


# MEDITATION



# DISCIPLE

Desire Determination Discipline Diligence Delight Do

# 3

## DISCIPLES MEDITATE

Blessed is the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful; But his delight is in the law of the LORD, And in His law he meditates day and night.

(Psalms 1:1-2)

- (Psalm 119:1; Psalm 1:1) “Blessed” - a person who has been blessed by God with His “graces” of rebirth. (See last week’s handout)
  - ★ “Blessed” is in the plural signifying “very much blessed”.
  - ★ A born-again person is an undefiled person “in the way” - the Law of God. He walks the narrow path that leads to life. (Matt 7:13-14)

## MEMORY VERSE

Blessed are those who keep His testimonies, who seek Him with the whole heart! They also do no iniquity; they walk in His ways.

(Psalm 119:2-3)

## PSALM 119:3

*“They also do no iniquity; they walk in His ways.”*

- ★ Those who have been abundantly blessed by God with the graces of rebirth:
  - (v. 1) Walk in the Law of the LORD.
  - (v. 2) Keep His testimonies.
  - (v. 2) Seek the LORD with their whole heart.
  - (v. 3) **THEY DO NOT SIN!**
  - (v. 3) **THEY WALK IN HIS WAYS!**

**HAVE YOU BEEN BLESSED WITH GOD'S GRACE?**

★ **How do they NOT sin?**

- (Deuteronomy 30:6) At rebirth, God gives His special people a new heart that loves Him supremely. Those who love Him obey Him. (John 14:15, 21, 23-24; 15:10, 13-14; 1 John 5:3)
- (Ezekiel 36:26-27) At rebirth, God gives His special people His spirit that **causes** them to walk in His commandments and do them.
- (Hebrews 8:10-12) At rebirth, God writes His Law on their hearts so that now they love His Law and hate every false way (Psalm 119:97, 104, 113, 128, 163, 165).
- (Hebrews 8:10-12) At rebirth, God writes His Law on their minds so that now they understand and meditate on His Law.
- (Jeremiah 32:40) At rebirth, God puts His fear into His special people's hearts so that they will not depart from Him.

★ (v. 3) **THEY DO NOT SIN!** But everyone sins! (1 John 1:8, 10) **BUT the same Bible says . . .**

- (1 John 3:6) Whoever abides in Him does not sin. Whoever sins has neither seen Him nor known Him.
- (1 John 3:9) Whoever has been born again does not sin, for His seed remains in him; and he cannot sin, because he has been born of God.
- (1 John 5:18) Whoever has been born again does not sin, but he who has been born again keeps himself.
- (1 John 3:10) One can tell the difference between a child of God (one who has been born again) and a child of the devil (an unbeliever) is that the child of God continually practices righteousness (as defined by the **written** Word of God.)
- Born again saints desire and strive to not sin. But when they do they confess and repent of their sins. They receive God forgiveness and mercy because they confess and repent! (1 John 1:9; Proverbs 28:13)

★ (v. 3) **THEY DO NOT SIN BECAUSE . . .**

- (Psalm 1:1) They do not walk in the counsel of the ungodly, nor stand in the path of sinners, nor sit in the seat of scoffers. They know that bad company corrupts. (1 Corinthians 15:33)
- (Psalm 119:3) Instead, they walk in all His ways. Deuteronomy 10:12-13:
  - He fears God - so he does not depart from God.
  - He walks in all of God's ways.
  - He loves God.
  - He serves God with all of his heart and soul.
  - He keeps the commandments of the LORD.
- (Psalm 1:2) He is guided by the Law of God because it (the LAW) is his meditation day and night.
- (Psalm 119:2) Therefore, he does not sin and he walks in all of God's ways.