

Spiritual Growth - Meditation on the Word

Psalm One is the gateway into the book of Psalms. It commences with a great biblical word, “blessed”. *“Blessed is the One... whose delight is in the law of the Lord and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither, whatever they do prospers”* (Psalm 1:1,2,3) From the beginning, the Psalms make the vital spiritual connection between the Scriptures and the experience of blessedness or happiness.

Occasionally people have said to me, “Oh, I used to read the Bible but it never really helped me.” Some of us may have read and even studied the Bible and it did not help much less make us happy. On many occasions, this has been my experience. The problem is not the veracity or vitality of God’s Word. So what is lacking?

The purpose of spending time in God’s Word is not gaining more information but growing a relationship with the God of the Word. His Word can be our delight because God is our delight. *“Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation, now that you have tasted that the Lord is good”* (1 Peter 2:2-3). Jeremiah said, *“When your words came, I ate them and they became my joy and heart’s delight”* (Jer. 15:16).

More specifically the Psalmist in Psalm one teaches the relationship between the experience of God’s delight and meditation on His Word. So what is meditation on God’s Word? Meditation on the Scriptures is thinking deeply about God’s Word in God’s presence. Think of it this way. Reading the Scriptures is like listening to a favorite piece of music on the radio. Meditating on the Scriptures is like listening to the music in the presence of the composer.

But many of us quickly say, “I do not have time to do this” or “I do not know how to do this”. I would suggest many of us meditate on a regular basis. Have we ever felt anxious or fearful? Why? We are thinking deeply, dwelling on anxious and fearful thoughts. The emotional cause of anxiety and fear is the effect of our wrongheaded meditation. For the Psalmist, the emotional cause of soul delight is the effect of meditation on God’s Word.