

**Psalm 1**  
B.L.E.S.S.  
Study Guide

1. Read Psalm 1:1a: "*Blessed in the man [person]...*"

Notice that it is possible to have a blessed life. The Hebrew word, Ashrai (happy, satisfied) comes from the root verb, Ashar, which means "to go or be straight, or advance." (Strong's). Describe in your own words what our culture tells us about happiness and satisfaction, and what it means to really be blessed. Discuss.

2. Read Psalm 1:1b-2: "*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.*"

Notice that the "blessed" life involves a choice. You can either think, act and behave like our culture or choose to embrace God's words with delight and let them influence you. What does it look like for you to meditate on God's words throughout the day? Discuss.

3. Read Psalm 1:3a: <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.*

Notice that blessedness is linked to where you are planted. The necessary power and understanding you need come from underneath and within. (see also John 4:14). What has been your experience of being planted "in Christ"? What difference has that made for you?

4. Read Psalm 1:3b: "*In all that he does he prospers.*"

Notice, from Matthew 5, that the blessed life is a progression of being poor in spirit...leading to a hunger for God...and then becoming loving towards others. How is that different from the shallow idea of "prosperity" in our culture? Discuss.

5. Read Psalm 1:4-6.

Discuss how futile the life of the rich and famous is, compared to the assembly of the righteous. Describe what it is like for the blessed life to have eternal value in the eyes of God.

### **Application**

Focus some of your effort this week on how to "meditate" on God's words. You could read Chapter 3 in Barton's book, Sacred Rhythms, or practice the six steps of meditating on scripture (aka Lectio Divina).

1. Preparation- take a moment to be fully present; breathe.

2. Read- Listen for the word or phrase that is addressed to you.

3. Reflect- How is my life touched by this word?

4. Respond- What is my response to God based on this word?

5. Rest- Read the passage one more time and then just sit with God; quietly.

6. Resolve- Make the decision to live out the word you received.

## Message Outline Psalm 1

### *Is "blessedness" possible?*

**Big Idea:** People are blessed or condemned based on what they have chosen.

#### **1. Blessedness Exists! (v. 1a)**

<sup>1</sup>Blessed is the man ...

Ashri (*hebrew*)- happy; contented; wonderfully satisfied.

Ashar- (*hebrew*)- to go or be straight; go on; advance.

#### **2. Blessedness is a Choice! (v. 1b)**

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

#### **2. Blessedness is a Choice! (v. 2)**

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

#### **Psalm 37:4**

"Delight yourself in the Lord, and He will give you the desires of your heart."

#### **The Law of God**

2 Timothy 3:16-

Hebrews 4:12-

Psalm 119:9-

Ephesians 5:26-

Matthew 7:24-

Ephesians 6:17-

Psalm 130:5-

Romans 10:17-

Joshua 1:8-

1 Peter 2:2-

Psalm 119:105-

... **training** in righteousness, ... thoroughly **equipped** ...

...judges the thoughts and **attitudes** of the heart.

...keep his way **pure**...

...cleansing ...by the **washing** with water through the word

... hears ... puts them into practice ... house on the **rock**.

...the **sword** of the Spirit which is the word of God.

I wait for the LORD, ... and in his word I put my **hope**.

**Faith** comes by hearing the word of God.

... meditate... day and night, ... **prosperous and successful**.

Like newborn babies, crave pure spiritual **milk**, ...

...a **lamp** ... a light unto my path.

**Big Idea:** People are blessed or condemned based on what they have chosen.

#### **3. Blessedness is a Place! (v. 3a)**

<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.

**John 4:14-** "...but whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life."

**Big Idea:** People are blessed or condemned based on what they have chosen.

#### **4. Blessedness is a Progression! (v. 3b)**

...In all that he does, he prospers.

Spiritual prosperity (Matthew 5)

"Blessed are the poor in spirit,... those who mourn,... the meek, ...those who hunger for righteousness, ...the merciful,... the pure in heart, ...the peacemakers, ...the persecuted..."

Progression: poor in spirit...hunger for God...life of blessing.

#### **5. Blessedness is not Futile (v. 4-6)**

<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.

**Big Idea:** People are blessed or condemned based on what they have chosen.

#### **Application:**

"...and on his law he meditates day and night." (v. 2b)

Meditate = to read for transformation, not just information.

1. Preparation- take a moment to be fully present; breathe.

2. Read- Listen for the word or phrase that is addressed to you.

3. Reflect- How is my life touched by this word?

4. Respond- What is my response to God based on this word?

5. Rest- Read the passage one more time and then just sit with God; quietly.

6. Resolve- Make the decision to live out the word you received.