

Blessedness Psalm 1

Let me ask you two questions: How has the Bible impacted your life? How have its incredible promises impacted you? The Bible claims reading it and living it brings blessings.

Psalms is a book of poetry and a book for all seasons, because it speaks to every area and every season of our lives. It's a collection of praise and anguish, joy and sadness, triumph and defeat written by many different authors in many different situations and seasons.

Psalm 1 lays the foundation for righteous living and having a consistent and blessed life that includes the daily reading of scripture. It is a book of wisdom.

V 1 – “The law of the Lord” = “The word of the Lord.” The Bible, like the Psalms, is a book for all seasons. If you read it regularly, you will be like a tree beside a divinely flowing stream.

You'll never lack the life-giving water that enables you to flourish and bear fruit.

Psalm 1 is a psalm about being blessed, of being happy, of enjoying God's favor and grace, of being content and resilient.

Psalm 1: The Secret to Blessedness

“Blessed people do three things: “they walk, they stand, they sit.” It's a progression.

And blessed people *avoid* three things.

—Blessed people don't walk in the way wicked people do.

—Blessed people don't stand in the pathway of sinners.

—And blessed people don't sit in the company of mockers.

A. Walking = The decisions you make.

“Walking” is taking a series of steps. Walking is about the decisions you make all day long.

Walking is about where you live mentally, emotionally, and relationally. After you walk for a while, you usually get to the place where you're going. And when you do, you stop walking.

And you stand there.

B. Standing = The commitments you make to various causes.

The kind of thinking you adopt. The way you choose to see life—your worldview. You make your decisions – that's walking. And your decisions make you – that's standing. You stop somewhere and you live there. Once you've stood somewhere long enough, you eventually sit down.

C. Sitting = The attitude of your heart.

This is what motivates you to be and do.

Verse 1

A blessed person doesn't make decisions under the influence of “the wicked” – under the influence of people who think contrary to God. A blessed person doesn't align with causes or priorities that line up with people who do things contrary to the word of God. A blessed person doesn't allow their attitudes to be influenced by people who mock Almighty God.

Verse 2

A blessed person does three simple things.

A. A blessed person delights in God's words.

B. The blessed person thinks deeply about God's word.

To “meditate” means, “to think deeply about God’s Word.” Instead of just skimming over a passage, blessed people ask questions, like: Why did God say this?” “What does He mean?” “What am I supposed to do about this?”

C. The blessed person thinks about the word of God day and night.

One of the best ways to start your day is to read a chapter of the Bible. And one of the best ways to end your day is to read a chapter of the Bible.

Verse 3

Scripture-readers are blessed because...

A. They're continually taking healthy nourishment.

B. They prosper.

Feeding your brain on the Bible morning and evening is like planting it next to a stream so it can get constant nourishment. And when you're constantly giving your brain the right nourishment, it's going to make better decisions, which will make you prosper.

The poet of this first song in the songbook of Psalms is unknown. Yet, this poet wants everyone to know the secret to being blessed and living a blessed life. *And...*, the poet wants everyone to know the secret of misery, of not being blessed.

Verses 4-6

The unblest aren't blessed because...

A. They don't have an anchor of truth to guide them (v. 4).

They take advice from CBS or CNN or Fox or Facebook or The View. They get people's opinions, not God's infallible truth. People who live by the media as their source of truth will not sit in the room when the righteous assemble before God in heaven.

B. They don't have a blessed group to lift them (v. 5).

C. They don't have the Lord watching over their ways (v. 6).

They're on their own. People outside of Christ are on their own (think of the ramifications of that.)

Verse 6

God watches over His people—He watches over you, guiding you, calling to your attention things that might harm you. He does this by means of the Holy Spirit, whispering to you, like a voice inside your head. And He does this by talking loudly and clearly to you through the words He's written to you in the Bible.

So, I'm issuing a challenge to all of us during this 7-week series.

1. Read a Psalm a day.

2. Ask yourself, “What is God saying to me here?”