

The Church

(formerly known as The Gathering Place
and Project Truth Community Church)

Group Supplement
Week of June 4
Sunday's Text: Psalm 1:2

As we saw last week, David begins Psalm 1 with a warning against keeping bad company. In the next verse he tells us how we can experience real blessing, by “delighting in the law of the Lord” and “meditating on his law day and night” (Psalm 1:2). David isn’t talking about simply following God’s rules, but about keeping company with God. Not only does David regularly consult with God’s prophets and priests, but looking at many of his psalms, he addresses them to God himself. David clearly longs to walk with God.

Joseph also provides a great example of what it means to delight in and meditate upon God’s law even though he precedes Moses and the giving of the Law. Consider the mix of turmoil and blessing that he experiences over the course of his life. The favored son of a wealthy man, his half-brothers, filled with hatred, sell him into slavery. After being sold to an influential man in Egypt, he gains authority in his household only to be thrown into prison for being a man of integrity. After helping others and being forgotten in prison, he is used by God to warn Pharaoh of impending famine and is raised to authority over all of Egypt. All of this happens as Joseph learns to delight in the Lord and meditate upon his promises.

Joseph’s delight in the Lord and his promises is implied in much of his story, but it becomes explicit upon his deathbed. As his life comes to a close, he tells his brothers that God will “take you up out of this land to the land he promised on oath to Abraham, Isaac, and Jacob” (Gen. 50:24). This man who has achieved extraordinary power in Egypt has no concern for Egypt. Instead, he is holding to a word from God about a promise given many years prior to his great-grandfather. He is so convinced of God’s promise and its inevitable fulfillment that he makes the Israelites swear an oath to carry up his bones to the Promised Land (Gen. 50:25). He is so completely sold out to God that even though his entire clan is now in Egypt at his calling, he knows that their children will possess Canaan. God is true to his word.

Joseph makes them promise to take his remains back to Canaan not only because he believes what God told Abraham, but also because he meditates upon the promise and regularly encounters God over it. The Lord tells Abraham, “Know for certain that for four hundred years your descendants will be strangers in a country” and enslaved, “and afterward they will come out with great possessions” (Gen. 15:13-14). Joseph knows this promise and everything in his life is committed to God fulfilling it in his time. So it is no surprise when God uses him in extraordinary ways during his lifetime, and even after his death the Israelites return his bones to the Promised Land as a testimony to his faithful hope and commitment to God (Exod. 13:19).

David and Joseph delight in and meditate upon God’s law because they have personally experienced his lovingkindness through the fulfillment of his promises. God’s reliability and faithfulness to do what he says regardless of the circumstances keeps them walking with God rather than seeking their own way. It may be difficult at times, but God is true to his word, a word worth holding close to our hearts.

Discussion Questions

What has God promised to us both individually and corporately?

What will happen if we lose sight of God’s promises or his expectations of us? Why is it critical that we “delight in” and “meditate on” his Law?

How can meditating upon, reciting, and thinking regularly about God’s work in our lives help us live with hope, prepare us for sharing with others, and draw us closer to God himself?