



“Planted by the Stream”

Psalm 1:1-6 ♦ Pastor Jim Lennon
January 3, 2021

Introduction - Psalm 1 is an introduction to the Psalms and prepares us for how we may experience the LORD’s blessing in our life. Psalm 1 invites us to Delight in the Law of the LORD and Meditate on it day and night.

I. The Promise of God’s Blessing.

- A. Psalm 1 introduces us to the concept of the LORD’s “blessing,” which means to be in a state of complete well-being.
- B. AS we learned last time, experiencing the LORD’s blessing is dependent on who or what we are listening to and assimilating into our life.
 - 1. Listening to the wicked leads to sinful paths and eventually to outright disdain for God and His Word, which ends in destruction.
 - 2. In contrast (v.2), delighting in the Law of the LORD and meditating on it day and night is the gateway to God’s blessing.
 - 3. To delight in the Law of the LORD we need to “eat” it, which is a metaphor for internalizing God’s word through the practice of meditating on it.

II. The Practice and Promises of Meditation.

- A. The word “meditate” means “to murmur,” to “ruminate on something in your mind.”
- B. Delighting in the Law of the LORD is connected to Meditating on the Law of the LORD.

- C. Meditation is more than reading, studying and memorizing the Word. It is listening for God, and connecting with God in His Word.
- D. When you know you have “connected” with God in His Word, you will be delighted!
- E. The practice of meditation is like a tree drawing water from a stream, making it a reality in my life - - seeing its implications and applications for me - - -
 - Cognitively:

 - Emotionally:
- F. Jesus’ example of delighting in and meditating on God’s Law.
- G. The practice of meditation is like a tree whose leaves remain green and bears fruit in its season.
- H. The promises of meditation from Psalm 1.
 - 1. Substance.
 - 2. Stability.
 - 3. Sustained Growth.

Conclusion