

A person is silhouetted against a night sky filled with stars and the Milky Way galaxy. The person is standing on a dark horizon line, pointing their right arm upwards towards the stars. The sky is a deep blue and black, with a dense field of white and blue stars. The Milky Way is visible as a bright, hazy band of light stretching across the sky. The overall mood is contemplative and awe-inspiring.

GROWING IN INTIMACY WITH GOD

“Reflection That Deepens Us” | Pastor Joe Yoshihara | January 19, 2025



1. Blessing comes from following God's Word
2. Following God's Word comes from Delighting and Meditating on it
3. A Picture of the Blessed Life



Psalm 1:1-3

¹ Blessed is the man
who walks not in the counsel of the
wicked,
nor stands in the way of sinners,
nor sits in the seat of scoffers;



Psalm 1:1-3

² but his delight is in the law of the Lord,
and on his law he meditates day and
night.



Psalm 1:1-3

³ He is like a tree
planted by streams of water
that yields its fruit in its season,
and its leaf does not wither.
In all that he does, he prospers.



Blessing comes from following God's
Word



Psalm 1:2

² but his **delight** is in the **law of the Lord**,
and on his law he **meditates** day and
night.



Following God's Word comes from
delighting and meditating on it.



John 1:1-4

In the beginning was the **Word**, and the **Word** was with God, and the **Word** was God. ² He was in the beginning with God. ³ All things were made through him, and without him was not any thing made that was made. ⁴ In him was life, and the life was the light of men.



John 1:14

¹⁴ And the **Word** became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth.



Revelation 19:13

¹³ He is clothed in a robe dipped in blood,
and the name by which he is called is **The
Word of God.**



Psalm 1:2

² ...and on his law he meditates day and night.



How to meditate on God's Word



Psalm 1:2

² ...and on his law he meditates day and night.



How to MEDITATE on God's Word

- **Return to God's Word**



Meditation is often misunderstood as some difficult, mysterious ritual practiced by isolated monks and mystics. But meditation is simply focused thinking – a skill anyone can learn and use anywhere.



When you think about a problem over and over in your mind, that's called worry.

When you think about God's Word over and over in your mind, that's meditation. If you know how to worry, you already know how to meditate!



You just need to switch your attention from your problems to Bible verses. The more you meditate on God's Word, the less you will have to worry about.

(Rick Warren, The Purpose Driven Life, Pg. 90)



When we meditate we:

- Return to God's Word
- **Inquire of God's Word**



When we meditate we:

- Return to God's Word
- Inquire of God's Word
- **Respond to God's Word**



James 1:22-25

²² But be doers of the word, and not hearers only, deceiving yourselves. ²³ For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror.



James 1:22-25

²⁴ For he looks at himself and goes away and at once forgets what he was like. ²⁵ But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing.



John 14:21

²¹ Whoever has my commandments and keeps them, he it is who loves me. And he who loves me will be loved by my Father, and I will love him and manifest myself to him.”



A picture of a bless life



Psalm 1:1-3

³ He is like a tree
planted by streams of water
that yields its fruit in its season,
and its leaf does not wither.
In all that he does, he prospers.



Application

1. Return to God's Word
2. Inquire of God's Word
3. Respond to God's Word

