

### STUDY 3

The digestion of food to become strength for our bodies is a metaphor for another spiritual concept in God's Word called meditation.

Read Psalm 1:1-3:

**<sup>1</sup> 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;**

**<sup>2</sup> But his delight is in the law of the Lord,**

**and in His law he meditates day and night.**

**<sup>3</sup> He shall be like a tree planted by the rivers of water,**

**that brings forth its fruit in its season,**

**whose leaf also shall not wither;**

**and whatever he does shall prosper.**

What word does this start out with? \_\_\_\_\_

We all want that, don't we?!

Verse 1 tells what this person does not do.

Verse 2 tells what he does do. What are those 2 things?

\_\_\_\_\_  
\_\_\_\_\_

How often? \_\_\_\_\_

The law of God is a synonym for the Word of God. In David's day about the only Scriptures they had were the first 5 books of the Bible written by Moses. These books were called "The Books of the Law."

"Meditate" can be defined as "pondering by talking to oneself" or "mulling over thoughts in the same way as a cow chews its cud."

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Verse 3 gives us another metaphor. Metaphors are truly amazing literary devices because you can ponder (meditate on) them a long time and the more you ponder, the more you see in it!

Picture the scene in your mind that the Psalm writer has painted with words in verse 3. Through this scene he gives us 4 promised results of meditating continually on God's Word. List the literal metaphors and their applications to your life.

Metaphor 1. \_\_\_\_\_

Meaning: \_\_\_\_\_

Metaphor 2. \_\_\_\_\_

Meaning: \_\_\_\_\_

Metaphor 3. \_\_\_\_\_

Meaning: \_\_\_\_\_

Metaphor 4. \_\_\_\_\_

Meaning: \_\_\_\_\_

Now write the final promise in verse 3 that is not metaphoric in its terminology:

\_\_\_\_\_

Wow! You can't get better promises than that, can you?! Are you convinced yet that regular time in God's Word is worth it?