  
SIT = APPROVE

.005.tiff

“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

.006.tiff

<sup>9</sup>THE HEART IS DECEITFUL  
ABOVE ALL THINGS,  
AND DESPERATELY SICK;  
WHO CAN UNDERSTAND IT?  
<sup>10</sup>“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

.007.tiff

<sup>13</sup>ENTER 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. <sup>14</sup>FOR THE GATE  
IS NARROW AND THE WAY  
IS HARD THAT LEADS  
TO LIFE, AND THOSE  
WHO FIND IT ARE FEW.  
—MATTHEW 7:13-14

.008.tiff

## 2. CONCENTRATE AND PRACTICE:

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

.009.tiff

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

.010.tiff

"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

.011.tiff

"... 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

.012.tiff



**“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)**

.013.tiff

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

.014.tiff

**• MEDITATION NOURISHES AND  
NURTURES THE SOUL**

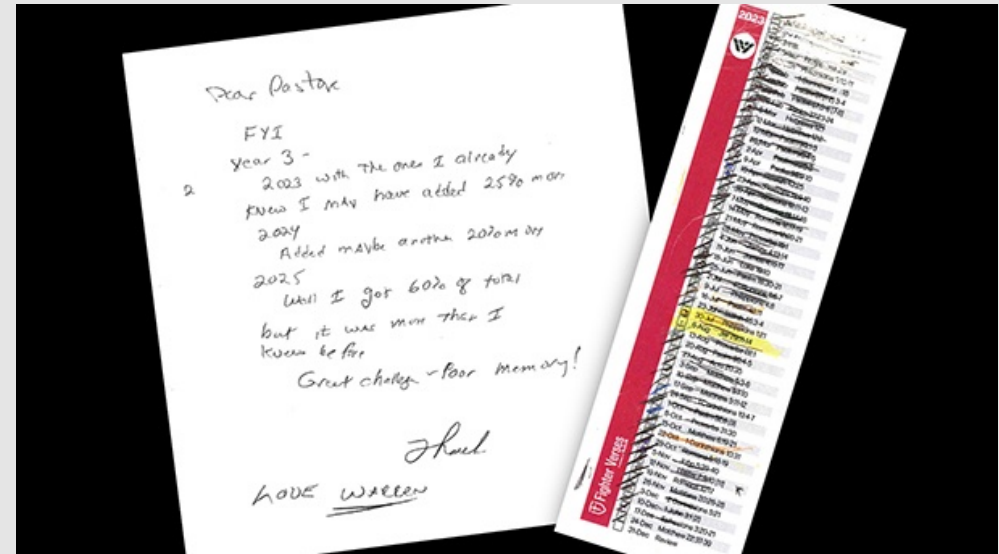
.015.tiff

**<sup>37</sup>ON 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.  
<sup>38</sup>WHOEVER BELIEVES IN ME,  
AS THE SCRIPTURE HAS  
SAID, ‘OUT OF HIS HEART  
WILL FLOW RIVERS  
OF LIVING WATER.’”  
—JOHN 7:37-38**

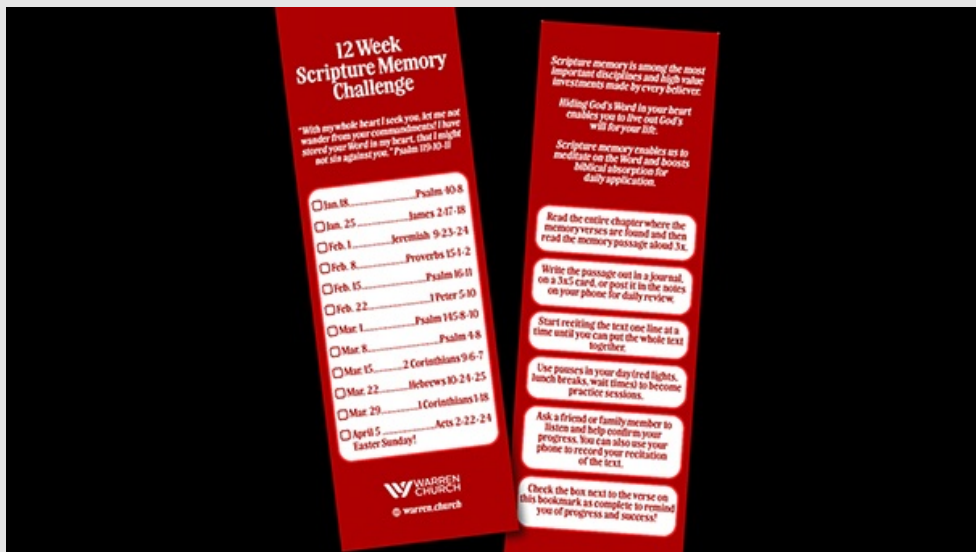
.016.tiff

**"WHAT HAPPENS  
IN MEDITATION IS  
THAT WE CREATE THE  
EMOTIONAL AND  
SPIRITUAL SPACE  
WHICH ALLOWS  
CHRIST TO CONSTRUCT  
AN INNER SANCTUARY  
IN THE HEART."  
—RICHARD FOSTER**

.017.tiff



.018.tiff



.019.tiff

**• MEDITATION BEARS FRUIT**

.020.tiff

<sup>5</sup>THUS SAYS THE LORD: "CURSED IS THE MAN WHO TRUSTS IN MAN AND MAKES FLESH HIS STRENGTH, WHOSE HEART TURNS AWAY FROM THE LORD. <sup>6</sup>HE 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. <sup>7</sup>"BLESSED IS THE MAN WHO TRUSTS IN THE LORD, WHOSE TRUST IS THE LORD. <sup>8</sup>HE 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

.021.tiff

"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

.022.tiff

• MEDITATION PROTECTS OUR  
WANDERING HEARTS

.023.tiff

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

.024.tiff

• MEDITATION SUSTAINS VITALITY  
AND SECURES VICTORY

.025.tiff

**<sup>8</sup>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.  
FOR THEN YOU WILL MAKE YOUR WAY PROSPEROUS,  
AND THEN YOU WILL HAVE GOOD SUCCESS.  
<sup>9</sup>HAVE 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**

.026.tiff

**3. CONSIDER AND CHOOSE  
YOUR COURSE**

.027.tiff

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

.028.tiff



<sup>35</sup>JESUS SAID TO THEM, "I AM THE BREAD OF LIFE;  
WHOEVER COMES TO ME SHALL NOT HUNGER,  
AND WHOEVER BELIEVES IN ME SHALL NEVER THIRST.  
<sup>36</sup>BUT I SAID TO YOU THAT YOU HAVE SEEN ME AND YET  
DO NOT BELIEVE. <sup>37</sup>ALL THAT THE FATHER GIVES ME  
WILL COME TO ME, AND WHOEVER COMES TO ME  
I WILL NEVER CAST OUT... <sup>40</sup>FOR 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

.029.tiff