

Savoring God's Word: The Discipline of Meditation

Psalm 119

Paul Goebel

Tuesday Morning Men's Bible Study

Park Cities Presbyterian Church

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Psalm 119

- 1 Blessed are those whose way is blameless,
who walk in the law of the Lord!
- 2 Blessed are those who keep his testimonies,
who seek him with their whole heart,
3 who also do no wrong,
but walk in his ways!
- 4 You have commanded your precepts
to be kept diligently.
- 5 Oh that my ways may be steadfast
in keeping your statutes!
- 6 Then I shall not be put to shame,
having my eyes fixed on all your commandments.
- 7 I will praise you with an upright heart,
when I learn your righteous rules.
- 8 I will keep your statutes;
do not utterly forsake me!
- 14 In the way of your testimonies I delight
as much as in all riches.
- 15 I will meditate on your precepts
and fix my eyes on your ways.
- 16 I will delight in your statutes;
I will not forget your word.
- 25 My soul clings to the dust;
give me life according to your word!
- 32 I will run in the way of your commandments
when you enlarge my heart!
- 37 Turn my eyes from looking at worthless things;
and give me life in your ways.
- 45 and I shall walk in a wide place,
for I have sought your precepts.
- 72 The law of your mouth is better to me
than thousands of gold and silver pieces.
- 97 Oh how I love your law!

It is my meditation all the day.

- 105 Your word is a lamp to my feet
and a light to my path.
- 106 I have sworn an oath and confirmed it,
to keep your righteous rules.
- 111 Your testimonies are my heritage forever,
for they are the joy of my heart.
- 130 The unfolding of your words gives light;
it imparts understanding to the simple.
- 133 Keep steady my steps according to your promise,
and let no iniquity get dominion over me.
- 154 Plead my cause and redeem me;
give me life according to your promise!
- 162 I rejoice at your word
like one who finds great spoil.
- 165 Great peace have those who love your law;
nothing can make them stumble.

Table Discussion Questions:

1. What role does the Bible play in your everyday life? Is Bible reading a duty or a delight?
2. Do you believe that the Bible is the “living and active” Word of God? What does that mean? How should that change the way we read the Bible?
3. Why does God’s law bring freedom rather than undue constraint?
4. Does the Bible speak to every situation in life? Why or why not?
5. How does God’s Word give us life? What prevents us from experiencing this life?
6. Who is the Bible ultimately about? How does that make it relevant to us?

Challenge this Week: Meditating on God’s Word through *Lectio Divina*

- *Lectio* (Read the text): Read Psalm 119:1-8
- *Mediatio* (Meditate the text): Re-read Psalm 119:1-8. This time read slowly and deliberately. Focus in on one key word or phrase at a time. Read with a posture of listening. What does this word or phrase reveal about Jesus?
- *Oratio* (Pray the text): Pray to the Lord using key words or phrases from the passage. Ask the Lord to use these key words or phrases to “discern the thought and intentions of the heart.”
- *Contemplatio* (Live the text): Prayerfully return to these key words or phrases throughout the day. Seek Christ as you apply God’s Word in your life.