

THE BLESSED MAN

Psalm 1:1-6

Key Verse: 1:2

1. What does "blessed" mean? Where does the blessed or happy man not stand, sit or walk? What does this mean?
2. Can you think of some examples of unhappy men and women in the Bible and/or in life? (1Sa 25:1-17, 36-40)
3. Read verses 2-3. What is the source of joy of the blessed or happy man? How does he study the Bible? When critical events in his life occur how does God's word sustain him?
4. Think about David as an example of a happy or blessed man (1Sa 16:7; Ps 23). Read 2 Samuel 21:15-22. Why might it be hard to be happy in such circumstances? Why was David happy? Can you think of any other events in David's life that show that his root was in God? How could David be happy?
5. Read verses 2-3 again. What does it mean to meditate on the Law of the Lord day and night? Why is the word of God so important? (Ps 119:105; 1Pe 1:24,25) What is the result of meditating on it? Why?
6. To what are the wicked people compared? Why is this an appropriate comparison? What kind of people are categorized as "wicked"? What does

the closing promise of this Psalm mean to you?