

PSALM 1

Ask the Holy Spirit to light up your understanding of reality using this psalm. He has promised He will!

Memorize Psalm 1:1-3. (I did it ___!) (I said it to _____.)

Read Psalm 1 five times. 1)___ 2)___ 3)___ 4)___ 5)___.

1. From these readings of Psalm 1 what character quality do you see offered that is especially desirable to you? (Can't see one? Read it again!)

The word "blessed" means to experience life optimally - to really live to the limit. Israel, under God's anointed King, experienced this kind of life physically (Psalm 144:12-15). In the New Testament Jesus teaches (Matthew 5) and exemplifies the spiritual quality of a full life. We who know God are not *promised* a life of health or wealth anymore than Jesus was. Still, we *are* promised a life full of the things that really matter and that bring a satisfied mind (Matthew 5 and Galatians 5:22-23).

2. Since we all desire to really live, let's take a close look at the three things we must *not* do to achieve a full life. List the three negatives in verse 1. (Notice those "not" or "nor" phrases?)

Negatives

a.

b.

c.

3. Now go back and make a second column explaining what each of the three means. Give some thought to the words *counsel*, *path* or *way*, and *seat*.

4. Comment on the progression of these negatives.

The word "wicked" means ungodly or, put another way, one who does not make room for God in his thinking or lifestyle (Psalm 10:1-4). It is a broad term not limited just to murderers, robbers and the like.

5. What are some of the means the counsel of the ungodly is conveyed to us?

6. What do you consider to be particularly harmful ungodly counsel? (Think! Much of it is very subtle!)

7. What ungodly counsel has given you the most trouble in the past week or so? (This can be very general philosophies such as "You deserve a..." or "Why not? Everyone else is doing it.")

8. Now, according to verse 2, what is the positive approach to a full life?

9. Dictionaries are a great help in Bible study. Define:

a. delight

b. meditate

10. How are delight and meditate connected here?

11. What does the law of the Lord refer to?

12. What does it mean to *delight* in the law of the Lord?
13. What would cause a person to delight in the law of the Lord?
14. The person who follows the advice in verse 2 will be like a tree. Why does this tree exhibit desirable characteristics?
15. What three characteristics will this tree have (verse 3) and what does each mean for you today?
- a.
 - b.
 - c.
16. What is meant by "the wicked are not so?" (You'll have to look back at the previous verses.)
17. What, then, are the wicked like?
18. Why do you think chaff was chosen to describe the wicked?
19. What will be the outcome of a life that shuts God out?

20. There are no *three* ways about it! What decision or choice does this psalm lay before each of us that will certainly determine our destiny? Remember that this means not only our final destiny (verse 6) but also the destiny of today (verse 3).
21. What excuses or rationalizations do you sometimes fool yourself with to put off acting on this *choice*?
22. What are some practical steps you can take to carry out this *choice*?
23. Dr. Bruce Waltke has said that Psalm 1 is the gate through which one must always enter the psalms. What bottom-line philosophy of living is directly put in Psalm 1 that will decide whether or not the other psalms bring us comfort, intimacy with God, and correction? (See also Psalm 15 and remember Philippians 3:8-9.)