



## Psalm 1: Meditate to root and ground yourself in the Word of God

*Gathering all generations  
to pray for all nations  
ASKing God to do what only He can do  
and doing whatever He ASKs of us.*

*Biblical Meditation gives the Church  
a way to fellowship with God*

**If you have not already worked through the Basic Lessons, also found under Teaching Resources, it is recommended you do so, in order to get the most out of this and the other teaching lessons.**

### Benefits of Biblical Meditation

Psalm 1 shows a way to seek God for the prayers on His heart.

**Psalm 1:1** “Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful;” This is a clear warning of what not to do. If you do not walk with God, where will you get your counsel? If you do not stand for God, who and what will you stand for? If you sit in the seat of the scornful, you will become a scoffer and soon you will walk, stand and sit with those who oppose God.

Invitation: **walk**, **stand** and **sit** with God. What is your **response**?

**WALK:** Seek to walk in God’s counsel for the prayer time by meditating in the Word first as the source of your prayers.

**“Can two walk together unless they are agreed?” Amos 3:3**

**Respond** to what you receive during the quiet time of meditation in the Word.

Come into some kind of honest agreement with God about what you receive.

How could you pray for someone else what you are unwilling to do yourself?

Agreement with God’s will suggests answered prayer. (1 John 5:14,15)

**STAND:** You stand for and with God protected, equipped in the armor of God. (Ephesians 6:10-18)

You stand for the things God stands for — For example, His Word, His commands as sanctity of life, His words on marriage. You stand with God and pray for those who practice alternate life styles. You stand for Israel and pray because it is the apple of God’s eye. God’s concerns become your concerns; His prayers, your prayers.

**SIT:** You sit with the Lord at His table to receive the Word, then sit with Him at the place of prayer in submitted authority as the Word goes forth.

As you sit on a regular basis, the Word becomes the bread of life to you. You learn to recognize God’s voice through the Word and sense the direction the Holy Spirit gives as Teacher. The table of the Lord is where your soul is restored and your spirit strengthened; it is a place of counsel, dialogue, fellowship, a place of delight.

## Psalm 1:2

**“But his delight is in the law (Word) of the LORD, and in His law he meditates day and night.”**

**To meditate day and night requires a conscious choice** to keep God’s Word before your face, and in your heart. Choose to delight yourself in God’s Word. This is not impossible as you **meditate negatively** day and night without realizing it when you worry or complain. How much more will the Holy Spirit help you meditate on the Word if you ask?

**Benefit: v3 “He shall be like a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper.”** Whatever this meditator does shall prosper because He is in fellowship and agreement with God. He walks, stands and sits in alignment with God, therefore what he does will prosper. **Prosper** here means a breaking forth. This means you will find the breakthroughs you need.

**The intercessor who becomes rooted and grounded in the Word** has a constant source of spiritual water from the washing of the Word, and draws strength from the wells of salvation within each believer. (Ephesians 5:26, Isaiah 12:1)

**The prayer time prospers** because it is supernaturally sourced and directed.

**There is fruit** from the prayer meeting that endures.

**The intercessor is refreshed** and strengthened from the Word; their leaf does not wither.

This is a classic meditation scripture, perfect for a prayer meeting or as a private devotional with prayer. The context of the final three verses contrast the lack of blessing for the unsaved and can touch your heart to pray for the lost. There is a separate Psalm 1 meditation for this.

### Application:

**Meditate** to hear from God, go back through Scripture and reread it. This can be as simple as your attention being drawn to a word, a phrase. Let God speak to you through your thoughts and impressions.

**Receive and Respond** personally to what God is saying to you through the Word. He knows your every thought. Be honest; He will meet you where you are.

**Share:** If in a group, share briefly just to get the full prayer picture and so others can pray with you and you with them.

**Pray** out simply what you receive, pray with others about what they received. Pray for the Church, the Body of Christ and you will touch believers around the world and be blessed yourself.