

SATURATE

Part 8: Commission



Intro

This has been an interesting few weeks, hasn't it? I've talked with many of you about this book as we've gone through it. Some have loved the content, and learned much. Others... not so thrilled.

The point was not to take a class and learn the facts about Jesus. The purpose of this series has been to practice reflecting on the gospel. Something the Bible calls **meditating**.

This will change your life.

Before we get in to this, let's get real. I don't normally do this, but you gotta listen. This can change your life. There have been sermons that have changed the way I think, the way I see life. I think that this can be one of them. Not cause I'm a good teacher, but because when you learn to meet God, it's impossible to walk away unchanged.

[*What is your bible reading like?*](#)

I was a lot like Isaiah.

Three things

1. Why we meditate
2. How to meditate
3. On whom we meditate

Why We Meditate

The Psalms are unique

Almost all of the Bible is God's word to man, inspired by the Holy Spirit. The Psalms are different though. The Psalms are prayers and songs—man's words to God, inspired by the Holy Spirit.

**It teaches us how to interact with God, through imitation and response.
Reading the Psalms is like learning a language.**

Psalm 1

[1] Blessed is the man
who walks not in the counsel of the wicked,
nor stands in the way of sinners, nor sits in the seat of scoffers;
[2] but his delight is in the law of the LORD,
and on his law he meditates day and night.
[3] He is like a tree
planted by streams of water
that yields its fruit in its season, and its leaf does not wither.
In all that he does, he prospers. [4] The wicked are not so,
but are like chaff that the wind drives away.
[5] Therefore the wicked will not stand in the judgment,
nor sinners in the congregation of the righteous; [6] for the LORD knows the way
of the righteous,
but the way of the wicked will perish.

There is a reason that this is the first Psalm.

Before we can repent, or praise, or ask God for things, we must know him through his word. This is the logical starting place and foundation for a meaningful relationship with God.

Blessedness?

Blessed is the man—the first words of the Psalms.
This word is often translated as merely ‘happy’. The word “blessed” in Hebrew means far more than just “happy.” It refers to complete peace and fullness of life, total well-being — an enormous promise.

When we take away all the contrasts and the qualifiers, we see the basic point:

“Blessed is the man who... meditates day and night.” If you want “blessedness,” you must meditate.

I want to be like a tree.

- **Firmly Planted** “planted by streams of water that yields its fruit in its season, and its leaf does not wither.” When the roots of our mind sink deep into the Word of God, you aren’t easily blown over. You still experience the winter, but you do not wither.
- **Bears Fruit** - Meditation always leads to character growth. Derek Kidner observes:

“The tree is no mere channel, piping the water unchanged from one place to another, but a living organism which absorbs it, to produce in due course something new and delightful, [unique] to its kind and to its time.”

- **Lastly**, This is where you learn to listen to the Holy Spirit.

How to meditate

This is where we get practical.

Don't settle. Wrestle.

How many times have you sat down, read a couple chapters, checked 'em off the to do list, and gotten no encouragement at all out of it? Be honest. This happens a lot.

Don't settle for that. **Psalm 5:3**. We need to come *expectantly*. We need to make every effort. (Jacob wrestling with God.)

Get a pen... A.C.T.S.

There is no one magic bullet, no single correct way of reading and meditating on scripture. But this is extremely helpful. **TRY IT.**

Pick a passage of scripture (No more than a chapter) read it a few times. Write down:

- What it tells me about God/Jesus, his character
- Promises for me
- Warnings to me

Now as you think about these things, pray through these questions, and write down your answers.

Adoration - Why should I praise God because of this?

Confession - What is wrong with my life because I've forgotten this?

Thanksgiving - How is Christ's work the solution/fulfillment to this?

Supplication - What do I do now?

Simplify.

Maybe that's not your style. Maybe you're a little less structured, a little more fluid. Try this. Read a passage. Pick out one truth and ask yourself, "What happens to me when I forget this?"

When I forget that I am already Justified by Christ, I am flooded with guilt and regret about the past. I live in bondage to idols that make me feel better about myself.

When I forget about sanctification, I give up on my self and stop trying to change.

When I forget the hope of the resurrection, I lose my excitement. I become afraid of aging and death.

On Whom We Meditate

Psalm 1 gives us a contrast.

[1] Blessed is the man

who walks not in the counsel of the wicked, nor stands in the way of sinners,
nor sits in the seat of scoffers;

[2] but his delight is in the law of the LORD,
and on his law he meditates day and night.

“Blessed is the man who is not... but is...”

Who does not... but I do.

Who delights in the law of the lord, but I don't.

Jesus did.

John 5:39 “You search the Scriptures because you think that in them you have eternal life; and it is they that bear witness about me...”

You can look for inspiration and find it.

For promises of prosperity and find them.

You could even twist it and use it for hate.

It's easy to come looking for yourself in this book.

If you don't come to this book seeking Jesus, you will not grow.

Be like Isaiah

Moses - “Here am I, send Aaron”

Joseph, “Here am I, not going.”

Isaiah - “Woe is me, I am a man of unclean lips. Here am I, send me.”

Let's pray that the Holy Spirit will give us eyes to see him in scripture, ears that know his voice.