

Dwell with God (Psalm 1; Psalm 119:9-16; Proverbs 2:1-6)

How would you describe your current relationship with God?

How can we bring our tree to health again, and keep it thriving?

The traditional answer:

But...something missing?

Psalm 1

- The key ingredient:

Meditation: What is it?

Eastern and secular versions

Biblical meditation

Psalm 119:9-11, 15

Like a dog with his bone

Hagah

Meditation: How do we do it? (4Ps)

1. Prepare with the right posture

- Grateful
- Humble (Prov. 2:3, 6)
- Intentional

2. Ponder with wonder

Start with understanding

Don't stop with understanding

After we think a truth **out**, we think a truth **in** (Tim Keller)

Searching for treasure (Prov. 2:4)

- ***Adoration***
- ***Repentance***
- ***Gospel thanks***
- ***Aspiration***

Worked eg.: Luke 12:35-37

[Storing]

3. Pivot your heart (Prov. 2:1-2)

What is the opposite of this truth? How might I believe it? How can I turn?

4. Persist in pressing these truths home

⇒ Prov. 2:5

Discipline & Delight