

Habits

ANCIENT PRACTICES FOR TODAY'S WORLD

OPENING UP



What comes to your mind when you hear the word “meditation”? How is biblical meditation different from what we typically picture?

TEXT



Scripture Meditation | Psalm 19

¹ The heavens declare the glory of God, and the sky above proclaims his handiwork. ² Day to day pours out speech, and night to night reveals knowledge. ³ There is no speech, nor are there words, whose voice is not heard. ⁴ Their voice goes out through all the earth, and their words to the end of the world. In them he has set a tent for the sun, ⁵ which comes out like a bridegroom leaving his chamber, and, like a strong man, runs its course with joy. ⁶ Its rising is from the end of the heavens, and its circuit to the end of them, and there is nothing hidden from its heat. ⁷ The law of the LORD is perfect, reviving the soul; the testimony of the LORD is sure, making wise the simple; ⁸ the precepts of the LORD are right, rejoicing the heart; the commandment of the LORD is pure, enlightening the eyes; ⁹ the fear of the LORD is clean, enduring forever; the rules of the LORD are true, and righteous altogether. ¹⁰ More to be desired are they than gold, even much fine gold; sweeter also than honey and drippings of the honeycomb. ¹¹ Moreover, by them is your servant warned; in keeping them there is great reward. ¹² Who can discern his errors? Declare me innocent from hidden faults. ¹³ Keep back your servant also from presumptuous sins; let them not have dominion over me! Then I shall be blameless, and innocent of great transgression. ¹⁴ Let the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer.

MESSAGE OUTLINE



Big Idea: Meditation reforms our hearts.

1. Nature reveals glory
2. Law reveals joy and wisdom

DISCUSSION QUESTIONS



- In his book Sacred Pathways, Gary Thomas notes there are different ways and places that people relate to God. One of his categories is the “Naturalist” of whom he says, “Naturalists have found that getting outside can literally flood parched hearts and soften the hardest soul.” God communicates his glory powerfully through nature. Has anyone in the group ever had an experience where they seemed to perceive God’s glory clearly through nature? What was it like?
- Look again at the words that describe God’s Word and what it does in verses 7-11. What would someone’s life look like if they truly believed and lived out these verses?
- The end of Psalm 19 breaks into a prayer. Verses 12 and 13 speak about God exposing David’s sin, and keeping him back from it. God’s Word has exposed his sinfulness, and it causes him to call out in desperation. Often our response is very different from David’s. Rather than asking God to expose our sins, we do everything in our power to hide them and hide from them. Why would it be a good thing for God’s Spirit and Word to expose our sins?
- Psalm 19 ends with an appeal to the “LORD, my rock and my redeemer.” Why does the exposure of sin lead the believer to cry out to God? Why is this uniquely good news for us who have a relationship with God through Jesus?

CHALLENGE



Meditation takes time. It takes time away from distractions, reading God’s Word and listening. Meditation takes a vulnerability, asking God to convict us of sin and heal us. Meditation takes faith, believing God is present, we listen to him and respond.

Commit to one time before your next meeting setting aside an hour to meditate on a Psalm. Put your phone in a different room find (or buy if you need to!) a pen, some paper and a Bible, and go through the process of meditation. Write out the Psalm, make notes on what you observe, write out your prayer, and answer the questions, “What is God saying?” and “How is he calling me to respond?”

PRAYER



Lord, thank you for speaking to us through nature and through your Word. Give us ears to hear and eyes to see the glory, hope, love and power you’ve revealed around us. God, we confess that so often we are numb to your message, blind to your truth, deaf to you call. We are so often consumed by the distractions of the world around us that we miss the beauty, hope, life and power that you offer us.

Speak to us through your Word, and give us the courage and faith to list. God we desire you and your ways over our own ways. We confess that your ways are better. Teach us to hear them and follow them. Amen.