

THE BLESSED

Psalm 1:1-6

Key Verse: 1:2

"But his delight is in the law of the Lord, and on his law he meditates day and night."

In this Psalm we see two different lifestyles with two different destinies. We want to be blessed, or happy. What does that look like, and what is involved? Ultimately this comes from delighting in the instruction of God, revealed in his word.

1. What do you think "blessed" means? What does a blessed person not do? What does this mean?

- "Blessed" in this context has to do with being happy, content, and cared for. This has to do with the showers of blessings upon the one who finds God's favor and grace, knowing he is with us. In America we tend to think of blessings primarily in terms of material prosperity. While not excluded, this certainly is not the main thrust of this statement. This is a good illustration: One person, when asked what he wants to be when he grows up, said, "Happy." Don't we all?
- Verse 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."* Here the Psalmist begins by pointing out that the blessed person has to practice a decision and discernment in choosing a path of life. The emphasis on the man as an individual is also important. He himself must make this decision and choose a contrary lifestyle. This is not a group thing.
- There is a progression that characterizes the life in this world. It begins with walking in the counsel of the wicked. To live a life on the earth requires decisions, and decisions require counsel or advice. Where can we find advice? The world offers much advice, but most of it is wicked, or godless. This may not come from stereotypically wicked areas only, but even our parents or schools can give wicked counsel. With enough walking in the counsel of the wicked, the world leads to taking a stand on something, along with sinners. Identify, and this leads to sitting in the seat of mockers. Mockers are not happy, but bitter, complaining people. There are two paths, and the destinations do not match. The person who wants to be happy needs to be thinking about what counsel they will walk in. Not just listen to, but act upon. So where does the blessed person find a better path and a better counsel?

2. Read verse 2. What do you think "delight" means? What is the delight of the blessed man? What is the "Law of the LORD"? What do you think it means to meditate on the law of the LORD day and night?

- Verse 2. *"But his delight is in the law of the Lord, and on his law he meditates day and night."* Delight is something we enjoy without being told to like it. We naturally

3. Read verse 3. To what is the blessed man who studies the Bible compared to? What are the characteristics of a tree by a stream of water? (think about the words: "planted," "yields" and "prosper") How can we be like this tree?

4. Read verse 4. To what are the wicked people compared? What is chaff? How is a wicked man like chaff?
5. Read verses 5-6. What are the conclusions of these two types of people? Who carries out this conclusion? In light of this passage, why is it important to study the Bible?