

## “The Spiritual Disciplines: Meditation

### Psalm 1

#### Psalm 1

- 1 *Blessed is the man  
who does not walk in the counsel of the wicked  
or stand in the way of sinners  
or sit in the seat of mockers.*
- 2 *But his delight is in the law of the LORD,  
and on his law he meditates day and night.*
- 3 *He is like a tree planted by streams of water,  
which yields its fruit in season  
and whose leaf does not wither.  
Whatever he does prospers.*
- 4 *Not so the wicked!  
They are like chaff  
that the wind blows away.*
- 5 *Therefore the wicked will not stand in the judgment,  
nor sinners in the assembly of the righteous.*
- 6 *For the LORD watches over the way of the righteous,  
But the way of the wicked will perish.*

Psalm 1 (NIV)

#### Psalm 19

##### For the director of music. A psalm of David.

- 1 *The heavens declare the glory of God;  
the skies proclaim the work of his hands.*
- 2 *Day after day they pour forth speech;  
night after night they display knowledge.*
- 3 *There is no speech or language  
where their voice is not heard.*
- 4 *Their voice goes out into all the earth,  
their words to the ends of the world.  
In the heavens he has pitched a tent for the sun,  
which is like a bridegroom coming forth from his pavilion,  
like a champion rejoicing to run his course.*
- 6 *It rises at one end of the heavens  
and makes its circuit to the other;  
nothing is hidden from its heat.*
- 7 ***The law of the LORD is perfect,  
reviving the soul.  
The statutes of the LORD are trustworthy,  
making wise the simple.***
- 8 ***The precepts of the LORD are right,  
giving joy to the heart.  
The commands of the LORD are radiant,  
giving light to the eyes.***
- 9 ***The fear of the LORD is pure,  
enduring forever.  
The ordinances of the LORD are sure  
and altogether righteous.***
- 10 ***They are more precious than gold,  
than much pure gold;  
they are sweeter than honey,  
than honey from the comb.***
- 11 ***By them is your servant warned;  
in keeping them there is great reward.***
- 12 *Who can discern his errors?  
Forgive my hidden faults.*
- 13 *Keep your servant also from willful sins;  
may they not rule over me.  
Then will I be blameless,  
innocent of great transgression.*
- 14 *May the words of my mouth and the meditation of my heart  
be pleasing in your sight,  
O LORD, my Rock and my Redeemer.*

Psalm 19 (NIV)