



water from rock

Selah: Stop, Look, Listen- January 6, 2024

The Lord be with you in these opening days of January as a new year lies before us. So I want to suggest the resolution for your year, something that I would really like for you to consider for 2024. And in suggesting this resolution, I am going to under promise and over deliver. I say this knowing that we ministers often, well, we overpromise and we under deliver. I mean, you've heard the sermons and I preached a few of them myself and we end up disappointed, but I wanna give you a promise today because this is a promise that you will find God over deliver in your life in the coming year.

You will be blessed in 2024 and on the authority of God's word, I can say to you that God will over deliver on this promise. So with the Bible in hand, I am looking today at Psalm one, the first psalm that serves as a door to all of the Psalms that follow. You know, we really do need to enter into the book of Psalms by going through its front door. Psalm one as someone describes the blessed life the truly happy life. And the song begins getting us off on the right foot by describing first what the blessed person does not do. Blessed is the one it says blessed is the one who does not walk in step with a wicked or stand in the way that sinners take are set in the company of mockers. That's what the blessed person does not do. Then the psalm describes what the blessed person does do. The blessed person's delight is in the law of the Lord. And he meditates on his law day and night. That person is like a tree planted by streams of water which yields its fruit in season and whose leaf does not wither whatever he does, he prospers and it is what the blessed person does do that.

I'd I'd like for you to consider doing in the new year that you take it up as a resolution for 2024 as it says that the blessed person delights in the law of the Lord and he or she meditates on it day and night. Now, if you like to write in your Bible, I I suggest that you make a note here because this promise is very similar to a promise that God makes to Joshua in the book of Joshua chapter one verse eight that says this law of the Lord shall not depart out of your mouth. You shall meditate on it day and night so that you be careful to act in accordance with all that is written in it for, then you shall make your way prosperous and then you shall be successful. Notice here that in Psalm one and Joshua one that when, when it talks about meditating on God's law. Well, let's not talk about a sack of law books.

Whether the hub word translated law is the word Torah, which comes from a Hebrew word that has the idea of a finger pointing, a finger pointing. This is the way to go. So God's Torah that is oftentimes translated as teaching. Well, it it's like a finger pointing the way to a blessed life, a life that is successful, prosperous in God's true sense of success and prosperity. So someone says that the person who meditates on God's teaching, his law is like a tree planted by streams of water which yields its fruit in its season whose leaf does not wither whatever they do prospers. Now, it doesn't necessarily mean prosperous in the sense of being a billionaire or having a big house on the hill because you know, none of these really is what makes someone unhappy, but



water from rock

it's a promise that that person prospers in having a blessed life, that whatever they do prospers. Now, I think you might be getting where I'm going now in wanting to under promise and over deliver for your New Year. And I'm suggesting for a New Year's resolution that you take up meditating on God's word, Psalm one and Joshua one says, meditating on God's word day and night. That is that you make meditating on God's word an important part of your life because God does promise God does promise, then you shall be successful. Whatever you do prospers in the true biblical sense of prospering.

Now, a woman said to me one time, she said, you know, I don't, I don't know how to meditate. And so I asked her, do you know how to worry? And she said, oh, II, I know how to worry. And, and so I said, well, then you know how to meditate because you know how to go over and over again in your mind. Something, I mean, that's what worry is at three o'clock in the morning, you keep going over it again and again and again and, and that's much what it's like to meditate on God's word. I mean, you take a verse of scripture or sometimes just a phrase, a word and you go over and over and over and again in your mind and the Holy Spirit speaks to you. You see biblical meditation is, it's, it's very different than Eastern meditation. Eastern meditation is emptying the mind. Biblical meditation is filling the mind with God's word.

Early Christians compared meditating in God's word to a cow chewing its cud. I mean, in the morning, the cow grazes on grass and then lies down for the rest of the day and it chews to cut. I, I like to think of meditating in God's word as being something like a dog chewing on a bone. I mean, I used to have this wonderful beagle and II I could give Sadie a bone in the morning and she would chew on it all day. That is the light that is meditating on God's Word day and night and it can truly be life changing. I mean, that's not just me saying it, that's God's word saying God's promising it that God will over deliver. And I'm sharing these thoughts with you today because meditating on God's word has been, I, I think it's probably been the most helpful, most important spiritual discipline that I do.

So if, if you would like to take up meditating on God's Word for 2024 I want to suggest that when you finish listening to the sig the broadcast that, that you write it down as a resolution, write it down and then you might share that resolution with a Christian friend is that friend might encourage you in meditating on God's Word and who knows your friend might even join you in it.

God will over deliver as you do this, you will be like a tree planted by streams of water which yields its fruit in season and whose leaf does not wither whatever you do you prosper. So blessings on your year of our Lord in 2024.

I am Tim Smith, a fellow traveler. Thank you for listening. Until next time.