

Meditating Day and Night

Psalm 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; ²but his delight is in the law of the LORD, and on his law he meditates day and night. ³He 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. ⁴The wicked are not so, but are like chaff that the wind drives away. ⁵Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the righteous; ⁶for the LORD knows the way of the righteous, but the way of the wicked will perish.

Psalm 1 sets the tone for much of the rest of the book of Psalms by contrasting the way of the righteous with the way of the ungodly. The message of the Psalm centers on the importance of meditating on God's Word.

The psalm begins with the blessedness of avoiding the involvement with ever increasing evil people. The way to be empowered to "not" engage in sinful behavior is to be in the "Law of the Lord." (Law here means the whole Scripture of both law and gospel.)

Meditating on God's Word is the ultimate of being in the Bible. It can, however, seem overwhelming. You may feel that meditation is something only monks and mystics can do. If you can worry, you can meditate. To meditate merely means to think about something over and over.

Brother Lawrence (a monk) says, "The time of business does not with me differ from the time of prayer; and in the noise and clutter of my kitchen, while several persons are at the same time calling for different things, I possess God in as great tranquility as if I were upon my knees at the Blessed Sacrament. (The Practice of the Presence of God pp. 3-4)

The result of meditation is like a tree planted by streams of water. The green foliage is an emblem of faith, which converts the water of life of the divine word into sap and strength, and the fruit, an emblem of works, which gradually ripen and scatter their blessings around; a tree that has lost its leaves, does not bring its fruit to maturity.

Prayer: O Lord, bless our meditation on the accomplished fact of our salvation, through Christ Jesus. Amen.
(TLSB)