**Delight in the Law of the Lord**

**The Word**

Read together Psalm 1

**The Big Idea**

God’s Word is breathed out by God and is our ultimate source of truth and guidance in life. When we delight in and meditate on his Word, our lives will be grounded in truth and regularly refreshed by his grace and goodness so that we live fruitful lives of meaning and purpose no matter what life brings our way.

**Questions for Discussion**

1. Describe a season in your life when your relationship with and experience of God’s Word was rich, life-giving, and fruitful. What were the factors, in your mind, that led to that positive experience?

2. What is your current experience of God’s Word like? Where is it similar to the description in Psalm 1:2-3, and where is it different from that description?

3. As you consider the idea of regular personal Bible reading, what are the biggest obstacles that get in the way for you (for example, it could be a matter of discipline and scheduling, or a matter of not having enough desire, or a matter of not knowing what to do when you read, or not understanding what you’re reading and how to apply it, or not being sure of what you think of the Bible in the first place, etc.)?

4. What is a concrete first step you would like to take towards a more faithful and consistent reading of Scripture?

**Digging Deeper: Sermon Outline**

I. Psalm 1: What company do you keep?

A. We can keep company with the wicked (v. 1)

B. Or we can keep company with the law of the Lord (v. 2)

II. God’s law

A. Hebrew “Torah” means “instruction, teaching”

B. God’s Torah includes laws, commandments, and rules, but it is much broader than that. It contains God’s comprehensive teaching on life: who we are, who he is, what life is all about, et.

C. God “breathed out” his Torah (2 Timothy 3:16) so that the words of the Bible are the words of God. God spoke reality into existence (Genesis 1) and then spoke his Torah into existence, so there is complete unity and alignment between reality and God’s Word.

III. The relationship we are to have with God’s Word

A. Delight (v. 2)

1. His Word is not to be just our duty but our delight

2. His Word will sometimes convict and wound, but the overall experience is one of delight because we know his Word guides us in Truth

B. Meditate (v. 2)

1. Like a dog chewing on a bone

2. “As you read, pause frequently to meditate on the meaning of what you are reading. Absorb the Word into your system by dwelling on it, pondering it, going over it again and again in your mind, considering it from many different angles, until it becomes part of you.”—Nancy Leigh DeMoss

IV. The impact God’s Word is to have on us

A. Our lives are planted (v. 3)

1. We will not be living according to the latest fad/ideas of a changing culture, but we’ll be rooted and grounded in God’s unchanging truth

2. The opposite is chaff (v. 4). Many in our culture don’t want to be tied down by an outside source of authority, but in their quest for freedom and individual autonomy, they are at the mercy of their own emotions and compulsive desires.

B. Our lives are refreshed and nourished (v. 3)

1. God’s Torah is life-giving spiritual water intended to refresh us and renew our hearts and minds

2. We leave our time in God’s Torah with renewed vision, courage, comfort, etc.

3. This trees’ leaves do not wither (v. 3)

-Even if we are going through dry seasons of life (financial, relational, physical, etc.) we can live vibrant lives because we are daily refreshed and sustained by God’s Word.

C. Our lives are fruitful (v. 3)

1. We bear the inner fruit of Christ-like character qualities

2. We bear the outer fruit of positive impact and influence on others

3. “Bears fruit in season”: We have to take the long-term approach on Scripture

a. A morning of Scripture might not be fruitful, but a lifetime of Scripture will be fruitful

b. An evening of t.v. watching might seem well spent, but a lifetime of t.v. watching is not a life well lived.