

Psalm 119 – Session 2

Week 3, v. 15

Psalm 119:15-16 I will meditate on Thy precepts, and regard Thy ways. I shall delight in Thy statutes; I shall not forget Thy word.

What comes to mind when you hear the word meditate?

Meditate <siyach> to ponder, i.e. (by implication) converse (with oneself, and hence, aloud) or (transitively) utter: -- commune, complain, declare, meditate, muse, pray, speak, talk (with).

Wordweb: meditate – 1. Think deeply about a subject or question over a period of time; 2. Think intently and at length, as for spiritual purposes

A list of synonyms might help us to form a more complete understanding of this word: chew over, contemplate, mull over, reflect, study, consider, to look at thoughtfully

According to the definitions above, meditation involves a subject -- something to meditate on -- and thought upon that subject over a period of time. Usually, we do not spend time considering something that has no value to us. Think about the things that you mull over in your mind. They all have something in common -- you are trying to understand something that happened or you are processing information you've been given; commonly, you are remembering a situation that was pleasant or especially negative. You ponder over information that has affected you or may affect you somehow. **Have you ever heard the words, " I just can't stop thinking about it" ?**

What does meditating on God's precepts look like in your life? What does it require? Have you purposely set aside time to think about God's word and how He would have you apply it to your life and circumstances? What tools do you have at your disposal that would be useful in meditating on God's word?

Here's a proposal to each of us: do not allow yourself to read the Word without sincerely asking God to give you understanding and show you how to apply His truth to your life. Take the time to think upon what you read and what God would have you do with His information. Ask God what His truth means for you specifically, how He wants it to change you. **Will God answer this request? How do you know?**

Ex 31:3 "And I have filled him with the Spirit of God in wisdom, in understanding, in knowledge, and in all [kinds of] craftsmanship,

1Ki 3:9 "So give Thy servant an understanding heart to judge Thy people to discern between good and evil. For who is able to judge this great people of Thine?"

Proverbs 2: 3-9

1Ki 4:29 Now God gave Solomon wisdom and very great discernment and breadth of mind, like the sand that is on the seashore.

1Ch 22:12 "Only the LORD give you discretion and understanding, and give you charge over Israel, so that you may keep the law of the LORD your God.

Job 28:12-24

Job 32:8 "But it is a spirit in man, and the breath of the Almighty gives them understanding.

Ps 111:10 The fear of the LORD is the beginning of wisdom; a good understanding have all those who do [His commandments]; His praise endures forever.

Ps 119: 34, 73, 99, 104, 125, 130, 144, 169

Pr 3:5-6 Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge Him, and He will make your paths straight.

Pr 9:10 The fear of the LORD is the beginning of wisdom, and the knowledge of the Holy One is understanding.

Pr 16:16 How much better it is to get wisdom than gold! And to get understanding is to be chosen above silver.

Isa 11:2-3 And the Spirit of the LORD will rest on Him, The spirit of wisdom and understanding, the spirit of counsel and strength, the spirit of knowledge and the fear of the LORD. And He will delight in the fear of the LORD, And He will not judge by what His eyes see, nor make a decision by what His ears hear;

Jer 3:15 "Then I will give you shepherds after My own heart, who will feed you on knowledge and understanding.

Da 4:34 "But at the end of that period I, Nebuchadnezzar, raised my eyes toward heaven, and my reason returned to me, and I blessed the Most High and praised and honored Him who lives forever; For His dominion is an everlasting dominion, And His kingdom [endures] from generation to generation.

Da 9:22 And he gave [me] instruction and talked with me, and said, "O Daniel, I have now come forth to give you insight with understanding.

Lu 24:45 Then He opened their minds to understand the Scriptures,

Eph 1:17-19 that the God of our Lord Jesus Christ, the Father of glory, may give to you a spirit of wisdom and of revelation in the knowledge of Him. [I pray that] the eyes of your heart may be enlightened, so that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, and what is the surpassing greatness of His power toward us who believe. [These are] in accordance with the working of the strength of His might

Eph 5:17 So then do not be foolish, but understand what the will of the Lord is.

Col 1:9-10 For this reason also, since the day we heard [of it], we have not ceased to pray for you and to ask that you may be filled with the knowledge of His will in all spiritual wisdom and understanding, so that you may walk in a manner worthy of the Lord, to please [Him] in all respects, bearing fruit in every good work and increasing in the knowledge of God;

2Ti 2:7 Consider what I say, for the Lord will give you understanding in everything.

1Jo 5:20 And we know that the Son of God has come, and has given us understanding, in order that we might know Him who is true, and we are in Him who is true, in His Son Jesus Christ. This is the true God and eternal life.

It is not the digging into the golden mine, but the digging long, that finds and fetches up the treasure. It is not the diving into the sea, but staying longer, that gets the greater quantity of pearls... Meditation is of that happy influence, it makes the mind wise, the affections warm, the soul fat and flourishing, and the conversation greatly fruitful. Nathanael Ranew 1670

Jos 1:8 "This book of the law shall not depart from your mouth, but *you shall meditate on it day and night, so that you may be careful to do according to all that is written in it*; for then you will make your way prosperous, and then you will have success.

Ps 1:1-3 How blessed is the man who does not walk in the counsel of the wicked, nor stand in the path of sinners, nor sit in the seat of scoffers! But his delight is in the law of the LORD, and *in His law he meditates day and night*. And he will be like a tree [firmly] planted by streams of water, which yields its fruit in its season, and its leaf does not wither; and in whatever he does, he prospers.

" I will regard Thy ways"

Regard <nabat> to scan, look intently at; to regard with pleasure, favor or care: to cause to behold, consider, have respect, see.

Regard: to respect, to esteem, to honor, to accept. *Wikipedia* says this about respect – " a positive feeling of esteem...and also specific actions and conduct representative of that esteem" . Also from *Wiktionary*: to observe or practice; to abide by

Other Bible translations use these phrases for this verse:

KJV – have respect unto thy ways

NKJV - contemplate Your ways

RSV - fix my eyes on thy ways

Think upon a time when you' ve followed directions very carefully. Perhaps you were putting something together, learning a new board game, trying a complicated recipe or even developing a new technique for something you enjoy. Why was it important to follow the directions carefully? What might happen if you didn' t? Was has been the result in those times when you just decided to " figure it out" on your own, i.e. " it couldn' t be that difficult" ?

" as workmen constantly and carefully look to their rule to guide themselves by it" Matthew Poole' s Commentary

" And have respect unto thy ways, that is to say, I will think much about them so as to know what thy ways are; and next; I will think much of them so as to have thy ways in great reverence and high esteem. I will see what thy ways are towards me that I may be filled with reverence, gratitude, and love; and then I will observe what are those ways which thou hast prescribed for me, thy ways in which thou wouldst have me follow thee; these I would watch carefully that I may become obedient, and prove myself to be a true servant of such a Master." Treasury of David

If you break the above commentary into steps it would read something like this:

- 1) First, I need to seek to know what God' s instructions are
- 2) Then, I will attest that God' s ways are right and I need them
- 3) Then, I will be thankful that God is gracious enough towards me to show me His ways
- 4) Then, I will take action according to what God has shown me
- 5) Then, an obedience towards God' s commands in my life will show proof that I am His child

" I will have respect. The one is the fruit of the other: "I will meditate"; and then, "I will have respect." Meditation is in order to practice; and if it be right, it will beget a respect to the ways of God. We do not meditate that we may rest in contemplation, but in order to obedience: "Thou shalt meditate in the book of the law day and night, that thou mayest observe to do according to all that is written therein" Thomas Manton

Jos 1:7-8 "Only be strong and very courageous; *be careful to do according to all the law which Moses My servant commanded you*, do not turn from it to the right or to the left, so that you may have success wherever you go.

"This book of the law shall not depart from your mouth, but you shall meditate on it day and night, *so that you may be careful to do according to all that is written in it*, for then you will make your way prosperous, and then you will have success.

De 17:19 "And it shall be with him, and he shall read it all the days of his life, that he may learn to fear the LORD his God, by carefully observing all the words of this law and these statutes,

To regard or respect God' s ways is putting the meditation on God' s word to practice!

Application Questions

Read Psalm 119 through verse 16. Consider how God would have you apply His truth to your life as you answer the questions below. Use the notes you may have taken during our time together.

What does it mean to meditate on God' s precepts? What does this look like in your life? What is required? Psalm 1:1-3

What does it mean to regard God' s ways? We show respect for something by placing it in high esteem and following it carefully. Joshua 1:7-8; Deut 17:19

Looking ahead to Psalm 119:16:

How do you delight in His statutes? Do you see His hand in your life? Does His work in you produce joy? Ps 40:8; Ps 119:14; Ps 119:24; Rom 7:22

What has God done for you?

What has God done to you?

What has God promised to continue to do?

What tools do you use to not forget God' s word? Do you forget the things you treasure? Psalm 119:11

What additional thoughts or questions has God placed upon your heart through the study of Psalm 119:15-16?