

*A pass through*  
**The Psalms**

Week 1: Psalm 1



## Psalm 1 (NLT)

<sup>1</sup> Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers.

## Let's re-read verse 1 in the ESV

<sup>1</sup> Blessed is the man who

(1) walks not in the counsel of the wicked, nor (2) stands in the way of sinners, nor (3) sits in the seat of scoffers.

Blessed [Hebrew, Esher] means:

Happy! Full of blessings.

God is saying:

How far superior the pleasure and happiness is when a person does not follow the wisdom and reasoning and way of the perishing, the world, and the wicked.

There is a “pleasure” that sinful reasoning and choices bring, but it is fleeting & inferior to the satisfaction and joy that delight in and obedience to God brings!



God warns of  
the progression in  
sinful/wrong thinking:



*First it walks along with*  
[casual, passing]



*Then, it stops and stands*  
[more intimate/deeper, delayed]



*Finally it sits*

[fully intimate, stopped-staying]



**God warns that:**

Walking with the  
wicked should be a sign  
that standing is soon to  
follow...

# God warns that:

...and after standing sitting  
will soon be next...and  
once sitting, you too are  
now one of them; wicked.

Sinful relationships  
follow the same  
trend...

Casual, passing, innocent.



More  
intimate,  
pushing  
boundaries,  
restless.



Totally overboard, adultery...



God promises that the person who does not follow the way of the wicked will be full of blessing and far happier!



## Psalm 1 (NLT)

<sup>2</sup> But they delight in the law of the LORD, meditating on it day and night.

In contrast to desiring the world and the thinking/actions of the perishing:

The man/woman of God DELIGHTS in the instruction of God.

# Delights [Hebrew, Chephets] means:

Desirable things,  
something to be desired,  
good pleasure,  
something which causes  
good pleasure

Following God's instruction  
should be a great pleasure.



God's instruction allows us to:

1) Know God intimately  
and

2) Keep off the path of  
destruction

This delight,  
is fueled by  
constant  
meditation on  
the words and  
instructions of  
God.



# **This reminds me of Joshua 1:8**

*This Book of the Law shall not depart from your mouth, but **you shall meditate on it day and night**, so that you may be careful to do according to all that is written in it. For **then you will make your way prosperous**, and then you will have good success.*

## Psalm 1 (NLT)

<sup>3</sup> They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do.

The person who  
does these things  
will be like a  
strong fruitful  
tree; a joy to the  
creator of the  
tree (God) and a  
joy to the  
partakers of the  
tree (others).



This reminds me of Jer 17:7-8

*"Blessed is the man who trusts  
in the LORD, whose trust is  
the LORD. He is like a tree  
planted by water, that sends  
out its roots by the stream..."*

**Meditating on God's word**

*(getting sound teaching)*

**+ Trusting God's word**

*(having faith in what God says)*

**is what leads to being a  
fruitful tree**

## Psalm 1 (NLT)

<sup>4</sup> But not the wicked!  
They are like worthless  
chaff, scattered by the  
wind.

## Psalm 1 (NLT)

<sup>5</sup> They will be condemned at  
the time of judgment.  
Sinners will have no place  
among the godly.

## Psalm 1 (NLT)

<sup>6</sup> For the LORD watches over the path of the godly, but the path of the wicked leads to destruction.

*The wicked are those who do not delight in God, they do not meditate on his word and they do not put their trust in him...*

Their future is dark and sad...  
The very opposite of blessings, full  
of happiness and joy.



The opposite of delight in God is death.  
The consequence of failing to delight in  
God and heed his word is death.



How does this  
apply to me?



*We should be alert*  
and avoid the path of the wicked.



# PRACTICAL ACTION



**We must readily identify the most likely roads of temptation in our life, especially the ones being walked on by our near unbelieving friends.**



**We should always be on guard and never treat anything that is potentially dangerous / life altering as a casual stroll.**

*We should be aware*  
when we have begun the  
walk-stand-sit process.



# PRACTICAL ACTION

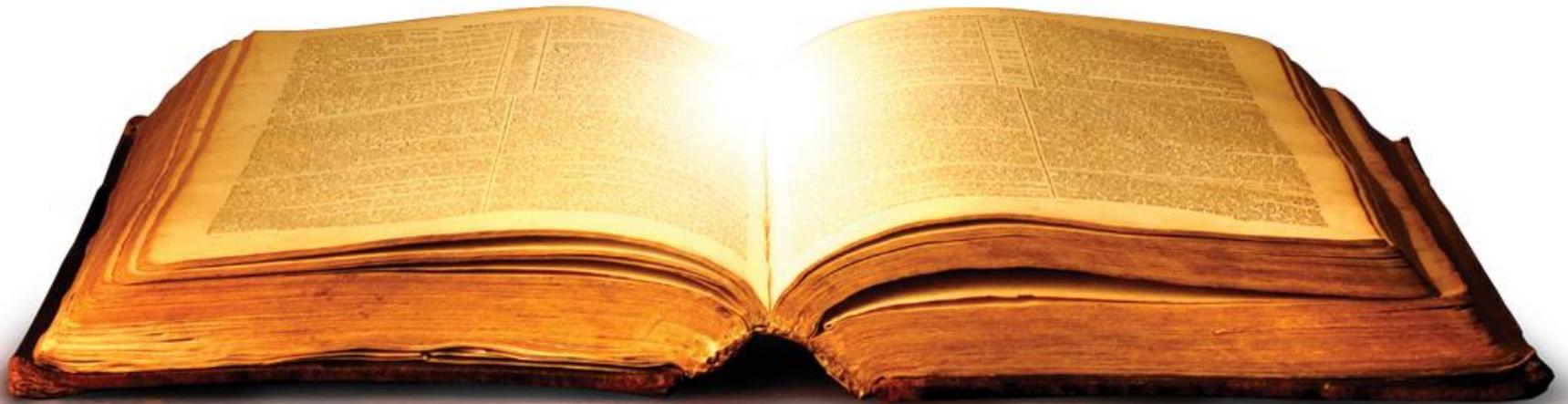


**We must have alarms of accountability in place via our spouse or close believing friends...who will sound a cautious tone into our lives when we appear to be approaching danger.**



**Be aware when unbelievers & worldly activities take up too much room in our hearts, money in our wallets and time in our lives.**

We must prioritize  
the word of God in our life.



# PRACTICAL ACTION



**Everyone has time for one more hunting trip, one more show, one more playoff game...but oddly enough no one has enough time for the Word of God.**



**Schedule time in the word. Put it on your calendar. Do it first. Study with a friend...even if it isn't in person, share your findings.**

*We must find*

additional ways to get God's word  
in our life, daily.



# PRACTICAL ACTION



**Reading the word is important. But it is very time consuming and requires removing nearly every distraction. Reading may also not best suit your strongest learning ability.**



**Listen to sermons online. Listen to podcasts. Listen to the audio Bible while you drive, walk, exercise, cook, clean, mow...**

*We must pray*

that God would give us a delight in his word and the ability to trust him.



# PRACTICAL ACTION



**Our flesh loves the world and by nature takes more joy in football, friends and food...than it does in the Word of God. We must pray that God would 'give us the desires of our heart.'**



**More than anything, Satan wants us to doubt the Word of God. We must pray for strength & ability to trust what it says, even when the world is falling sway to a lie.**

*We must obey*  
the word of God,  
no matter the cost.



# PRACTICAL ACTION



**It will do little good to spend hours of time in the Word of God without a true delight in it...and without a true belief that it is indeed a treasure of blessing and joy.**



**Likewise, it will do little good to spend hours of time in the Word of God...all the while failing to obey it. We must seek ways to actually do what it says...even if it feels like baby steps.**