

Bible Study Part 1 - Meditation

Psalm 1

Meditation involves **observation** of the passage.

We must begin with a request from the Lord to reveal what he wants us to see in the passage

Psalms 119:18 “*Open thou mine eyes, that I may behold wondrous things out of thy law.*”

When we meditate on a scripture we are doing three main things:

1. *Actively thinking* on the passage

2. *Forming questions* about the passage

Who, what, when, where

3. *Noting observations*

People, places, objects discussed, activities, etc.

In Part 1- Observation we are **excavating** the passage to begin building scriptural truth from it.

Meditation/Observation takes time – it very rarely is completed in one session of a couple minutes.

Read the passage multiple times – noting observations

Continue to think and reread/repeat the passage in your mind throughout the day – asking the Lord to show you things

Recognize that it is the Lord that will reveal information from the passage

For Part 1 – Observation take Psalm 1 and using the questions below take some time to meditate on the passage make some observations. In the empty space create 2 questions of your own that help you to make observations on the passage.

Remember we are trying to answer the questions of **who, what, when, where**

1) Who is being discussed in this Psalm 1?

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2) What is the end of each type of person that is discussed?

3) When does the blessed person spend time in God's law?

Ask your own questions as you think on the passage