

Sunday 22nd January 2023

Meditation and Prayer

Psalm 119:1-16 | David Peterson

Introduction

1. The best kind of meditation (verses 1–8)

Meditation on Scripture should be ‘a relaxed form of concentration: we dwell on something, so that it, in turn affects us in some way’ (John Kleinig)

a. The outcome (vv. 1–4)

b. The pathway (vv. 5–8)

Application to us

Meditation > prayer > commitment > struggle > praise and delight

2. Living according to God's word (verses 9–16)

3. Sitting at the feet of Jesus

Luke 10:38–42