



# psalm 1

Blessed is the man

who walks not in the counsel of the wicked,  
nor stands in the way of sinners,  
nor sits in the seat of scoffers;

<sup>2</sup>but his delight is in the law of the Lord,  
and on His law he meditates day and night.

<sup>3</sup>He is like a tree  
planted by streams of water  
that yields its fruit in its season,  
and its leaf does not wither.

In all that he does, he prospers.

<sup>4</sup>The wicked are not so,  
but are like chaff that the wind drives away.

<sup>5</sup>Therefore the wicked will not stand in the judgment,  
nor sinners in the congregation of the righteous;

<sup>6</sup>for the Lord knows the way of the righteous,  
but the way of the wicked will perish.

*Psalm 1*

## let's meditate on the law of the Lord this week

- Υ What is your gut reaction to the word *meditation*?
- Υ When do you find it easiest to focus your mind and heart?  
How might the business of life affect your ability to focus?
- Υ Honestly reflect on your life and the influences upon you.  
Is your life characterized by the counsel of the Lord or by  
the counsel of sinners, scoffers, and the wicked?
- Υ Take time, days or weeks even, meditating on Psalm 1.

## the blessed man (meditate on vs 1-2)

- Υ What does it mean to be blessed and righteous and to have life?
- Υ Can you find scripture to create a picture of what blessed means to God?

## blessing described (meditate on vs 3)

*PRAY: Father, plant me like a tree by streams of water. Yield Your fruit in me in due time. May my mind, body, soul and spirit never wither like a dry leaf. May all I do bring You glory. May Your Kingdom prosper by the work of my hands and Your Holy Spirit in my heart. Guide me down the path of the righteous, and remind me to meditate on Your law day and night.*

## the wicked man (meditate on vs 4-5)

- Υ What does it mean to be wicked or a sinner or a scoffer?  
How would you describe these people?
- Υ In vs 5 it says that sinners will not stand in the congregation of the righteous. Have you ever been in church and felt God convicting you of something you've done wrong? What happened after that?
- Υ How can you love and support people who've decided to choose the law of the Lord?

## diverging paths (meditate on vs 6)

There is a righteous way which brings life and a wicked way which brings death. The way of righteousness is a slow journey and creates deep character in us. It's walked out by knowing God and being known and loved by Him. His instruction and love must penetrate every part of our being if we're to become a blessed people. "The Lord knows the way of the righteous," and He's shared it with us. Our part is to follow the path.

- Υ How are you a blessed person? How did you get to the place of feeling blessed? Were you once on another path?  
What turned your direction?
- Υ How can you be a blessing to others?