



**THE MISSING KEY CALLED
MEDITATION
(PSALM 1)**
Ps. Hennie Swart

Psalm 1 ESV

¹Blessed 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;
²but his delight is in the law of the Lord,
and on his law he meditates day and night.
³He 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.

Psalm 1 ESV

⁴The wicked are not so,
but are like chaff that the wind drives away.
⁵Therefore the wicked will not stand in the
judgment,
nor sinners in the congregation of the
righteous;
⁶for the Lord knows the way of the righteous,
but the way of the wicked will perish.

Outline

Psalm 1 teaches us some important things about meditation:

- 1. The nature of meditation
- 2. The results of meditation
- 3. The focus of meditation

The nature of meditation

- Meditation is inevitable (1.1-2): These verses don't tell us to meditate, but what to meditate on! [worry]
- Meditation is preparation: Note position of Ps 1
- Meditation is internal (Ps 77.3-12): Roots of a tree.
- Meditation is external (1.1): "counsel... way... seat" = believing, behaving, belonging
- Meditation is verbal (Josh 1.8): means "to mutter"
- Meditation is continual: "day and night" (1.2), rhythm, 6x30min vs 3 hours...
- Meditation is emotional: "delight" (1.2): "sensing with the heart rather than just"

The nature of meditation

"The difference between my present practice and my former is this: Formerly, when I rose, I began to pray as soon as possible and generally spent all my time until breakfast in prayer. And this was the result: I often spent even an hour on my knees before being conscious to myself of having derived any comfort or humbling of the soul and often having suffered much from wandering thoughts. I scarcely ever suffer in this way now. I began to meditate on the New Testament early in the morning, searching as it were every verse, not for the preaching, but for obtaining food for my soul. After a few minutes my soul had been led to confession or thanksgiving or intercession. When thus I had done for a while I go on to the next words of the verse, turning all that as I go into prayer, as the Word may lead to it. It often astonishes me that I had not sooner seen this point." George Muller

The nature of meditation

“Meditation is to bring the truth into contact with your heart until the triune God becomes so real to you that you seek Him with all your being.”

“To meditate is to descend with the mind into the heart and there to stand before the face of the Lord ever-present and all-seeing within you.”

“The mind must, as it were, descend into the heart and then the whole soul ascend to seek for and gaze upon the majesty of God.” Peter Tune

The nature of meditation

“By ‘meditation’ I intend the thought of some subject spiritual and divine with the fixing, forcing, and ordering of our thoughts around it with the design to affect our own hearts and souls with the matter of the things contained in it. By this I’m distinguishing it from the study of the Word, on the one hand, because there our principle purpose is to learn the truth or declare it to others, and I’m distinguishing it from prayer, on the other hand, where God Himself is the immediate object. But in meditation [the purpose] is to affect our own hearts and minds with love, delight, and humiliation.” Richard Baxter

The nature of meditation

“I used to spend an abundance of time in walking alone in the woods and solitary places for meditation, soliloquy, (= speaking to your own heart), and prayer. I very frequently used to retire into a solitary place on the banks of the Hudson river at some distance of New York City for contemplation on divine things and secret converse with God, and had many sweet hours there. I had then, and at other times, the greatest delight in the Holy Scriptures of any book whatsoever. Oftentimes in reading it every word seemed to touch my heart. I felt a harmony between something in my heart and those sweet, powerful words.” Jonathan Edwards

The nature of meditation

"I seemed often to see so much light exhibited by every sentence and such a refreshing, ravishing food communicated, that I could not get along in reading. I used oftentimes to dwell long on one sentence and to see the wonders contained in it, and yet almost every sentence seemed to be filled with wonders. I found from time to time an inward sweetness that used, as it were, to carry me away in my contemplations. I experienced a calm, sweet abstraction of soul from all the concerns of this world and fixed ideas and imagination of being alone, sweetly conversing with Christ and wrapped up and swallowed up in God. The sense I had of divine things would often, of a sudden, as it were, kindle up a sweet burning in my heart, an ardor of my soul that I know not how to express."
Jonathan Edwards

The nature of meditation

"Once as I rode out into the woods in 1737, having alighted from my horse in a retired place, as my manner commonly had been, to walk for divine contemplation and prayer, I had a view that for me was extraordinary, of the glory of the Son of God as mediator between God and man and of His wonderful, great, full, pure, and sweet grace and love and meek and gentle condescension; this grace that appeared to me so calm and sweet, appeared great above the heavens; the Person of Christ appeared ineffably excellent, with an excellency great enough to swallow up all thought and conception, which continued, as near as I can tell, about an hour, and which kept me the bigger part of time in a flood of tears and weeping aloud. I had several other times had views much of the same nature, which had had the same effects."
Jonathan Edwards

The results of meditation

- Meditation leads to blessing: God's positive attention (1.6)
- Meditation leads to life-change (1.1-2): The keystone habit
- Meditation leads to stability
- Meditation leads to fruitfulness
- Meditation makes you evergreen (1.3)
- Meditation makes you prosperous
- Meditation makes you stand

The focus of meditation

- Meditation reveals what you ought to do: The Law of the Lord.
- Meditation reveals why you don't do it: The human heart.
- Meditation reveals who has done it: "Blessed in the man..." (1.1).
- Meditation reveals how you can do it in Him: "He is like a tree transplanted..." (1.3)

Conclusion

- You're already meditating on something.
- If you attend to God's Word, He will attend to your way.
