

# Summer in the Psalms

## THE SONGS THAT JESUS SANG

### **Meditation**– Psalm 1

July 16, 2023

What are the biggest influences on your life? Do they play a part in forming you more into the image of Christ, or do they deform you like chaff?

For personal reflection/community discussion

**Read** – Read the passage in its context several times. Read it slow enough to understand what God is saying through it.

- What ideas or words are emphasised, repeated or related in this passage?
- In your own words, what is the main idea of this passage? (Try to summarise these verses in 10 words or less)

**Examine** – Next, try to understand the specifics of what the passage is communicating.

- What do you notice about God? What has he done/is he doing in these verses?
- What do you learn about Jesus and his gospel from this passage?
- What does it reveal about people?
- How do you think the writer wanted his reader to respond to these words?

**Apply** - After seeking to understand God's Word in this passage, consider how he intends to use it in your heart and life today.

- Who or what are the biggest influences on your life? Are they deforming or reforming you?
- If you read the Bible regularly, what does it usually look like? What did you make of the distinction Lewis made between 'reading then praying' and 'prayerful reading'?
- As you were listening, were there things the Lord was asking you to eliminate from your life?
- Spend some time meditating now. Choose a familiar passage (or take today's [BibleTogether reading](#)) and try out the outline Lewis suggested: READ (a couple of times aloud) MEDITATE (pausing and pondering, asking questions, directing your thought towards the Lord and dialoguing with Jesus) PRAY (inviting the Spirit to help you believe and live what you've read) LIVE (take the truth into your day, looking for opportunities to live out what you've learned).