

Cultivating a Life of Simplicity
CFG Study Guide
Week Two
Psalm One

1. How would you define meditation? How does it differ from Bible reading and prayer?
2. In a culture of shortening attention spans, how do we cultivate the art of meditation.
3. Meditation bears fruit. The Psalmist says, “He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither.” Therefore meditation is like a tree growing its roots down toward the water source. In meditation, the mind absorbs the truth of God’s word, in a transforming way. As we say at APC, “it’s preaching the gospel to ourselves.”
4. We can distinguish between formative reading of the Bible and informative reading. Informative reading aims at understanding the text- what does this mean? what does this word mean? etc. Formative reading aims at putting things together, seeing connections and applications to my life. In other words, how would this affect my life if I really believed this or acted on this truth?
5. In your devotional times, would you say that your time is mostly/exclusively informative reading? How much time do you give to formative reading? This is where it is helpful to remember the illustration of the cow chewing its cud. We ask God to help us “taste” the truth. This takes time.
6. Notice the contrasts in Psalm 1. In what ways does the Psalmist contrast the righteous and the wicked?
7. CS Lewis said, “In reflections on the Psalms,” that he found the Psalmist’s delight in God’s law, utterly bewildering and mysterious.” Lewis said he could understand how one could delight in God’s mercies and His attributes, but not how he could delight in God’s law. Do you agree or disagree?
8. How does our understanding of the Incarnate Word (Jesus), affect our meditation of the Written Word? Since Jesus is the “Great Meditator” of God’s Word, our faith grows as we look to Him as the One who meditated on God’s Word His whole life which was required of him in accomplishing our salvation.