

Bible Lesson – Psalm 1 The Blessed Man

¹ 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! ² But his delight is in the law of the Lord, and in His law he meditates day and night. ³ He will be like a tree firmly planted by streams of water, which yields its fruit in its season and its leaf does not wither; and in whatever he does, he prospers. ⁴ The wicked are not so, but they are like chaff which the wind drives away. ⁵ Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous. ⁶ For the Lord knows the way of the righteous, but the way of the wicked will perish.

1. Which way do I go?

- A. Have you ever been lost and said, “I don’t know which way to go.”
- B. Thankfully, God’s Word provides unfailing direction on which way to go.

2. The way to go

- A. Didache (early Christian writing): There are two ways, one of life and one of death, but a great difference between the two ways.
- B. Psalm 1 is like a road sign with an arrow pointing you to the right ways that lead to God.



3. What is a Blessed Man?

- A. Psalm 1 opens with a beatitude...“Blessed is the man”.
 - I. Blessed does not just mean happy or fortunate. It represents a spiritual condition...“How full of joy is the man.”
 - II. A blessed man is one who trusts in the Lord. *Jeremiah 17:7; Blessed is the man who trusts in the Lord and whose trust is the Lord.*
 - III. A blessed man is one who hopes in the Lord. *Psalm 146:5; How blessed is he whose help is the God of Jacob, whose hope is in the Lord his God,*
 - IV. A blessed man’s sins are forgiven. *Psalm 32:1; How blessed is he whose transgression is forgiven, Whose sin is covered!*
 - V. A blessed man will dwell in the presence of God. *Psalm 65:4; How blessed is the one whom You choose and bring near to You to dwell in Your courts. We will be satisfied with the goodness of Your house, Your holy temple.*
 - VI. Blessed also implies a covenantal relationship with God. *Psalm 144:15; How blessed are the people who are so situated; How blessed are the people whose God is the Lord!*
 - VII. What else does blessed remind you of...the Beatitudes in *Matthew 5:1-12*.

Bible Lesson – Psalm 1

The Blessed Man

- B. Definition: A blessed man is one who trusts, obeys, hopes, and finds joy in the God who loves him.
- C. Note: In the same way that man is justified by faith and not works, man is blessed by faith and not works...i.e., man's trust, hope, etc. does not make him blessed...he is already blessed due to his faith.
- D. Need to be careful to not define a blessed man in a worldly way...It does not necessarily mean prosperity and wealth, or good health, or free from tragedy and hardships.
- E. A blessed man is simply a disciple of Christ, a true believer, regardless of worldly circumstances.
Ephesians 1:3 ³ *Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ.*
- F. Do you consider yourself blessed? If you are in Christ, you should...because you are!

4. Characteristics of a Blessed Man

- A. Ethics (morals)
 - I. V.1; He does not walk in the counsel of the wicked.
 - 1. Don't be a Rehoboam! He was given both wise counsel and wicked counsel, and he chose the wicked counsel. *1 Kings 12:1-14*
 - II. V.1; He does not stand in the path of sinners. (does not associate with them)
 - 1. *Proverbs 4:14-15* ¹⁴ *Do not enter the path of the wicked and do not proceed in the way of evil men.* ¹⁵ *Avoid it, do not pass by it; Turn away from it and pass on.*
 - III. V.1; He does not sit in the seat of scoffers. (one who mocks, is arrogant, hard hearted)
 - 1. *Mark 15:16-20, 29-32*
 - IV. Summary: A blessed man does not think like, listen to, associate with, or imitate the wicked.
 - V. This does not mean that the blessed man withdraws from the world, but rather he lives in a wicked world, but let's the light of his blessedness shine for others to see.
 - VI. Also means that you still show compassion to those that may mock you...love your neighbor, but also love your enemy. *Matthew 5:43-48*
- B. Education
 - I. V.2; His education is in the law of the Lord (not the counsel of the wicked).
 - 1. Law = Torah, a narrower meaning is the 10 Commandments; a broader meaning is all of God's instruction.
 - II. Where do we find the law of the Lord?...God's Word...the Bible. *Psalm 119:33-35* ³³ *Teach me, O Lord, the way of Your statutes, and I shall observe it to the end.* ³⁴ *Give me understanding, that I may observe Your law and keep it with all my heart.* ³⁵ *Make me walk in the path of Your commandments, for I delight in it.*
 - III. Why might you delight in the law of the Lord?
 - 1. It tells the truth about man's condition. *Psalm 14:1* *"...There is no one who does good.*
 - 2. It tells about God's grace and mercy. *Psalm 86:5* ⁵ *For You, Lord, are good, and ready to forgive, and abundant in lovingkindness to all who call upon You.*
 - 3. It is a compass, providing direction to live a Godly life. *Psalm 119:92* ⁹² *If Your law had not been my delight, then I would have perished in my affliction.*
 - IV. Does not mean that he can't learn from others, but his doctrine comes from God's standards.
 - V. He not only delights in the law of the Lord, but he also meditates on it day and night.
 - 1. *Joshua 1:8* ⁸ *This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success.*
 - 2. *Jeremiah 15:16* ¹⁶ *Your words were found and I ate them, and Your words became for me a joy and the delight of my heart;*
 - 3. *Proverbs 7:3* ³ *Bind them on your fingers; write them on the tablet of your heart.*
 - 4. Day and night implies often, habitually, without ceasing. It doesn't say to meditate once a week...you should read God's word every day!...even if some days are brief.

Bible Lesson – Psalm 1

The Blessed Man

- C. Endurance (Fortitude...like a solidly built wall)
- I. V.3; He is firmly planted...his roots are deep and anchored in God's Word. **Psalm 92:12-13**
*¹²The righteous man will flourish like the palm tree, he will grow like a cedar in Lebanon.
¹³Planted in the house of the Lord, they will flourish in the courts of our God.*
 - II. V.3; He yields fruit and his leaves do not wither. **John 5:15**⁵ *I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit, for apart from Me you can do nothing.*
 - III. V.3; In whatever he does, he prospers.
 1. Does not necessarily mean he will be rich and famous (how the world views prosperity), although he might.
 2. Biblical prosperity means to spiritually flourish in doing God's will with your life, regardless of whether rich/poor, healthy/sick, etc.
 3. Generally speaking, except in times of persecution, if you heed and apply the counsel of God you will succeed and prosper monetarily as well.
 - a. **Job 36:11-12**¹¹ *"If they hear and serve Him, they will end their days in prosperity and their years in pleasures. ¹²"But if they do not hear, they shall perish by the sword and they will die without knowledge.*
 - b. **Psalm 68:6**⁶ *God makes a home for the lonely; He leads out the prisoners into prosperity, only the rebellious dwell in a parched land.*
 - c. **Proverbs 13:21-22**²¹ *Adversity pursues sinners, but the righteous will be rewarded with prosperity. ²²A good man leaves an inheritance to his children's children, and the wealth of the sinner is stored up for the righteous.*
 - d. **Deuteronomy 8:18**¹⁸ *But you shall remember the Lord your God, for it is He who is giving you power to make wealth, that He may confirm His covenant which He swore to your fathers, as it is this day.*
 - e. **Psalm 90:17**¹⁷ *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.*
 - f. **1 Chronicles 29:12**¹² *Both riches and honor come from You, and You rule over all, and in Your hand is power and might; and it lies in Your hand to make great and to strengthen everyone.*
 - g. **Ephesians 4:28**²⁸ *He who steals must steal no longer; but rather he must labor, performing with his own hands what is good, so that he will have something to share with ^lone who has need.*
 4. A good reminder about faithful tithing...are you robbing God? **Malachi 3:8-10**⁸ *"Will a man rob God? Yet you are robbing Me! But you say, 'How have we robbed You?' In tithes and offerings. ⁹You are cursed with a curse, for you are robbing Me, the whole nation of you! ¹⁰Bring the whole tithe into the storehouse, so that there may be food in My house, and test Me now in this," says the Lord of hosts, "if I will not open for you the windows of heaven and pour out for you a blessing until it overflows.*
- D. End
- I. V.6; For the Lord knows the way of the righteous. To biblically know implies personal and intimate knowledge. In this instance it refers to a covenantal, electing knowledge.
 1. In contrast to the wicked in V.5, the Blessed Man will stand in the day of judgment and he will assemble with the righteous. **Proverbs 12:7**⁷ *The wicked are overthrown and are no more, but the house of the righteous will stand.*

Bible Lesson – Psalm 1

The Blessed Man

5. THE BLESSED MAN - JESUS

- A. His Ethics: He lived a sinless life.
- B. His Education: He knew all of God's Word and applied it perfectly.
- C. His Endurance: He faithfully fulfilled all that the father required of Him, including death on the cross to secure the salvation of God's elect.
- D. His End: He victoriously defeated death through his resurrection and ascension into glory so that his people would experience eternal life to glorify God and enjoy Him forever.

6. Summary

- A. Psalm 1 is about the most basic decisions of how to live.
- B. There are two clear paths...which one will you take? *Proverbs 15:24²⁴ The path of life leads upward for the wise that he may keep away from Sheol below.*