

Walking With The King Session 2 – Planted in Him (Psalm 1)

Review

- What is the Book of Psalms
- Experiencing the Psalms
- The content of the Psalms



Text of Psalm 1

*1 Blessed is the man who walks not in the counsel of the ungodly,
Nor stands in the path of sinners, nor sits in the seat of the scornful;
2 But his delight is in the law of the LORD, and in His law he meditates day and night.
3 He shall be like a tree planted by the rivers of water,
That brings forth its fruit in its season, whose leaf also shall not wither;
And whatever he does shall prosper.
4 The ungodly are not so, but are like the chaff which the wind drives away.
5 Therefore the ungodly shall not stand in the judgment,
Nor sinners in the congregation of the righteous.
6 For the LORD knows the way of the righteous,
But the way of the ungodly shall perish.*

Background

- Credited to David but no historical clues about when or the circumstances
- Psalm 1 is about the Torah, the Way of God
- It sets the tone for the entire Book of Psalms
- Walking in God's way; learning to walk in His way through the challenges of life.

Outline

A. The Description of the Righteous Man

1. What he refuses
2. What he delights in
3. What he reaps (the fruit of embracing the Way of God)

B. The Description of the Wicked

1. Their wicked way of life
2. Their lack of fruit
3. The certainty of their judgment

Verse 1: *Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful...*

- Blessed = literally "O the blessednesses!"
- Notice the progression of evil in this verse
 - The first step is *walking in the counsel of the ungodly*
 - Next comes *standing in the way of sinners*
 - Finally comes *sitting in the seat of the scornful*
 - We can gradually lose our fear of the Lord and sit with the wicked

V. 2: *But his delight is in the law of the LORD, and in His law he meditates day and night.*

- Loving Christ and His Word, more than what pulls on us
- Joshua was commanded to do this (Josh. 1:8) and David also did it.
- Meditate means to mutter and speak aloud to yourself.

V. 3: *He shall be like a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper.*

1. Promised to be established;
2. To be watered;
3. To be fruitful for Him;
4. To prosper in everything we do.

VV. 4-6: *4 The ungodly are not so, but are like the chaff which the wind drives away. 5 Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous. 6 For the LORD knows the way of the righteous, but the way of the ungodly shall perish.*

- What is the chaff?
- God knows our way!

Applying the Lessons of Psalm 1: God's Word as our Spiritual Food

- It gives us life: John 6:63b; Matt. 4:4
- It renews our minds: Rom. 12:2; Ps. 23:3
- It gives us power and strength for growth: Hebr. 4:12; 1 Pet. 2:4

Meditating on the Word of God

Josh 1:8: This book of the law shall not depart out of your mouth; but you shall meditate in it day and night, so that thou may observe to do according to all that is written in it; for then you shall make your way prosperous, and then you shall have good success.

- out loud
- day and night
- all that is written

Learning to eat or chew on the Word

- Invite the Holy Spirit to illuminate the Word to you.
- Read the Word aloud.
- Repeat passages which seem significant, or which the Spirit is highlighting.
- Avoid distractions.
- A suggested method to meditate on the Word – *Read, Ponder, and Review*
 - Read the text one time, at your normal pace.
 - Read the entire Psalm slowly to yourself out loud. **Ponder** the passage...
 - Finish by reading it over again at your normal reading speed.

Verses dealing with meditation in the Word:

- (Gen 24:63) And Isaac went out to meditate in the field at evening...
- (Josh 1:8) This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.
- (Ps 1:2) But his delight is in the law of the LORD; and in his law doth he meditate day and night.
- (Ps 19:14) Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.
- (Ps 63:6) When I remember thee upon my bed, and meditate on thee in the night watches.
- (Ps 104:34) My meditation of him shall be sweet: I will be glad in the LORD.
- (Ps 119:15) I will meditate in thy precepts, and have respect unto thy ways.
- (Ps 119:23) Princes also did sit and speak against me: but thy servant did meditate in thy statutes.
- (Ps 119:48) ... I will meditate in thy statutes.
- (Ps 119:78) Let the proud be ashamed; for they dealt perversely with me without a cause: but I will meditate in thy precepts.
- (Ps 119:148) Mine eyes prevent the night watches, that I might meditate in thy word.
- (Ps 119:97) ...O how love I thy law! it is my meditation all the day.
- (Ps 119:99) I have more understanding than all my teachers: for thy testimonies are my meditation.