



Meditation Expands Your Heart

Psalm 1

If you have not gone through the Introductory Basis Lessons teaching on the different facets of Biblical Meditation, please consider this first to get the most out of the following lessons.

Psalm 1:1-6, Through meditation and prayer, develop a heart of compassion to pray for the unsaved.

Psalm 1:1-3 details the blessings for those who meditate:

They **walk** in the counsel of God while the ungodly walk in the counsel of the world, the flesh and the devil. They **stand** with God and the saints for righteousness while the ungodly stand in the path of sinners. They **sit** with God and the Word while the ungodly sit in the seat of the scornful. They are described as ungodly, sinners, and scornful. The hardened heart becomes a scoffer.

Meditation is a path of sanctification as the Word is responded to, obeyed.

The Word:

- **causes growth**, respond and you will grow.
- **convicts of sin**, gives opportunity for repentance.
- **leads** to confession of sin, if willing.
- **converts** the soul (mind, emotion, will) changes the way you think, feel and act.
- starts the believer on the path of **sanctification** which leads to more blessings.

v 4 “The ungodly are not so, they are like the chaff which the wind drives away.”

The righteous are rooted in the Word; and will not be blown away, but will stay on their path. The ungodly has no spiritual root to stand before God or with the saints, the believers and will be driven away to look for other things to satisfy life's hunger.

v 5 “Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous.” The ungodly will be found guilty in the final judgment and has no rightful place with the righteous. You became **righteous** by accepting Jesus Christ as Lord of your life and Savior to take away your sins. It is a gift of grace.

v 6 “For the LORD knows the way of the righteous, but the way of the ungodly shall perish.”

Without those who will pray for them, the ungodly will perish. God's heart is that all be saved and come to the knowledge of the truth. (1 Timothy 2:4)

If you know God's heart you know it does not please Him when men die unsaved.

Ezekiel 18:32 “For I have no pleasure in the death of the wicked one who dies,” says the Lord GOD, “Therefore, turn and live.” This takes an intercessor, one who prays for others to stand in the gap, the breach sin has made between God and the sinner and ask for life. (Ezekiel 22:30)

As Jesus said on the cross,

“Father, Forgive them, they know not what they do.”(Luke 23:34)

As Stephen said as he was being stoned and dying,

“Lord, do not charge them with this sin.” (Acts 7:60)

As Paul said when he was abandoned at his first court hearing,

“May it not be charged against them.” (2 Timothy 4:16)

Let God soften your heart through the Word to pray for the lost.

Application: Read through Psalm 1. Pray for the unsaved in your life. Pray they become saved and come into all the benefits of the believing meditator.