

Review from Sunday's Message for Personal Meditation:

- i. Message points for meditation and application:
 - a. Scripture: ***Psalm 1***
 - i. **The blessed person:**
 1. Doesn't delight in sin and scoffing.
 2. Delights and meditates on God's instruction.
 3. The result: They are like a tree.
 - a. Planted / rooted.
 - b. Fruitful.
 - c. Flourishing / enduring.
 - d. Prosperous.
 - ii. **No so the wicked... The "unblessed" person:**
 1. They delight in sin and scoffing.
 2. They don't delight in God's instruction.
 3. The result: They are like chaff.
 - a. Blown away.
 - b. Guilty / condemned.
 - c. Perishing.
 - b. ***Psalm 1*** intends to commend to the reader the *blessednesses* of delighting in, and meditating upon, God's instruction, and warning against being shaped by influences that ignore God's instruction.
 - c. We are all being shaped and influenced by the things we delight in. Our delights are directed by what we set our eyes and minds upon. Delight yourself in God. Be like a fruitful and flourishing tree.

Questions for Reflection, Application and Fellowship:

- i. Have you ever seen a flower garden under the care and attention of someone who delights in gardening? How does it compare with a flower garden of someone who doesn't delight in gardening?

Have you ever seen the results of a life directed by delight in God's instruction?
Have you ever seen the results of a life that has been self-directed apart from God's instruction?

Is it possible to have a beautiful, flourishing, fruitful, tree-like life apart from meditating on God's instruction? Are there any short-cuts? Are the realities of not

- meditating on God's instructions real dangers?
- ii. Dr. Howard Hendricks used to say: *"If you have an hour to read – read for ½ an hour and think for ½ an hour about what you read.*
Have you ever practiced this kind of discipline? What would make this easy or challenging? What practical effect might it have on your life?
 - iii. Have you ever tried to complete a complicated project without instructions?
Have you ever been in a situation where you would have found instructions to be helpful?
- Have you found the instructions of God's Word for your life necessary? beneficial?
practical? helpful?

Life is a journey through time – heading to eternity. Your delights determine the route you take. The destiny of the route you take is either perishing or prosperous.