

## Lesson 6

### Chapter 3 - *The Blessed Man* (Continued)

**1. a) Now we're told that the blessed man *meditates day and night* on Scripture. Does this mean that he thought about Scripture every waking moment *day and night*? How would you explain *day and night* meditation?**

Obviously not. David was a king. He had many responsibilities that demanded his attention. He could not possibly (nor could anyone else) read or consciously think about Scripture every waking minute day and night. But when Scripture is memorized it is part of our subconscious, it is always there as a background for our thinking. The *blessed man* must have had a significant accumulation of pure truth impressed on his subconscious mind so that it constantly permeated his conscious thinking, influencing every aspect of his life, a ready resource to tap into for strength and wisdom, encouragement and direction at any and every turn of the road. It was there to refer to any moment of the day or night.

*Obviously, there are things that demand our attention and concentration. Psalm 1, however, seems to point out that the formula for blessing doesn't vary. Scripture must become part of us and our daily life. It must be there for us to draw from, any and every minute of the day or night. It's not enough to just read it and count on residual retention. We must memorize it! Devour it! Digest it! Meditate on it! So that it becomes part of us. To enter into this blessing, Scripture must be available for constant input and/or output as we face our daily grind. (Page 47, Par 1)*

**b) Do you think that meditation of this magnitude characterizes the experience of the average Christian? What portion of the day do you spend thinking and meditating on it? Have you found that merely reading or even studying Scripture supports such a level of meditation?**

**c) As an exercise, try doing as the author did. Pick a quiet moment, perhaps when you are in bed, and meditate on Scriptures you have memorized. Note the length of time involved.**

**2. Again contemplating *day and night* meditation, explain how *meditation* fits into the process of memorizing Scripture?**

How can we meditate on God's Word if we don't know exactly what He is saying to us? If we have not memorized it, what do we use for a benchmark—our own nebulous recollection and conception of what we think God is saying or someone else's conception of it? How can we delight in the practical aspect of it if it is not accessible to our thinking process? How can we believe God in a practical way if His specific *words* are not a permanent part of our thinking?

When you memorize Scripture it sinks into the cracks of your thinking and of your life in a way that does not happen even during the most profound Bible studies. When you memorize it, you are forced to think about it, ponder it to a greater depth and meditate on it. In the years before I started to memorize Scripture, I often skimmed over passages that were difficult or those I just didn't want to take seriously. In memorizing, I am forced to think about every word and meditate on it as I memorize and review the Scripture in its full context. Not just once, but many times over. I cannot escape the focus. The Holy Spirit brands His Words on my mind and on my soul. As we memorize and review, *meditation* is a joyful part of the "assimilation" process.

God was real to David. He was a constant resource in every trial and every pressure in David's tumultuous life. Surely this is why he begins his first psalm by emphasizing memorizing, delighting in and meditating on Scripture. Apparently it was the most prominent influence and resource in his life as well as his most profound source of blessing.

**3. a) What significant characteristics can you list about a stalwart tree as the one in verse 3?**

1. It grows. Growth is slow and steady, it doesn't happen in jerks.
2. It has consistent access to an abundant water supply not relying on sporadic showers.
3. It bears fruit *in season*, not all the time. Fruit needs time to develop.
4. Its leaves don't wither. Life-giving sap constantly flows through its branches.
5. It is resistant to the pressures of external forces.

*. . . this stalwart specimen of Psalm 1 doesn't exist only to be admired for its strength and beauty. It is a many faceted blessing to all those whose life it touches.*

- a) Its strong, sprawling branches are extended for shelter.*
- b) As a landmark, it offers direction for the wanderer.*
- c) It provides shade for the weary,*
- d) (It provides) refreshing fruit for the pilgrim. (Page 50, Par 1)*

**b) According to verse 2 where do the roots of this tree lie? What, therefore would be the first steps to be taken by one wishing to be a "stalwart tree" for the Lord?**

What does the Scripture say?

*Blessed is the man . . . (whose) delight is in the law of the Lord, and on His law he meditates day and night. He is like a tree planted by streams of water. . .*

We have to conclude that in order to meditate *day and night* on Scripture, it must be memorized in its full context. Nothing else would accommodate such a broad base. So, who is like that tree? The man who delights in memorizing, delighting in and meditating on Scripture. This is a cause and effect situation. The tree is nourished and grows to fulfillment because it is tapped into to an abundant water supply. If we, like the tree, are tapped into an abundant supply of pure truth, we have God's promise that growth and fruit will become a reality in our lives.

**4. a) Whatever he does, prospers. If the blessed man's greatest delight is memorizing, delighting in and meditating on Scripture — and applying it to his every day life, what prosperity would he seek? (secular or spiritual?) After reviewing the verses given in *The Sword*, (and any others you may be familiar with) contemplate the contrast between temporal and eternal rewards.**

**II Corinthians 4:18 (NIV) ...what is seen is temporary, but what is unseen is eternal.**

**Colossians 3:2 (NIV)- Set your minds on things above, not on earthly things.** Phillips translates this same text: *Give your heart to the heavenly things, not to the passing things of earth.*

**I Corinthians 2:9 (NIV) No eye has seen, no ear has heard, no mind has conceived what God has prepared for those who love him.**

**b) According to what the Lord emphasizes in this psalm, where is a good place to start to sharpen our focus on eternal wealth?**

God's word is the only part of eternity that we can access in this life. Jesus said, *Heaven and earth will disappear, but my words will remain forever.*" (Mark 13:31) Where else can we look? Verse two is the basis of this psalm: memorize, delight and meditate in God's holy Word. And the rewards illustrated in the verses will follow.

**5. I could think of only four ways for Scripture to penetrate our soul, our thinking process and our life. They are listed 1, 2, 3, and 4 below. Referring to the last time you were involved in these activities classify your response on a scale of 1 to 10, (one being the lowest evaluation and 10 being the highest) in the three categories given a, b, and c.**

- a) how long was it retained in your memory?
- b) how long did you spend meditating on it?
- c) what lasting effect did it have on your overall spiritual well being?

- 1. Hearing Scripture read    a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_
- 2. Reading Scripture        a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_
- 3. Studying Scripture        a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_
- 4. Memorizing Scripture    a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_

(If you have not yet begun to memorize, and cannot speak from personal experience, some of your answers here would have to be "guesstimates" based on Scripture and what you have learned in this course.)

**6. How do you view the idea of memorizing Scripture? Do you approach it with delight and a reverent awe that these are words and thoughts that the Almighty God of the Universe has given to you, yes you, to hide in the most intimate part of your being; to become part of you; to give you the opportunity to *know Him* and experience Him in new and exciting ways? (It is not necessary to write out your answer, just spend a few moments with the Lord examining your heart and sharing your thoughts with Him. Ask Him to give you a heart of gratitude and love for this great and wonderful gift He has given us.)**