



# Life Lessons from Meditation

## Psalm 49

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 49, David's message: If you take time to meditate on God's Word, you can have God's wisdom in your heart and in your mouth.

This is more like a Proverb, preaching good advice available to all men, rich and poor, those with or without influence in this life. David is saying that God's wisdom is available to all who will see it, who will take the time to understand it, and seed it in their heart. Give priority to meditation, it is of great value.

Context is important here as always in meditation.

**v1 "Hear this, all peoples; give ear, all inhabitants of the world,**

**v2 both rich and poor together."**

**v3" My mouth shall speak wisdom, and the meditation of my heart shall give understanding."**

This wisdom comes from meditation on God's Word.

**v4 "I will incline my ear to a proverb; I will disclose my dark (hidden) sayings on the harp."**

God's Word is available, precious to some and discounted by others, seen and recognized only by those with eyes to see and ears to hear. What is in plain sight is hidden to the unbeliever. Singing the Word can also be a form of meditation, praising God and getting the Word inside you.

**v5 "Why should I fear in the days of evil, when the iniquity at my heels surrounds me?"**

David could be talking about the end of life for worldly people, when they must account for the multitude of their sins. It could be read for any troubled time when evil is called good and many are far from God.

**v6 "Those who trust in their wealth and boast in the multitude of their riches,**

**v7 none of them can by any means redeem his brother, not give to God a ransom for him –**

There are many things money and influence can not buy, but that salvation gives freely.

**v8 For the redemption of their souls is costly, and it shall cease forever –**

**v9 that he should continue to live eternally, and not see the Pit."** (not experience corruption in the grave, but experience resurrection)

David is a prophet, here he has prophetic insight that man continues to live eternally, that there is more to life than these few years on earth.

**v10 “For he sees wise men die; likewise the fool and the senseless person perish, and leave their wealth to others.”**

**v11 “Their inner thought is that their houses will last forever, their dwelling places to all generations; they call their lands after their own names.”** Cities, monuments, buildings, airports named after men as an honor in this life are often renamed when they are gone.

**v12 “Nevertheless man, though in honor does not remain; he is like the beasts that perish.”** Things important in the world are not the things that are important in heaven.

**v13 “This is the way of those who are foolish, and of their posterity who approve their sayings.” Selah** ([Selah](#) is a music term to pause to consider what is being sung, and in this way applicable to meditation.)

**v14 “Like sheep they are laid in the grave; death shall feed on them; the upright shall have dominion over them in the morning; and their beauty shall be consumed in the grave (Sheol), far from their dwelling.”**

**v15 “But God will redeem my soul from the power of the grave (Sheol), for He shall receive me.” Selah** David has revelation that though the body dies, the soul returns to God who made it. It could also prophetically refer to Messiah.

**v16,17 “Do not be afraid when one becomes rich, when the glory of his house is increased; for when he dies he shall carry nothing away; his glory shall not descend after him.”**

**v18,19 “Though while he lives he blesses himself (For men will praise you when you do well for yourself), he shall go to the generation of his fathers; they shall never see light.”** ([the light of eternal life](#))

**v20 “A man who is in honor, yet does not understand is like the beasts that perish.”** This speaks of a man honored in life but having no spiritual understanding.

To the believer the Word of God is a treasure, the Scriptures are like a mine containing precious gold. To the meditator, insight and revelation are precious to be kept in the heart and to be drawn out as wisdom to carry you successfully through this life.

[Application](#): Pray out the insights you receive. As you pray for the Church you are touching the believers throughout the world. You will be blessed as part of the Church.

Learn to expand your prayers, your blessings will increase not be diminished. As you give, it will be given to you... As you sow, so shall you reap. (Luke 6:38, Galatians 6:7)