MEDITATION has been commanded time and again in Scripture though we’ve too often replaced it with memorization. It’s a handling of the head and heart. As we would with a curious object, we consider, look deeply and from alternating perspectives. This is what our hearts and minds are commanded to do with the truths of Scripture. Meditate.

MARINATION is what this booklet hopes to encourage. To dive into the Psalms while the images are at hand; to soak in; to allow to permeate; to become flavored like. To touch the falling rain, feel the warming fire, and hear the ocean tides – each bringing the Psalms to life. Marinate.

CONVERSATION will amplify your findings in the Psalms. It will decorate your thoughts with those of others and help you draw from your deepest well. Where you might be content to move on, another might wish to draw another bucketful. Converse.

CONTEMPLATION is an extending and diagnosing of thoughts and feelings. It’s a hospitality of heart and allowance of ideas making way for deeper digestion well beyond the meal. Contemplate.
INTO THE WOODS

Psalms 1:2-3 They delight in the law of the Lord, meditating on it day and night. They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do.

Look at the trees around you. Which would best represent you? Why is that? Which represents one you’d like to be? Why?

AT THE OCEAN

Psalms 95:4-5 He holds in His hands the depths of the earth and the mightiest mountains. The sea belongs to Him, for He made it.

From the greatest heights to the greatest depths, we find belonging. The Creator holds and handles all. What is He calling you to unhand that He is able to hold?

ALONG THE LAKE

Psalms 107:35 He turns deserts into pools of water, the dry land into springs of water.

What’s your favorite story of God flooding your life? Was it prayed for or unexpected? Was it wanted or simply welcomed? Did it overflow? What did the overflow pour into?

BY THE FIRE

Psalm 66:12 We went through fire and flood, but you brought us to a place of great abundance.

Fire consumes. But in its consumption it purifies. How has God used fiery trials to purify you? What was consumed in the process? Can you identify the “great abundance” that resulted?

ON THE ROAD

Psalm 1:6 For the Lord watches over the path of the godly, but the path of the wicked leads to destruction.

Consider the path to get to your destination. Plans are crafted. Maps are consulted. Costs are counted. Consider the plans, maps and costs that are part of your spiritual path. What recent signs have you noticed along the way?

IN THE WATER

Psalm 69:1-2 Save me, O God, for the floodwaters are up to my neck. Deeper and deeper I sink into the mire; I can’t find a foothold. I am in deep water and the floods overwhelm me.

What overwhelms you? What makes you anxious or afraid? This psalm resonates with every heart in moments of terror and uncertainty. Cry out to the God who listens and sets the boundaries of the waters.
**IN THE RAIN**
Psalm 65:10-11 You drench the plowed ground with rain, melting the clods and leveling the ridges. You soften the earth with showers and bless its abundant crops. You crown the year with a bountiful harvest; even the hard pathways overflow with abundance.

When’s the last time you danced in the rain?
Rejoice in the provision, bounty, and blessing of God who drenches, softens, and levels the ground for abundance!

**ON A MOUNTAIN**
Psalm 36:5-6 Your unfailing love, O Lord, is as vast as the heavens; Your faithfulness reaches beyond the clouds. Your righteousness is like the mighty mountains, Your justice like the ocean depths.

This is the perfect Psalm to read while on a mountain. Span His vast love above you. Relish in His faithfulness around you. Rely on His righteousness like the mountain firm beneath your feet.

**AS YOU TRAVEL**
Psalm 37:34 Put your hope in the Lord. Travel steady along His path. He will honor you by giving you the land.

Our travels usher endless unknowns mixed with the unfamiliar and unexpected. Our spiritual travels are no less surprising, but far more daunting. This Psalm is a call to hope and “travel steady”. Would this describe your recent spiritual paths? Why or why not?

**IN THE HOME**
Psalm 90:1 Lord, through all the generations You have been our home!

Home is meant to be a place of shelter, comfort, family, security, belonging, privacy, personality, conversation, hospitality, respite, responsibility, relationship, and so much more.

Which element most represents your appreciation of God in this season of your spiritual life?

**IN A BOOK**
Psalm 56:8 You keep track of all my sorrows. You have collected all my tears in Your bottle. You have recorded each one in Your book.

Name one of your sorrows. Say it out loud if your environment allows. This sorrow has been tracked. Its tears have been bottled. Its record has been logged in a book much like the one you have in your hand. Take some time to thank Him for seeing, for recording, for bottling.

**IN THE NIGHT**
Psalm 8:3-4 When I look at the night sky and see the work of Your fingers — the moon and the stars You set in place — what are mere mortals that You should think about them, human beings that You should care for them?

It’s unexpectedly freeing to feel our smallness. For it scales our fears and anxieties as well. That the galaxy could be intricately small enough to be crafted by His fingers leaves us in awe — in worship.
IN A STORM

Psalm 107:28-30 “Lord, help!” they cried in their trouble, and He saved them from their distress. He calmed the storm to a whisper and stilled the waves. What a blessing was that stillness as He brought them safely into harbor!

The winds and rain around you now, are vivid reminders of the storms we face within. We long for the stillness that only God can bring, the harbor of hope. What often keeps you from crying out to Him?

IN A FIELD

Psalm 23:1-3 The Lord is my Shepherd; I have all that I need. He lets me rest in green meadows; He leads me beside peaceful streams. He renews my strength. He guides me along right paths, bringing honor to His name.

Close your eyes. Breathe deeply. Listen closely. Rest well. What portion of this Psalm do you most long for? Restoration, renewal, peace and provision — these are the themes of God’s will for you.

IN A MEAL

Psalm 63:4-5 I will praise You as long as I live, lifting up my hands to You in prayer. You satisfy me more than the richest feast. I will praise You with songs of joy.

Praise and prayer are the ingredients of a satisfying feast. Name an attribute of God that you’ve experienced recently. Lift your hands in prayer and praise that attribute. Lifting our hands is a universal sign of surrender, vulnerability, and submission.

IN A SONG

Psalm 100:1-3 Shout with joy to the Lord, all the earth! Worship the Lord with gladness. Come before Him, singing with joy! Acknowledge that the Lord is God!

What’s your favorite song? What is it about that song that you love most? How does that song make you feel? What songs do you think God loves to hear most? What do you think He loves most about them?

AS YOU CREATE

Psalm 33:6-7 The Lord merely spoke, and the heavens were created. He breathed the word, and all the stars were born. He assigned the sea its boundaries and locked the oceans in vast reservoirs.

As you create, consider the senses you’re awakening. Yes, even these were crafted by His hand. Will you engage the sense of smell, vision, hearing, taste, or touch? Most likely a seamless combination of many.

AS YOU WRITE

Psalm 45:1 Beautiful words stir my heart. I will recite a lovely poem about the king. For my tongue is like the pen of a skillful poet.

What’s the last thing you wrote? Was it a check? A homework assignment? Was it a grocery list? Consider taking time to write a prayer today. Not a list of requests or items. Write a letter to a dear Friend who’s forgiven you and eagerly wants to hear from you.