**Reboot 2021**

**Reboot the Word in 2021**

**Psalm 1:1-6**

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The elders think and pray about how we can return to some sense of normalcy so we can flourish. We can provide the means to help you flourish but each of us must use those means grow and flourish spiritually. If you want to flourish you must be intentional about it. No one ever drifts towards spiritual growth and maturity. To help us, we are in a sermon series called Reboot 2021 to encourage us to reboot and refocus our spiritual habits and practices that are the means of spiritual growth. Today we are looking at Rebooting the Word from Psalm one. The psalmist describes human flourishing as not root being in this age (1) but in God’s word (2). Human flourishing is then picutres as a fruitful tree (3). Then to reinforce this picture of human flourishing, he describes the wicked as chaff, who are rooted in nothing stable and so face God’s judgement (4-6). Let’s read Psalm one. My big idea today is human flourishing is found in a life saturated by God’s word.

**Human Flourishing is Deeply Spiritual (1)**

This psalm describes the blessed (1) [same as the fruitful life (3) and the righteous life (6)] as being deeply rooted in God. To make this point, he describes two ways we root our lives. One way we root our lives is in this temporary age. He uses three adjectives to describe this present age standing in opposition to God as the wicked, sinners, and scoffers. They describe, in different ways with different nuances, people who oppose God. The flourishing person does not walk in the counsel of wicked. They do not take their advice or input from them. Their input is not influencing the way you think. Next, the flourishing does not stand in the way of sinners. They do not love the life of those who oppose God. Finally, the flourishing do not sit in the seat of mockers. They do not identify with those who mock God. The apostle John describes this as being in the world but not of the world (1 Jn 2:15-17; Jn 17:14-19). He is talking about a worldview opposed to God that shapes our thinking, our affections/desires, and thus our actions. The flourishing person is not rooted in this age but is rooted in God, which leads me to my second point.

**Human Flourishing is Found in God (3)**

The flourishing are now compared to a healthy and fruitful tree despite the harsh desert climate (2-3). The tree is flourishing because it has been transplanted next to a continuous source of life giving water. The flourishing person is not rooted in this temporary age but rooted in the eternal God of the universe. The fruitful tree pictures those who delight in the law of the Lord, meditating on it day and night (2). This leads me to my third point; human flourishing is sustained by God’s Word.

**Human Flourishing is Sustained by God’s Word (2)**

Human flourishing is sustained by meditating on God's word, listening for God’s voice. Look at the bible from beginning to end and you see God’s word is the theme of human flourishing (Ps 19:7-11). The flourishing person enjoys God’s word by meditation. I would be lying to say that I always delight in God’s word. But I discipline myself to read, meditate, and study it because I know I desperately need it. Meditation is thinking about and pondering on the text. Reading it won’t cut it without thinking about it. If you worry you can meditate. Engaging your bible by meditation gives God space to speak to you and change you. Engaging your bible is like adding fuel to the furnace of your faith. The normal Christina life is a life of reading and meditating on God’s word.

I want to look briefly at the picture of the person who does not flourish (4-6). They are rooted in this present evil age that has no spiritual substance so the are like chaff blown by the wind. Nothing holds them down when storms come. And in the end, they face judgement, perishing but not so the righteous, who have the hope of eternal joy and happiness.

So, I want to close today looking at two ways to help you engage your bibles this year. The first is to establish/re-establish a plan to read your bible and the second is to have a plan for how to read your bible this year.

Establish/make a Plan to Read your Bible:

1. First, choose a reading plan. If you have no plan, read through the New Testament this year (260 chapters; 260 week days) or look at chronological bible or reading plans on FB page.
2. Second, establish a regular/consistent time to read your bible. I recommend mornings because I think there is scriptural support for it but I will not be dogmatic about it.
3. Third, set aside a regular place to read your bible. Find a quiet spot, where you are alone and uninterrupted. Get rid of all distractions, including your phone, computer, etc.
4. Fourth, establish a regular routine in reading your bible. Start out asking God to *open your eyes* that you may see wonderful things in his word and then ask him *to incline your heart* to his word.
5. Finally, team up with a friend to hold you accountable to your plan. Accountability is essential for consistent and long term spiritual growth.

A Simple Plan for Bible Engagement (H.E.A.R.)

1. First, read a chapter and Highlight the verse that jumps out to you. You can mark up your bible or write the verse(s) out. After a while, you will begin to see how God speaks to you through his word.
2. Second, Explain the text by writing out the verse (s) in your own words. Ask some basic questions like who, what, why, when, where, and how. The goal is to gain understanding and to raise your affections for God.[[1]](#footnote-1) Summarize paragraphs or chapters in one sentence.
3. Third is Apply the text by taking a few minutes to think and pray and ask God how this verse (s) apply to your life. Ask God and consider ways to apply immediately and not just look to do something in the future.
4. Last, Respondby ending your bible reading praying about the verse (s) you highlighted, asking God for the strength to obey the text. Getting into God’s word until the Word gets into you will pave the way for long term spiritual growth that manifests in a life lived fully for Christ.

Life Group Questions:

1. How does the psalmist describe human flourishing (see v1, v3, v6)?
2. How do we flourish?
3. How is flourishing connected to meditating on God’s word?
4. Describe what it means to mediate on God’s word?
5. Is your life in the word characterized by meditation?
6. Does the imagery of the tree describe your life?
7. How often do you read your bible in a week?
8. Do you have a reading plan? Describe it.
9. What do you think of the H.E.A.R. plan?
10. Walk your group through Psalm one or another passage using the H.E.A.R. plan.
1. Ps 119:15-16; you can see the connection between knowledge and affections in Rom 12:2. [↑](#footnote-ref-1)