

Psalms 1 - Blessed

Text: Psalms 1

Introduction: There are basically seven types of Psalms. Lamenting, thanksgiving, enthronement, pilgrimage, royal, wisdom, and imprecatory Psalms. The basic theme of Psalms is living real life in the real world. There is a horizontal (temporal) reality and there's a vertical reality. Dr. John MacArthur notes "**without denying the pain of the earthly dimension, we are live joyfully and dependent upon our eternal God.**" The Psalms present a broad array of theology in terms of day to day living. They document the sinfulness of man and the periodic stumbling of believers. In the Psalms life often seems to be out of control, but the sovereignty of God is present and understood in light of all He is doing. In Psalms 1 we see this as a wisdom Psalms, and it instructs us in right living.

- ➔ The key to this entire Psalm is vs. 2
- ➔ The word of God gives you the reason for being blessed
- ➔ This Psalm give the two directions of man, just as Matthew 7:13-14

[A DEFINITION OF THE WORD BLESSED \(VS. 1A\)](#)

Blessed is not just in the form of the temporal. From the perspective of the individual, this is a deep seated joy and contentment in God. Philippians 4:11 "**Not that I speak from want, for I have learned to be content in whatever circumstances I am.**" From the perspective as a community of believers it refers to redemptive favor. Matthew 5:3-11 "**Blessed are the poor in spirit, those who mourn, the gentle, those who hunger and thirst for righteousness, the merciful, the pure in heart, the peacemakers, those who have been persecuted, and those who have been insulted.**" In general the redeemed believer is blessed by the mercy, long-suffering and grace of God. The word happy can define bless, but it's important to keep the significant difference that it's more than just "bliss" and for the righteous, even when happy feelings aren't there, he is still blessed to be a child of God.

[HOW IS THE MAN BLESSED? \(VS. 1B\)](#)

There are three terms used to describe the blessed man, walking, standing and sitting. All are indicative of a lifestyle or behavior.

- ➔ The blessed do not walk in the council of the wicked. Why would a Christian seek spiritual council of the wicked?
- ➔ The blessed do not stand in the path of sinners
- ➔ The blessed do not sit in the room with mockers or scoffers

Rather the blessed walk, stand and sit in the council of the Lord. Deuteronomy 6:7 "**You shall teach them diligently to your sons and shall talk of them when you sit in your house and when you walk by the way and when you lie down and when you rise up.**"

Mockers and scoffers have no regard for God or His ways. So why would we spend time being influenced by such? Proverbs 9:7 "**He who corrects a scoffer gets dishonor for himself, And he who reproves a wicked man gets insults for himself.**" Proverbs 15:12 "**A scoffer does not love one who reproves him, He will not go to the wise.**" The scoffer stirs up contention, thus do not sit with them, Proverbs 22:10 "**Drive out the scoffer, and contention will go out.**"

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When we walk in bad council, stand in the path (do as sinners do) and sit with the mockers, we aren't blessed because we aren't following the Lord's commands in His word. But how do we find this blessed life? What leads us to this "happy" state? Vs. 2 holds that answer.

[THE CENTRAL SOURCE OF BLESSEDNESS IS THE WORD OF GOD \(VS. 2\)](#)

The Christian is identified with a connection to the word of God and how he lives. The "law" here in the text signifies primarily instruction that comes from God for the purpose of helping us to live in harmony with God's will. The believer's delight is not only in knowing, studying, and memorizing the Word of God but especially in *doing* God's will.

The word delight expresses all that makes the Christian happy. It should be our chief desire everyday to know His word. Psalms 112:1 "**How blessed is the man who fears the Lord, Who greatly delights in His commandments.**" Again, the man is blessed who delights, observes, reads and absorbs the word of the Lord. We see this in the Lord's prayer, Matthew 6:10 "**Your kingdom come, Your will be done, on earth as it is in heaven.**" Having yourself in the word of God, the delight is for His kingdom to come, His will to be done, and you only get to this place when the word is the center of your life. Are you like the Psalmist who says this of God's word "**How sweet are Your words to my taste! Yes, sweeter than honey to my mouth!**" (Psalms 119:103) So here we have the delight of the word of God, what truly makes us happy is knowing Him and His word. We have this great promised this blessing in Revelation 1:3 "**Blessed is he who reads and those who hear the words of the prophecy, and heed the things which are written in it; for the time is near.**" But what are we to do with it?

We meditate on it. No, not like Yoga where we are seeking some sort of conscience state. The word meditate means "*to think deeply.*" You should sit and uncover the meaning of the text. You should ask questions, what does the text say, why, what is the authors meaning? It will affect your life. It will bless you as you even read. Historically the Bible has not always been able for people to read, thus they often memorized the Scriptures. Psalms 119:11 "**Your word I have treasured in my heart, That I may not sin against You.**" Psalms 143:5 "**I meditate on all Your doings.**" Is it possible that the reason you have continual sin issues, bitterness, unforgiveness, unthankfulness in your life is because your focus is on temporal solutions not eternal ones? You meditate upon man's word not God's? Are you looking for solutions to issues from man's perspective or God's?

[THE RESULTS OF BLESSEDNESS \(VS. 3\)](#)

The analogy of blessedness is likened to a tree. Unlike trees growing wild or planted in the fields, where the amount of rainfall varies, the tree the psalmist envisions has been planted purposely by irrigation canals. There is no drought in the man who is blessed. He is in a place of blessedness because of the word of God and his obedience to God.

A man who obeys God's word will be like this tree that produces fruit. There is nothing sweeter than a tree blossoming with fruit, nourished by water, and nothing more happy than a believer being fed by the word of God. The leaves and the fruit are examples of enjoying life as a gift of God. A leaf that does not wither is a sign of a tree that is watered constantly. Thus, our life as Christians should be saturated with the word of God.

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The prosperity mentioned here in vs. 3 does not mean you will be materially prosperous. This literally means that God prospers our work and words. I despise the prosperity gospel movement which focuses on you having all the material wealth and health as if the Bible does not speak on suffering, trials and difficulties. Whatever we do in the will of God is prosperous, it does not return void. Psalms 90:14-17 **“O satisfy us in the morning with Your lovingkindness, That we may sing for joy and be glad all our days. Make us glad according to the days You have afflicted us, And the years we have seen evil. Let Your work appear to Your servants, And Your majesty to their children. Let the favor of the Lord our God be upon us; And confirm for us the work of our hands; Yes, confirm the work of our hands.”** The prosperity of the righteous is a gift of God, a by-product of wise, godly living.

APPLICATION: How is a man blessed? Vs. 1 outlines this, and what is the source of that blessing? Vs. 2 details that a saturation in the word of God is the source of true blessed happiness. What are the results of blessedness? Vs. 3, as we see God prospering our life according to His word.

[How Different The End Of The Wicked \(Vs. 4-5\)](#)

The metaphor of chaff reveals the uselessness of the wicked. Chaff are the husks of corn or other seed separated by winnowing or threshing. You might be familiar with the terms “winnowing” and “threshing” from the book of Ruth. A more detailed definition of chaff *“chopped hay and straw used as fodder (for livestock), worthless.”* This chaff is blown around by the wind, it is not planted by a continuous water stream, it is uselessly blown through the air. A winnower throws the chaff out to be blown around, so the Lord does with the wicked.

The end of the wicked may not be clear while they are alive, but from God's perspective they have no future. They cannot withstand the judgement of God, they are condemned and will pay for their sin. The wicked are like chaff and God distinguishes the righteous from the wicked. The righteous prosper, the wicked are blown away.

[The Way Of God \(Vs. 6\)](#)

The Lord knows who are His. He is not going to be surprised when you get to heaven. The reason for the certainty of the judgment lies in God's knowledge of the affairs of humankind. Not a single person judged for their sin, cast into hell for eternity, will be unjust. Furthermore, when the text says the Lord knows “the way” of the righteous, He literally watches over us in everyday details. And when time comes for our earthly departure, God knows us. In fact, He has called us by name, John 10:3 **“and the sheep hear his voice, and he calls his own sheep by name.”**

Here is the whole council of truth about God's judgment, the Lord offers no protection to those who are not reconciled to him; rather, their end is destruction. Matthew 7:23a **“And then I will declare to them, ‘I never knew you.’”** In fact, in Matthew 7:15-27 Jesus outlines the truth of this Psalm, there are two trees, two claims, two foundations. Not three, but two. The way of the wicked is certain, they will perish. The word perish means “to destroy, to go away, utterly.”

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The righteous person is the one who has confessed his sin and received the Lord Jesus Christ as his personal Savior. His righteous life is the result of his new life in Christ. The ungodly person is the one who refuses to acknowledge his need and to bow his knee to the Lord Jesus. He would rather keep his sin than have the Savior, and thus he seals his doom.

May I ask which one are you? The blessed, happy in the will of God or the unrighteous chaff blowing around the winds of the world?