

# Psalm 1

## ☐ Monday - Opening Benediction.

Psalm 1:1

The Book of Psalms opens with a benediction: “How blessed is the man...” (Psa. 1:1). Actually the Hebrew word translated here “blessed” is plural, and so the verse could be read, “Oh the blessednesses of the man who does not walk in the counsel of the wicked!” The Almighty, King of kings and Lord of lords does not dispense His blessings with an eyedropper, but lavishes the riches of His grace upon the man [or woman] of God (Eph. 1:7-8), so much so that God’s goodness and mercy follow him (Psa. 23:6), and God’s favor surrounds him (Psa. 5:12), and all things work together for his good and God’s glory (Rom. 8:28a). This is the promise of God, yet not to all, but only to those who love God and are called according to His purpose (Rom. 8:28b). Psalm 84:11

## ☐ Tuesday - Blessed is the Man in Christ.

Psalm 1:1-2

Psalm 1 begins, “How blessed is the man who does not walk in the counsel of the wicked, nor stand in the path of sinners, nor sit in the seat of scoffers! But his delight is in the law of the Lord ...” (Psalm 1:1-2). This no man has done or can do perfectly except Christ alone. The first Adam lost God’s blessings by walking in the counsel of that wicked one, who is called the serpent of old (Rev. 12:9), which is the devil (Gen. 3:1-7). But the last Adam, as Christ is called (1 Cor. 15:45), won back God’s blessing for man by His sinlessly perfect life. As a result, all of those who are in Christ are blessed with every spiritual blessing (Eph. 1:3). Today, look to Christ, dear Christian, who has fulfilled Psalm 1 for you, leaving you an example that you might follow in His footsteps along the pathway of blessedness. Read Ephesians 1:3

## ☐ Wednesday - Delighting in God’s Word.

Psalm 1:2

“How blessed is the man ...” [whose] “delight is in the law of the Lord, and in His law he meditates day and night” (Psa. 1:1-2). When David wrote Psalm 1, he had only the five books of Moses (Genesis thru Deuteronomy), and a handful of other Old Testament books (Joshua, Judges, Ruth, 1 Samuel and Job). Nevertheless the small portion of God’s Word that David did have was to him “more desirable than gold” (Psa. 19:10), and “sweeter than honey” (Psa. 119:103). When we consider what limited revelation David delighted in compared to the 66 books of the completed canon of Scripture that we may enjoy today, I wonder if our delight in God’s Word is proportionally that much greater? Read Psalm 119:16, 24, 47-48, 111, 127, 129

## ☐ Thursday - The Fruitfulness of God’s Word.

Psalm 1:3

The man or woman of God who delights in God’s Word is likened here to “a tree firmly planted by streams of water, which yields its fruit in its season” (Psa. 1:3). Jesus promised that the Gospel seed which falls upon good soil would bring forth much fruit, some a hundredfold, some sixty, and some thirty (Matt. 13:8). This “good soil,” Jesus said, is the man who hears the Word of God and understands it (Matt. 13:23); and, according to Psalm 1, delights in it. Read John 15:1-5

## ☐ Friday - The Righteous & the Wicked.

Psalm 1:5-6

God’s inspired and inerrant Word, the Bible, divides mankind into two categories: the seed of the woman and the seed of the serpent (Gen. 3:15), the children of God and the children of the devil (John 8:42-44), sheep and goats (Matt. 25:32-33). So also, here Psalm 1 speaks of the righteous and the wicked (Psalm 1:5-6). When the church forgets this distinction it loses its evangelistic zeal. The reason that outreach and evangelism are so vitally important and the message of the Gospel so urgent, is not because non-Christians are a little misguided, but because they are on a highway to hell (Matt. 7:13-14). “Therefore, we are ambassadors for Christ, as though God were making an appeal through us; we beg you on behalf of Christ, be reconciled to God” (2 Cor. 5:20). Read Ephesians 2:1-3