

God Wants Us to Think!

(Psalm 119)

Introduction: Read Psalm 1. The righteous are described in verse 2 as having two qualities with regard to God's word (attitude: "delight"; and action: "meditation"). In Philippians 4:8, 9 we are commanded to meditate if we want God's peace in our lives. Meditation is often mentioned in Psalm 119. Notice a few verses (15, 23, 27, 48, 97-99). Consider some benefits.

I. It keeps us focused (v. 36, 113)

- A. Jesus said, "You cannot serve God and mammon." (Lk. 16:13) Most people's lives are spent thinking of & serving another master.
- B. Without meditation we become inclined toward earthly things.

II. It reminds us of God's presence (V. 151)

- A. Remembering that God is with us helps us refrain from sin.
- B. We need to think on the words of Jesus. (Jn. 14:23; Mt. 28:20)

III. It causes us to improve (v. 59)

- A. "I have considered my ways and have turned my steps..."
- B. Without meditation on what we hear every Sunday, we won't improve as we should and could. (Jas. 1:22-25)

IV. It puts trials in perspective (v. 50, 92)

- A. All too often during hard times we focus only on the trial itself.
- B. Getting through trials is all about our perspective. (Rom. 8:18)

V. It perpetuates zeal (v. 14, 20)

- A. Do you recall what it's like to be spiritually on fire? It has much to do with the things about which we are thinking.
- B. Enjoying things of God: our mind's constant connection to God's will.

VI. It develops a desire to share the Lord (vs. 171-172)

- A. Without meditation = no real motivation to share the things of God.
- B. Meditation is the process that takes us from reading to "repeating."

Conclusion: Have you made meditation a priority in your life? Hopefully, seeing the personal benefits of quiet reflection upon God's word will motivate all of us to be more diligent in this area.