

## PRAYING PSALM 1

“And in His law he meditates day and night” (Psalm 1:2).

Dr. Martyn Lloyd Jones once said that he had never written on prayer because of a sense of personal inadequacy in it. I can testify to the same. Prayer has been a life-long journey. I can only testify that I am better at it now in understanding and practice, but I feel that I have so far to go. With that, I begin a second series on prayer.

John Calvin said: “I may truly call this book an anatomy of all parts of the soul, for no one can feel a movement of the spirit which is not reflected in this mirror. All the sorrows, troubles, fears, doubts, hopes, pains perplexities, and stormy outbreaks by which the hearts of men are tossed have been depicted here to the very life.” Psalms covers a period of about 1,000 years, from the time of Moses to the time of Ezra and Nehemiah. Most of the Scripture records what God said to men. Psalms records what men said to God. The first psalm introduces the book. The theme is how a person is blessed by his walk with God. A person cannot walk with God without praying, yet prayer is not mentioned in the first psalm. Meditation, however, is. As Timothy Keller points out, Psalm 1 is a meditation on meditation. Meditation is a part of prayer. It is a reflection and examination of what God has said. Prayer is a two-way conversation with God. When we listen to God, we are praying. Meditation enables our listening. It helps us understand and internalize what God says. Meditating produces three results. First, it deepens us “We shall be like a tree planted by the...waters.” The water of the Word of God activates our faith to go deeper when we ruminate on His truths. Second, it produces fruit. “That brings forth its fruit in season. Third, it “prosper” us. It guarantees peace and effectiveness in what we do. Meditation is the part of the listening process that prepares us to respond to God. It is as much prayer as speaking is. Meditation requires a willingness to spend time with God contemplating His Word and His will. If you would learn to pray, you must take time to meditate.