

Delight in the Word

Introduction

Over the course of February we have taken a very practical look at how to deepen our spiritual roots. We've talked about our spiritual growth and transformation begins with an unyielding thirst for God. We have also talked about securing our thoughts. Whatever gets your focus gets you. In today's lesson we will focus on another key ingredient in deepening our spiritual roots by considering the Word of God and our meditation on it. One of the best passages on this is Psalm 1. Here, we see the importance of delighting in the Word.

I. Two Ways to Live:

- A. The way of the wicked (the world)
- B. The way of the Word.

II. A Closer Look:

- A. 1.2a - His **delight** is in the Lord's instruction. (Word of God)
 - 1. Delight: A heartfelt response to the beauty and value of something.
- B. 1.2b - he **meditates** on it day and night.
 - 1. Notice the order: First delight ... then meditation.
 - 2. Meditation involves careful / sustained thought.

III. The Result:

- A. 1.3a - he is like a **tree** planted by flowing streams that bears its fruit in its season. (**Fruitfulness**) Would your spiritual life be described as *fruitful*?
- B. 1.3b - its leaf does not **wither**. (**Durability**) Deep. Well rooted.
 - 1. Habakkuk 3.17-18 - *I will rejoice in the Lord. I will take joy in the God of my salvation.*
- C. 1.3c - whatever he does, he **prosper**s. (**Prosperity**) How have you been blessed because you are a child of God?
- D. 1.4-5 - we must live in view of the **judgment**.

IV. The Value of Quiet Time & Meditation on the Word

- A. Be committed to a consistent time, place, and plan.
- B. Read the word slowly.
- C. Read with other people & talk about what you see.
- D. Study a Bible book with a good commentary.
- E. Memorize passages.

V. What if this is difficult for me?

- A. If we're struggling with this, it's because we don't find pleasure in it.
- B. We must pray for God's help in increasing our delight for His word.
- C. 7 things from Psalm 119 that can stimulate meditation:
 - 1. 119.12 - that God will **teach** us His word.
 - 2. 119.19 - that God would not hide His word from us.
 - 3. 119.27 - that God would make us **understand** His word.
 - 4. 119.36 - that God would **turn** our hearts to His word.
 - 5. 119.88 - that God would give us strength (life / energy) to give ourselves to the word and obey it. See also 154b.
 - 6. 119.133 - that God would make our steps **steady** in His word.
 - 7. 119.176 - that God would seek us when we go astray from His word.

VI. Conclusion:

- A. Leading your spiritual life involves intentionality and not passivity.
- B. 1 Kings 8.56-58