

Sunday, January 10, 2021

Title: The Habit of Meditation

Text: Psalm 1:1 - 6

Introduction:

Review of the last Sunday's devotional:

Receiving God's Favor

1. Favor as an Heir
2. Favor as an Obedient Son (Child):
Meditation; Focus; Obedience; Giving; Praying;
Thanks; Witnessing

Read: Psalm 1:1 – 6

Cf. Joshua 1:8; Psalm 4:4; 19:14; 77:12; 107:43; 119:97;
Proverbs 4:26; 1 Timothy 4:15

~ Seven Habits of Highly Effective People, by Stephen R. Covey: Be Proactive; Begin with the End in Mind; Put First things First; Think Win Win; Seek First to Understand then to be Understood; Synergize; Sharpen the Saw

~ Definition of HABIT: Merriam-Webster dictionary – 1. a settled tendency or usual manner of behavior, her habit of taking a morning walk; 2a. an acquired mode of behavior that has become nearly or complete involuntary, got up early from force of habit; 2b. addiction, a drug habit; 2c. a behavior pattern acquired by frequent repetition or physiologic exposure that shows itself in regularity or increased facility of performance

~ How long does it take to establish a habit (health-line): "The bottom line. It can take anywhere from 18 to 254 days for a person to form a new habit and an average of 66 days for a new habit to become automatic."

1. Why Meditate on Scripture:

Psalm 1:1 - 3

1.1) I do not want to wither! (Psalm 1:3)
Nabel #H5034 (na val): to be senseless, be foolish; to sink or drop down, languish, wither and fall, fade, droop, to fall away

1.2) I want to be blessed! (Psalm 1:1)

1.3) I want to be planted (Psalm 1:3)

~ Isaiah 61:3 (Romans 11:17); Ephesians 6:13 – 14

1.4) I want to bring forth fruit (Psalm 1:3)

~ Galatians 5:22 – 23 – love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control

1.5) I want to prosper (Psalm 1:3)

Tsalach #h6743: 1. To rush; 2. To advance, prosper, make progress, succeed, be profitable

~ Matthew 4:12 – 20; 1 Corinthians 4:2; Matthew 25:21

2. How to Meditate on Scripture:

2.1) Begin by simply reading the Scripture!

~ www.ligonier.org

~ www.navigators.org

~ biblestudytogether.com (Top 11 Best Bible Reading Plans)

2.2) Add the discipline of journaling.

~ SOAP

2.3) Memorize verses that SPEAK to YOU!

2.4) Ask yourself questions about the Bible portion.

~ This helps us avoid vain repetition, Matthew 6:7. Meditation of Scripture is not a magic formula that we chant or a mantra we recite. Bible meditation is not to empty the mind, as in eastern meditation forms; Bible meditation is to engage and renew our mind through the Word of God and the empowering of the Holy Spirit.

~ How does this apply to my life walk (Job 23:10 – 14)?

~ How does this apply to my current situation (Psalm 119:105)?

~ How does this apply to my Divine purpose, "I am HIS workmanship" (Ephesians 2:10)?

~ Is there a promise here that I am to receive (2 Corinthians 1:20)?

~ Is there a point of correction or alignment I need to make (2 Timothy 3:16 – 17)?

~ How does this help release the fruit of the Holy Spirit in my life (John 7:38)?

~ What other "witnesses" are there in the Scripture (2 Peter 1:20)?

~ Who should I become accountable to in my meditations (Ecclesiastes 4:12)?

Conclusion:

~ Matthew 4:1 – 10

~ Psalm 19:14, "Let the words of my mouth and the meditation of my heart be acceptable in your sight. O Lord, my rock and my redeemer."