

“The Benefits of Meditating upon God’s Word – Part 2”  
Psalm 119:97-104  
(Preached at Trinity, February 10, 2013)

I’m supplying these notes for the benefit of busy pastors who may be engaged in bi-vocational work, feeling the pressure of preparing to preach twice on the Lord’s Day while trying to balance full-time secular work as well as caring for their families. While the notes of another man are no substitute for personal study, I pray that these may aid in the process of preparing to preach.

**Disclaimer:** These are the actual notes I bring with me to the pulpit, which I follow loosely. They are not designed for publication. While I try to make every effort to give proper credit to my sources from the pulpit, adequate citations will sometimes be absent from my notes. If anyone feels their intellectual material has been used without adequate citation, please contact me and I’ll make immediate correction giving credit.

1. Last week we directed our focus upon the thirteenth stanza of Psalm 119. It is designated by the Hebrew letter **מ** – Mem.  
The psalmist describes the fruit of his meditation.  
**Psalm 119:97 KJV** - "O how love I thy law! it *is* my meditation all the day."
2. David had discovered the infinite value of God’s Word and the great benefit of keeping his mind filled with its truths.  
His life was filled with meditating upon God’s Word. It was always upon his mind.  
**Psalm 119:148 KJV** - "Mine eyes prevent the *night* watches, that I might meditate in thy word."  
**Psalm 119:148 NAU** - "My eyes anticipate the night watches, That I may meditate on Your word."  
**Psalm 119:148 NKJ** - "My eyes are awake through the *night* watches, That I may meditate on Your word."
3. David continually had the Word of God upon his mind. He pondered its truths, considered its loveliness, and savored the fellowship with God through His Word.
4. Meditation describes the process of filling the mind, thinking deeply, and considering the Word of God carefully and reflecting upon it.  
It is immersing ourselves fully in God’s Word.
5. Filling the mind with the Word of God has very particular consequences.  
Last week we began looking at the benefits of meditating upon the Word of God. I’ve divided the thirteenth stanza into three parts. Last week we looked at the first.
  - I. Meditating upon God’s Word will fill your mind with spiritual discernment  
**Psalm 119:98 KJV** - "Thou through thy commandments hast made me wiser than mine enemies"  
**Psalm 119:99 KJV** - "I have more understanding than all my teachers"  
**Psalm 119:100 KJV** - "I understand more than the ancients"  
**Psalm 119:104 KJV** - " Through thy precepts I get understanding"
    1. David’s testimony was that his consistent diet of God’s Word and continual meditation upon it gave him incredible wisdom and discernment
    2. This is discernment unknown apart from God’s illumination as His Spirit applies His Word to our hearts.
    3. How can you discern God’s direction for your life?  
**Psalm 119:105 KJV** - "Thy word *is* a lamp unto my feet, and a light unto my path."
6. There is a presupposition as I set this before you that the Word is being applied to the regenerate heart—the heart that has a grand desire to be conformed to the perfections of Christ. The fear of the Lord is the beginning of wisdom. See **Proverbs 1:20-33**
7. Tonight I want us to look at other two parts of this stanza.
  - II. Meditating upon God’s Word will provide a great defense against sin

- III. Mediating upon God's Word will kindle your affections more and more towards it
- II. Meditating upon God's Word will provide a great defense against sin  
**Verses 101-102; 104**
- A. The Word of God provides the chief source of instruction on holiness  
**2 Timothy 3:16-17 KJV** - "All scripture *is* given by inspiration of God, and *is* profitable for doctrine, for reproof, for correction, for instruction in righteousness: <sup>17</sup> That the man of God may be perfect, throughly furnished unto all good works." - ἄρτιος – “complete” ESV, CSV, NKJV
1. The Bible continually informs our minds  
 David declares that he was taught by God  
**Psalm 119:102 KJV** - "I have not departed from thy judgments: for thou hast taught me."
  2. When our minds are saturated with the Word of God it will be an ever source of wisdom at every turn of our lives. Every decision will be directed by its truth. It will keep us from decisions of carnal foolishness and sin.
  3. The most simple truth is this: Unless you know and understand the Word of God you will not be able to obey it. But to set your heart to it and meditate upon it continually has the greatest reward. With the Word of God in your mind continually your life will be conformed to it more consistently.
  4. The most common reason for the neglect of God's Word is unbelief
- B. The Word of God is our greatest weapon against every temptation of Satan  
**Ephesians 6:17 KJV** - "And take the helmet of salvation, and the sword of the Spirit, which is the word of God:"
1. Satan continually lies and deceives and seeks to pervert your life and lead you to sin. He wants to destroy your children, your marriage, this church.
  2. How can you wield this powerful sword unless it is stored securely in your mind?
- C. Those who spend the greatest time in meditation will thrive the greatest spiritually and have their lives more conformed to the ways of God  
**Psalm 1:2-3 KJV** - "But his delight *is* in the law of the LORD; and in his law doth he meditate day and night. <sup>3</sup> And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper."
1. This is the measure of true success in God's Kingdom  
**Joshua 1:8** – “This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.”
    - a. Biblical success is doing God's will God's way. True happiness comes through obedience to God's will. God's will can only be known through His Word.

- b. This is only possible as we continually keep God's Word upon our mind. Psalm 119 isn't teaching that the Word of God is the best way to keep our life pure from sin. It is teaching that the Word of God is the only way!

**Psalm 119:11** – "Thy word have I hid in mine heart, that I might not sin against thee."

**Psalm 119:9 KJV** - "Wherewithal shall a young man cleanse his way? by taking heed *thereto* according to thy word."

2. The person whose mind is filled with the Word of God will find his words to be pure and edifying unto both himself and others. What you speak reflects what is in your heart.  
**Matthew 12:34 KJV** - "out of the abundance of the heart the mouth speaketh."
3. The person whose mind is filled with the Words of Christ will have his heart filled with the will of Christ.  
**John 15:7 KJV** - "If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you."

III. Mediating upon God's Word will kindle your affections more and more towards it

**Psalm 119:103 KJV** - "How sweet are thy words unto my taste! *yea, sweeter* than honey to my mouth!"

- A. David continually meditated upon the Word of God because it was the object of his delight
  1. He declared it to be sweeter than honey. This describes something that brought great pleasure and enjoyment
  2. How is this possible? It is the fruit of our conversion. A hunger for the Word of God is an indication of the new birth. We have a new appetite.  
**Jeremiah 31:33 KJV** - "But this *shall be* the covenant that I will make with the house of Israel; After those days, saith the LORD, I will put my law in their inward parts, and write it in their hearts; and will be their God, and they shall be my people."
  3. In other words God has given His people a love for His Word
  4. But this love has to be cultivated and nurtured. Neglect can cause the fires of our affection to cool.  
**Thomas Watson** – "The reason we come away so cold from reading the Word is, because we do not warm ourselves at the fire of meditation."
- B. There is a wonderful truth. The more we fill our minds with the Word of God the more we delight in it.  
Spurgeon: "This was both the effect of his love and the cause of it. He meditated in God's word because he loved it, and then loved it the more because he meditated in it."
  1. The more you delight in the Word of God the more time you will spend savoring it and immersing yourself in it. People always seek first those things they savor.
  2. As you immerse yourself in it you will delight in it more because you will find more of God in it. And it becomes a snowball growing with ever greater intensity.

4. You will find it sweet and delectable to your taste. You will find your heart turned more and more towards it.  
And you will find your thoughts continually drawn towards it and occupied with it. This is at the heart of **Verse 97**  
"O how love I thy law! it *is* my meditation all the day."
5. A young couple in love have their thoughts ever upon one another. We think most about those things we delight in. We enjoy those things that bring us the most pleasure. As the Word of God become a wonderful source of recreation for you?

#### Conclusion:

1. If you knew you had only 30 days remaining on the earth how would you spend them? Would you not treasure each moment because they were of such limited duration? Is this not the reality of our life? It is exceptionally brief. Paul told the Ephesians to "Redeem the time."
2. To spend our days meditating upon the Word of God will never be determined to have been wasted time. And the fruit of such pursuits is beyond our comprehension.
3. The benefits of memorization and meditation are endless. May I share with you a few others:
  - It will enhance your prayer life – Your mind will be filled with the promises of God to recite back to Him when you pray.  
Tim Challies writes: "Do you ever find that you just don't know how to pray? You know that you need to pray for someone, but you don't know how? That is a great time to turn to the Bible and to pray to God the words of God."  
He also writes: "If we are not spending time immersing ourselves in Scripture and are not obeying what we have learned, we should not expect God to answer our prayers. Our defiance in ignoring the life-giving Words of the Bible may hinder us from having our prayers answered."
  - It will sweeten your communion with God. God speaks to us through His Word.
  - It will fill your heart with praise.  
**Psalm 63:5 KJV** - "My soul shall be satisfied as *with* marrow and fatness; and my mouth shall praise *thee* with joyful lips: <sup>6</sup> When I remember thee upon my bed, *and* meditate on thee in the *night* watches."
  - It will help you to teach other Christians and strengthen their faith – "Faith cometh by hearing and hearing by the Word of God."
  - And it will increase your faith as you hear the Word of God in your head.
  - It will help you evangelize the lost. You will have an endless supply of God's life-changing Word in your mind and heart.
  - It will help you discern truth from error
  - It will transform your mind  
Is your mind filled with fear, anxiety, worry?  
Is your mind filled with critical thoughts towards others?  
Do you struggle continually with anger?  
Do you struggle with pride, selfishness, envy
4. And what better way to obey Paul's command in Philippians 4  
**Philippians 4:8 KJV** - "Finally, brethren, whatsoever things are true, whatsoever things *are* honest, whatsoever things *are* just, whatsoever things *are* pure,

whatsoever things *are* lovely, whatsoever things *are* of good report; if *there be* any virtue, and if *there be* any praise, think on these things."

5. Is it not worth the discipline necessary to make the Bible and ever increasing part of your life? To give yourself more and more to memorizing and meditating upon the Word of God?