

How to Kill Persistent Sin – Meditate on God’s Word – Psalm 1:1-3

FBC Nacogdoches – Sunday, October 27, 2019 – A.M. Message

Message Description

— How can we kill persistent sin? Theologian Thomas Watson summed up the counsel of Scripture when he wrote, “Meditation is a strong antidote against sin. *Most sin is committed for want of meditation.*” In this third part of our series on how to kill persistent sin (Romans 8:13), we will learn the value and the practical how-to’s of Bible meditation. We will discover the motivation that can help us embrace this spiritual discipline for real life change for the glory of God.

- **John 17:17** | *Sanctify them by the truth; your word is truth.* (CSB)
- **John 8:31–32** | *Then Jesus said to the Jews who had believed him, “If you continue in my word, you really are my disciples. You will know the truth, and the truth will set you free.”* (CSB)
- **John 8:34** | *Jesus responded, “Truly I tell you, everyone who commits sin is a slave of sin.* (CSB)
- **John 8:36** | *So if the Son sets you free, you really will be free.* (CSB)

Verse
— Romans 12:2 <i>Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God.</i> (CSB)
— Joshua 1:8 <i>This book of instruction must not depart from your mouth; you are to meditate on it day and night so that you may carefully observe everything written in it. For then you will prosper and succeed in whatever you do.</i> (CSB)
— Psalm 119:11 <i>I have treasured your word in my heart so that I may not sin against you.</i> (CSB)
— Deuteronomy 17:18–19 <i>When he is seated on his royal throne, he is to write a copy of this instruction for himself on a scroll in the presence of the Levitical priests. It is to remain with him, and he is to read from it all the days of his life, so that he may learn to fear the LORD his God, to observe all the words of this instruction, and to do these statutes.</i> (CSB)
— Ephesians 5:26 <i>to make her holy, cleansing her with the washing of water by the word.</i> (CSB)
— 2 Timothy 3:16 <i>All Scripture is inspired by God and is profitable for teaching, for rebuking, for correcting, for training in righteousness,</i> (CSB)

What does Meditation Involve?

I. Delight

- Increase your delight in meditation...
 1. **Invest enough time that you learn to do it well.**
 2. **Share what you are reading and learning with others.**
 3. **Have the right tools, space, and schedule to take away the frustration of getting started each day.**
 4. **Meditate on God’s word.**
 5. **Pray for God to create a hunger in you for God’s word.**
 - **Psalm 119:18** | *Open my eyes so that I may contemplate wondrous things from your instruction.* (CSB)
 - **Psalm 19:10** | *They are more desirable than gold—than an abundance of pure gold; and sweeter than honey dripping from a honeycomb.* (CSB)
- **Heavenly Father,**
 - *I know and believe your word is valuable.*
 - *I know and believe your word is sweet and satisfying.*
 - *I know and believe your word reveals my heart to me.*
 - *I know and believe your word reveals the glory of God.*
 - *So, open my eyes so that I may contemplate wondrous things from your instruction. (Psalm 119:18)*
 - *And give me a heart that delights in your word!*

II. Reflect

— HAGAH

A. It referred to the act of murmuring or to mumbling to oneself.

B. It referred to what an animal did when it growled over its food.

— **Isaiah 31:4** | *For this is what the LORD said to me: As a lion or young lion growls over its prey when a band of shepherds is called out against it, and is not terrified by their shouting or subdued by their noise, so the LORD of Armies will come down to fight on Mount Zion and on its hill.* (CSB)

C. It referred to a cow chewing its cud.

— **Ephesians 6:17** | *Take the helmet of salvation and the sword of the Spirit—which is the word of God.* (CSB)

— **Ezekiel 36:27** | *I will place my Spirit within you and cause you to follow my statutes and carefully observe my ordinances.* (CSB)



III. Supplant

— **Philippians 4:8** | *Finally brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is anything praiseworthy—dwell on these things.* (CSB)

— Keys to Biblical Meditation

1. Read less to meditate more.

2. Read for application.

— **James 1:22** | *But be doers of the word and not hearers only, deceiving yourselves.* (CSB)

— **James 1:23** | *Because if anyone is a hearer of the word and not a doer, he is like someone looking at his own face in a mirror.* (CSB)

— **James 1:24** | *For he looks at himself, goes away, and immediately forgets what kind of person he was.* (CSB)

— **James 1:25** | *But the one who looks intently into the perfect law of freedom and perseveres in it, and is not a forgetful hearer but a doer who works—this person will be blessed in what he does.* (CSB)

3. Read aloud.

— **Romans 6:12** | *Therefore do not let sin reign in your mortal body, so that you obey its desires.* (CSB)

4. Roleplay “tell-a-friend.”

5. Quiz the passage.

— **Psalm 1:3**

A. You will be nourished and satisfied by the cool, clean, refreshing water of God.

B. You will be fruitful, mature, growing.

C. You will not fade or fall away from God’s peace and sustaining power.

D. You will be a valuable tool in the hand and plan of God.