

Psalm 1

The Blessed Man

Focus Verse: Psalm 150:6

Lesson Verse: Psalm 1:1

I. Introduction to the Book of Psalms

- A. The Book of Psalms in the Old Testament is God's answer to the headaches and heartaches of life. Without it the Bible would not be complete - as a matter of fact, next to the Gospels, Psalms is probably the most read part of the Bible because of the reality and the promises found there!
- B. This is God's Book of Praise! It is filled with tears, and sorrow, and struggles and desperations, but it shows in every line God's relentless work in our lives toward Good, and that will cause anyone to shout and praise God!
- C. Learning about what it takes to be a Blessed person, a happy man or woman, is about THE most important need of modern humanity - all are searching for happiness, but many are giving up far too soon!
- D. David powerfully summarizes where we find blessed and happy people!

II. Psalm 1- "The Blessed Man"

- A. The "Book of Praises" begins with "the happy man." Someone has correctly observed that
 1. Job is the Unhappy Man in the Bible
 2. Psalms expresses the Happy Man
 3. Proverbs presents the Wise Man
 4. Ecclesiastes reveals the Worldly Man
 5. And the Song of Solomon exalts the Heavenly Man.
- B. From Genesis 30:13 we learn that the word "**blessed**" means "**happy**"
 1. However, it is well to leave the *Authorized Version* text as it stands here because pushing this matter will mess up a lot of verses. You can't say, "Happy the Lord, O my soul," or "they happied the Lord," or "he returned and happied his household." "**Blessed**" will do just fine
 2. But it also means "given to" or "helped" – "God has blessed me..."
 3. The word "**blessed**" tells us we are dealing with an Old Testament "Beatitude" like you find in the Sermon on the Mount. "Blessed are the meek... etc"
 4. The hymn says, "trust and obey for there's no other way, to be *happy in Jesus*..."
- C. The Psalm says that the way to happiness is to be found in a triplet (three things):
 1. Be careful where you WALK – your Counsellors, Teachers
 - a. We used to "walk" according to the way of the world.
 - b. We now are supposed to walk in the Spirit, according to the guidance of the Holy Spirit as revealed in the Bible.
 - c. Your walk today should be "**in him**" (Col. 2:6).
 - d. Where you walk shows who influences you
 - e. Do you allow yourself to walk with fools, or wise? (Pr 13:20) Who you walk with will determine how you end up! I want to walk with God!
 - f. Do allow yourself to drift towards sin? Then that is where you live! That's your walk!
 - g. What counsel do you turn to? Your music? Your soaps? (Eccl 7:5)
 2. Be careful where you STAND – Your habits – doing things the world's way instead of God's way!
 - a. Your stand should be "**in the power of his might**" (Eph. 6: 10).
 - b. We used to stand against God and stand only in our own strength (flesh)
 - c. Sinners have a "way" about them – a way of talking, a way of lying, a way of manipulating
 - d. All around we see teens "standing" together – be careful where you stand!
 3. And be careful where you SIT – your ATTITUDES
 - a. Look at the attitude that develops – scorn – mockery – bitterness
 - b. People today just "sit in judgment" of everybody and everything, especially those who are TRYING to do right!
 - c. Birds of a feather are supposed to flock together – scorners, mockers are not my kind anymore!

- d. Your seat now is **"in heavenly places"** (Eph. 2:6).
 - e. I sit at the feet of Jesus
4. Note the negatives: **"not in the counsel of the ungodly,"** not in the **"way of sinners,"** and *not* in the **"seat of the scornful."**
- D. Note the three-step progress of sin.
1. You begin by taking advice from ungodly people (**"counsel"**) see also Gal 3:1 – Ophra Winfrey, Self-Help authors, palm readers, Horoscope writers
 2. Then you are in the **"way"** with them (hanging around them)
 3. And then you wind up making fun of the Bible and God and are in trouble (see 2 Pet. 3:1-5). Away from God, and miserable!
- E. The antidote to sin
1. The antidote to these is verse 2. If you *do* verse 2, you will not be found doing verse 1. Ponder that!
 2. To **"delight in the law of the Lord"** (1:2) is to
 - a. Value it more than your **"necessary food"** (according to Job 23:12) and to
 - b. Rejoice over it the same way you would rejoice at finding over 20,000 100 hundred Euros (Ps. 119:162).
 - c. To meditate **"day and night"** means to read it in the morning and then think about it throughout the day, and even after the sun sets or the lights go out.
 - 1) Requires memorisation (Ps 119:11)
 - 2) Don't just study the easy parts of Scripture - good start - but the food is in learning even the Law (Gen - Deut) - See Ps 119:97-104
 - 3) Think about the words of this Book!
 - 4) And remind yourself what it says
 - 5) Challenge how you're living, and compare with what the Bible says!
- F. The things that go with the "blessed" man in the Old Testament are (1:3):
1. Good thoughts (2) - clear conscience.
 2. Good fruit (3) - things that are blessings to others
 3. Good success (3) - a life filled with good results, treasures in heaven
 4. Good health - this is a promise to the Christian
 5. Good position (vs. 3), for he is "planted" in the right place - no longer searching and roaming around looking for his way (Cf Isa 53:6)!
- G. The Success of the Believer
1. **"A tree planted"** is one that God plants (see Mt 15:13). You can try and setup everything you want in life: business, a family, career, but it won't amount to anything of value (Psalm 127:1)
 2. It is a life planted by **"rivers of water"** (see John 7:38) – more than you will ever need! Not a boring, simple book, but an infinite source of truth, and promises and wisdom and hope!
 3. Three types of success are experienced:
 - a. He **"bringeth forth his fruit in his season"**
 - 1) God plants something in us that bears fruit at the right time – gifted for service
 - 2) it is NOT instantly known at salvation, but it will be evident, at the right season
 - 3) This is the fruit of the Spirit's presence in your life (Gal 5:22-24) – takes time!
 - b. His leaf **"shall not wither"** as the **fig** tree of Matthew 21:19, that dried up from the roots.
 - 1) Simply describing health
 - 2) Sin won't be wearing you out like it used to (Rom 6:23a)
 - 3) Long life is promised to humble servants who stay close to their Master!
 - c. **"Whatsoever he doeth shall prosper."** (Joshua 1:8)
 - 1) Now this is a clincher!
 - 2) We wish Prosper meant financially - But it means so much more than that

- 3) It means we will accomplish what God saved us to do (Gal 6:7,8) – what we do will grow and increase (whether sin to death, or right living to a blessed life)
 - 4) Maybe you and I will be the poorest people on earth, but our lives will prosper with souls saved, our family serving the Lord, and churches being planted all over Ireland!
4. Jeremiah quotes from this chapter in Jeremiah 17:8. It was his only hope in such hard times!
- H. In Ps 1:4-6, the ungodly man is contrasted with the godly man. His kind are like "**chaff**," which is the worthless residue from threshed grain that is tossed up by the winnowing fan and blown away.
1. These ungodly are only actors – they only have shells, but no substance!
 2. They shall not be able to "**stand in the judgment**" (i.e. they will fall down).
 3. They will not appear in the "**congregation of the righteous**" in heaven (defined in Heb. 12:22,23).
 4. They and their way "**shall perish**" (see Ps. 49:12, 17-20) See also John 3:16!

III. Conclusion and Study Questions

- A. Which "man" are you?
- B. David gives the test
 1. Are you walking with the wrong friends? Watching the wrong TV and movies?
 2. Where are you getting your "counsel"? Who has the power to tell you how to live and what to think, and how to react?
 3. How is your attitude? Are you stuck, sitting with scornful people, mocking the Bible, and ignoring God's will for your life?
 4. Or...
 5. Are you delighting in God's word? 10 chapters a day!?
 6. Meditating in it? Exploring it and studying it, and living it?
 7. And what kind of fruit is in your life? More and more sin, or more and more Godliness?
- C. Be MAN enough to do what is necessary to become the blessed man of Psalm 1, and not the ungodly man!