

Praying Your Emotions
 A Study in the Psalms




Meditation...Prayer's Beginning

MEDITATING on MEDITATION

"His Delight" ... Meditation involves not just the head, but the HEART
Relishing, cherishing the truth of God's Word

"is in the law of the Lord" ... Meditation involves hard thinking about how to live the truth

"he meditates day & night" ...
 Meditation is a regular part of daily life



BEP's Fall Spiritual Growth Journey

DISCIPLESHIP EXPLORED
An 8 week journey through Philipians

Following Christ...What's it all about?



MEDITATING on MEDITATION

Meditation is pondering, relishing, imagining, rehearsing, applying God's truth until it becomes real to your heart & permanently affects your beliefs, attitudes & behavior

Meditation is a way of life that shapes your life

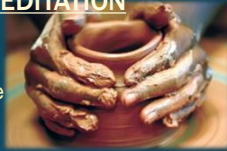


If you are not meditating on God's Word...
...you are still regularly, day & night, meditating

"the counsels of the wicked"

MEDITATING on MEDITATION

Meditation is a way of life that shapes your life



The experience of God's blessing depends on what you are meditating on in your heart of hearts (1:1-2)

"Blessing" ...well-being, completeness, wholeness

You are a meditator....On what are you meditating???

MEDITATING on MEDITATION'S BLESSING

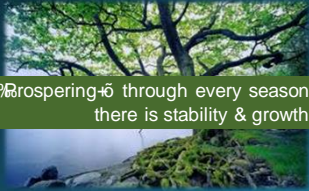
When your life gets emotionally crazy...what is it you most want??

1:3-4 ... The image of a TREE...the image of CHAFF



MEDITATING on MEDITATION'S BLESSING

When your life gets emotionally crazy...what is it you most want??



Prospering through every season
there is stability & growth

Meditating on God's Word leads to

- Depth & Stability
- In that rooted relationship there is substance for praying your emotions*
- BUT not immunity from suffering & dryness

MEDITATING on MEDITATION'S CENTER

"For the Lord watches over the way of the righteous" (1:6)

If you meditate on Psalm 1:6 without Christ...
...you will lose confidence the more you ponder

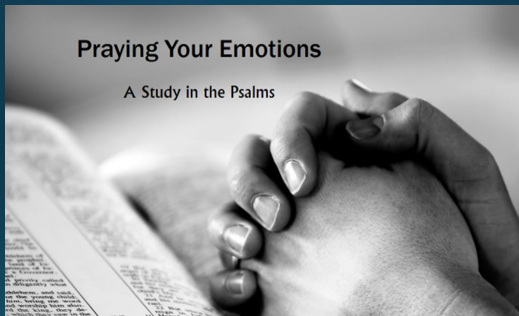


The Lord's Supper is a meditation
on the person & work of Christ
the center of all mediation



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Meditation...Prayer's Beginning

Take Home...

Mediation is a way of life
that shapes your life



You are a mediator...

*Meditation is pondering, relishing, imagining, rehearsing, applying
God's truth...OR "the counsel of the wicked"*

On what are you meditating "day & night"???
