

# Preaching the Psalms Series

(2)

## Psalm 1

### *How to Be Happy and Blessed in Life, Psalm 1:1-6*

#### Psalm 1:1-6 (NASB)

<sup>1</sup>“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!

<sup>2</sup>But his delight is in the law of the LORD, And in His law he meditates day and night.

<sup>3</sup>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.

<sup>4</sup>The wicked are not so, But they are like chaff which the wind drives away.

<sup>5</sup>Therefore the wicked will not stand in the judgment, Nor sinners in the assembly of the righteous.

<sup>6</sup>For the LORD knows the way of the righteous, But the way of the wicked will perish.”

#### 1. (Psalm 1:1) Separate from the wicked.

##### Psalm 1:1 (NASB)

<sup>1</sup>“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!”

##### **b. Their sinful way (v. 1).**

##### Psalm 1:1 (NASB)

<sup>1</sup>“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!”

*Path (derek)* is the road or path we choose to travel. According to Scripture, only two ways exist in life: the way of righteousness that leads to life and the way of wickedness that leads to death and ends in destruction. There is no middle road (Mt. 7:13-14).

##### Matthew 7:13-14 (NASB)

<sup>13</sup>“Enter through the narrow gate; for the gate is wide and the way is broad that leads to destruction, and there are many who enter through it.

<sup>14</sup>For the gate is small and the way is narrow that leads to life, and there are few who find it.”

*Sinners* refers to those who are guilty before God because they disobey God. They miss the mark defined in God’s Word.

Classic commentator Adam Clarke notes the distinction between the *ungodly* or **wicked person** of the first statement and the sinner of this statement: the wicked person is without God and is uninfluenced by Him. The sinner, however, rebelliously lives outside of God’s limits and willfully transgresses against God’s law.

This path of disobedience to God's commands is the way of those who do not have a relationship with God. Its end is death and eternal separation from God in hell. If we truly desire to be blessed by God, we do not stand in this sinful way of the wicked, much less travel it.

As true followers of the Lord, we have chosen the way of life over the road that leads to destruction. We are no longer traveling the foolish way of transgression against God.

**However, it is possible for us to *stand* in that road, or to return for a visit to the way of sinners.** If we return, we backslide and forfeit God's blessing upon our lives. In making that choice, we willfully depart from the blessed state of joy, peace, and contentment. The result: we will painfully experience God's loving but firm hand of discipline ([Heb. 12:5-11](#)).

**Hebrews 12:5-11 (NASB)**

<sup>5</sup>“And you have forgotten the exhortation which is addressed to you as sons,  
“MY SON, DO NOT REGARD LIGHTLY THE DISCIPLINE OF THE LORD,  
NOR FAINT WHEN YOU ARE REPROVED BY HIM;

<sup>6</sup>FOR THOSE WHOM THE LORD LOVES HE DISCIPLINES, AND HE  
SCOURGES EVERY SON WHOM HE RECEIVES.”

<sup>7</sup>It is for discipline that you endure; God deals with you as with sons; for what son is there whom *his* father does not discipline?

<sup>8</sup>But if you are without discipline, of which all have become partakers, then you are illegitimate children and not sons.

<sup>9</sup>Furthermore, we had earthly fathers to discipline us, and we respected them; shall we not much rather be subject to the Father of spirits, and live?

<sup>10</sup>For they disciplined us for a short time as seemed best to them, but He *disciplines us* for *our* good, so that we may share His holiness.

<sup>11</sup>All discipline for the moment seems not to be joyful, but sorrowful; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness.”

The way of sinners is the exact opposite of the blessed life. Those who live sinful lives do not know lasting joy, satisfaction, or contentment. They never experience the deep-seated and lasting peace that God alone can give. Instead, their experience is a continuous flow of unsettling conflicts with others.

As a result, they are plagued with guilt because of their transgressions and the hurt they bring to those who love them. They are selfish, and their sin often leads them to an isolated, lonely life that is cut off from others. Habitual sinners are prone to turn to substances—drugs and alcohol—to numb their nagging consciences and ease their pain.

**c. Their mockery (v. 1).**

**Psalm 1:1 (NASB)**

<sup>1</sup>“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!”

*Scoffers* mock everything that is holy. They have no respect for God and His Word. The Hebrew verb form of this word literally means to make mouths at. Through continued rejection of God's Word, they have become hardened toward sin and toward God. The *scorner* (**luwts**) is thoroughly discussed in *Proverbs*.

Scoffers are marked by their pride (**Proverbs 3:34; Proverbs 21:24**).

**Proverbs 3:34 (NASB)**

<sup>34</sup>“**Though He scoffs at the scoffers, Yet He gives grace to the afflicted.**”

**Proverbs 21:24 (NASB)**

<sup>24</sup>“**Proud,**” “**Haughty,**” “**Scoffer,**” **are his names, Who acts with insolent pride.**”

They elevate themselves above God and others, and they defiantly disobey God's commands. Note that the **scoffer** is portrayed here as *sitting*. Picture the scorner arrogantly perched on his self-appointed throne, contemptuously sneering at God and jeering at all who walk in the path of righteousness. He haughtily looks down on those with a lifestyle that shuns sin and revolves around God's instruction. He exists to fulfill the lusts of the flesh, the lusts of the eyes, and the pride of life (**1 John 2:16**).

**1 John 2:16 (NASB)**

<sup>16</sup>“**For all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world.**”

If we desire to be blessed, we will not sit in his seat: we will not act arrogantly before God or others. We will not disregard God's holy commands. Instead, we will guard ourselves from being influenced by those who live in mockery of God's Word.

**In conclusion, Psalm 1:1** charts the path that can lead us away from God and into a life of sin.

**Psalm 1:1 (NASB)**

<sup>1</sup>“**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!**”

It begins with considering ungodly advice. Then it progresses to following the ways of sinners. It culminates in adopting the attitude of those who live in proud, persistent rebellion against God's Holy Word.

It is significant that all the verbs in these statements are in the Hebrew perfect tense. This indicates that those who are blessed have made a once-and-for-all commitment to live in obedience to God, a commitment that guides them the rest of their lives. The journey of righteousness is walked day by day in the power of God's Spirit. But it is their settled commitment to God that holds them faithful in all things.

This complete presentation of oneself to God as a living sacrifice prevents straying onto the way of sinners (**Romans 12:1**). Faithful devotion to this commitment results in God's glorious favor and blessing upon us.

**Romans 12:1 (NASB)**

<sup>1</sup>“Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, *which is your spiritual service of worship.*”

Thought 1. [Psalm 1:1](#) is a verse that calls for a decision: Will you fully dedicate yourself to the Lord Jesus Christ?

**Psalm 1:1 (NASB)**

<sup>1</sup>“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!”

Will you make a commitment to walk in obedience to Him, to obey His Word and will for your life? Paul’s passionate plea in [Romans 12:1-2](#) challenges us all:

**Romans 12:1-2 (NASB)**

<sup>1</sup>“Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, *which is your spiritual service of worship.*

<sup>2</sup>And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.”

This presentation of ourselves to Christ—laying all that we are and have upon the altar of sacrifice to Him—includes the commitment to live separately from sinners, to pledge...

- **1)** *that we will refuse to listen to worldly advice.* We are surrounded by ungodly counsel. Writers, self-proclaimed experts, television hosts, worldly family and friends, and a host of others—many throughout society beckon us to live contrary to God’s Word. If we will be blessed, we must first know what God says in His Word, the Holy Bible. We must then reject all advice that is in disagreement with God’s Word, and we must trust Him enough to choose His counsel over the counsel of others.
- **2)** *that we will never depart from the path of obedience to God’s righteous commands.* We all face daily temptations to sin. The desires of our sinful nature stir us to disobey God’s holy commands. The world presents repeated opportunities to indulge our flesh. If we will be blessed, we must adhere to God’s Word. We must refuse to stray from the path of obedience—refuse to even *stand*, much less walk, in the sinful way.
- **3)** *that we will guard ourselves against the tireless efforts of scorners to influence us to question God’s Word.* In many countries, the teaching of God’s Word vanished decades and even centuries ago. Within every nation, believers are pressured to accept immorality, dishonesty, injustice, and sinful living. Scorners of God’s Word beckon believers to be tolerant of sin. However, if we, as

believers, want God's blessings, we must stand strong on the truths of God's Word.

We must stand for what is right, even when we can no longer successfully overcome evil influences ([Eph. 6:13-14](#)). We forfeit God's blessing when we succumb to the pressure of those who mock God's holy commands.

**Ephesians 6:13-14 (NASB)**

<sup>13</sup>“Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm.

<sup>14</sup>Stand firm therefore, HAVING GIRDED YOUR LOINS WITH TRUTH, and HAVING PUT ON THE BREASTPLATE OF RIGHTEOUSNESS.”

The once-and-for-all decision to present ourselves fully to Christ enables us to know what to do in the daily decisions we face. Our choices are clarified in the light of our total surrender to Him. Our commitment to Him will guide us through every step of life and will help us to obey Him and His will. *This is the key to the blessed life*, a life that results in God's joyous favor.

**1 Corinthians 15:33 (NASB)**

<sup>33</sup> Do not be deceived: "Bad company corrupts good morals."

**2 Corinthians 6:17-18 (NASB)**

<sup>17</sup>“Therefore, COME OUT FROM THEIR MIDST AND BE SEPARATE,” says the Lord. “AND DO NOT TOUCH WHAT IS UNCLEAN”; And I will welcome you.

<sup>18</sup>“And I will be a father to you, And you shall be sons and daughters to Me,” Says the Lord Almighty.”

**Psalms 26:4 (NASB)**

<sup>4</sup>“I do not sit with deceitful men, Nor will I go with pretenders.”

**Proverbs 4:14-15 (NASB)**

<sup>14</sup>“Do not enter the path of the wicked And do not proceed in the way of evil men.

<sup>15</sup> Avoid it, do not pass by it; Turn away from it and pass on.”

**Proverbs 13:20 (NASB)**

<sup>20</sup>“He who walks with wise men will be wise, But the companion of fools will suffer harm.”

**Jeremiah 15:17 (NASB)**

<sup>17</sup>“I did not sit in the circle of merrymakers, Nor did I exult. Because of Your hand upon me I sat alone, For You filled me with indignation.”

**Thought 2.** Pastor and Bible teacher **Harry A. Ironside** viewed this verse as Messianic; that is, as a prophetic reference to the Lord Jesus Christ. He understood the perfect tenses of the verbs to speak of one who *never* walked in the counsel of the ungodly, nor stood in the way of sinners, nor sat in the seat of the scornful:

“Who is this blessed man to whom our attention is directed as we open this lovely Old Testament book of praise and prayer? ...he is telling us of the blessedness of the Man who has never done any of these things, the Man who never took his own way, the Man who never walked with the world as part of it, who never did a thing in opposition to the will of God. Who is that man?

... there is only one Man who ever walked through this scene to whom these words apply. The One of whom David speaks here is the One who hung on Calvary's cross, and who in the words of the twenty-second Psalm cried, ‘**My God, My God, why hast Thou forsaken Me?**’ ([Psalm 22:1](#)).

How delightful it is to contemplate Him, to think of Him coming down into the world His hands had made, becoming man and going through this scene in all perfection, ministering to the needs of sinners but never joining with them in their rebellion against the Father.”

Ancient church fathers Augustus and Jerome also believed that the first half of this psalm was intended to describe the character and reward of the Lord Jesus Christ. The instruction of the psalm to us must not be ignored, but meditating upon these verses with Jesus in view stirs our hearts to focus on Him and follow His example as never before.

**[Luke 9:23 \(NASB\)](#)**

<sup>23</sup>“**And He was saying to *them* all, “If anyone wishes to come after Me, he must deny himself, and take up his cross daily and follow Me.”**

**[Colossians 2:6 \(NASB\)](#)**

<sup>6</sup>“**Therefore as you have received Christ Jesus the Lord, *so* walk in Him.”**

**[1 Peter 2:21 \(NASB\)](#)**

<sup>21</sup>“**For you have been called for this purpose, since Christ also suffered for you, leaving you an example for you to follow in His steps.”**

**[1 John 2:6 \(NASB\)](#)**

<sup>6</sup>“**The one who says he abides in Him ought himself to walk in the same manner as He walked.”**

Anyone can be inspired and comforted by reading the psalms, but we can only experience an intimate relationship with Him if we love Him and obey His life-giving instruction ([Jn. 14:21](#); [15:10](#), [14](#)). Such a relationship gives us the liberty to pour out our hearts to God.

**[John 14:21 \(NASB\)](#)**

<sup>21</sup>“**He who has My commandments and keeps them is the one who loves Me; and he who loves Me will be loved by My Father, and I will love him and will disclose Myself to him.”**

**[John 15:10 \(NASB\)](#)**

<sup>10</sup>“**If you keep My commandments, you will abide in My love; just as I have kept My Father's commandments and abide in His love.”**

**[John 15:14 \(NASB\)](#)**

<sup>14</sup>“**You are My friends if you do what I command you.”**

Before entering fully into the psalms, we must stop at the door of [Psalm 1](#) and make a decision to...

- walk in the Lord's way
- delight in His Word
- meditate on His Word

Only then can we be gloriously blessed in the presence of the Lord. This is, *How to Be Happy and Blessed in Life*, [Psalm 1:1-6](#).

1. **Separate from the wicked (v. 1).**
2. **Be devoted to God's Word (vv. 2-3).**
3. **Understand the unhappy and wicked (vv. 4-5).**
4. **Trust the Lord and be righteous (v. 6).**

## 2. ([Psalm 1:2-3](#)) Be devoted to God's Word.

[Psalm 1:2-3 \(NASB\)](#)

<sup>2</sup>“But his delight is in the law of the LORD, And in His law he meditates day and night.

<sup>3</sup>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.”

Instead of following ungodly advice, the blessed person heeds the counsel of God's inspired Word. We must be guided by the light and wisdom of Scripture if we wish to enjoy a life filled with peace, happiness, and hope.

### a. Love it and take great delight in it ([v. 2](#))

[Psalm 1:2 \(NASB\)](#)

<sup>2</sup>“But his delight is in the law of the LORD, And in His law he meditates day and night.”

A *delight* (**chephets**) is something that we desire and enjoy. It speaks here of an emotional involvement with God's Word. The *law* (**torah**) stands for all the Scripture, but it originally consisted of Genesis through Deuteronomy. At the time of this psalm, the Pentateuch (Genesis-Deuteronomy) was all that the Hebrews possessed of God's Word. We are privileged today to possess God's complete revelation to humanity.

The blessed person has genuine affection—passionate feelings—for the Bible. He or she has an emotional relationship with Scripture. If we wish to receive God's life-enhancing favor, we will love the Bible. How can we not love the Word of God if we truly love the God of the Word?

The person who longs to be blessed and happy will delight in...

- reading the Bible
- studying it
- thinking about it

- hearing it preached and taught
- obeying it (see **Thought 1** below)

**b. Meditate on it continuously** ([vv. 2-3](#)).

**Psalm 1:2-3 (NASB)**

<sup>2</sup>“But his delight is in the law of the LORD, And in His law he meditates day and night.

<sup>3</sup>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.”

Deep, passionate affection for God’s Word drives the blessed man to *meditate* (**hagah**) on it unceasingly. This Hebrew word is in the imperfect tense, indicating continuous action, ongoing meditation. The Bible has not only “**captured his full affection**” but also “**claimed his full attention.**”

Biblical meditation is nothing like the popular techniques taught in Eastern religions in which people are given methods of emptying their minds. “It is not content-less but content-full. It is not accomplished by eliminating thought but by redirecting thought to the Word of God.” Reprinted by permission. All rights reserved.

To meditate on the Scripture is to be filled with it, “*to discourse with ourselves concerning the great things contained in it, with a close application of mind, a fixedness of thought, till we be suitably affected with those things and experience the savour and power of them in our hearts.*”

**Hagah** (*meditate*) means to murmur, to speak, to study, to talk, to utter. Thus, meditation involves more than keeping God’s Word on our minds and in our hearts. It also includes keeping God’s word on our lips. “Meditation includes audible recitation;” that is, speaking God’s Word aloud. Why is this so important?

The New Testament teaches that the Bible is the “**sword of the Spirit**” ([Ephesians 6:17](#)).

**Ephesians 6:17 (NASB)**

<sup>17</sup>“And take THE HELMET OF SALVATION, and the sword of the Spirit, which is the word of God.”

It is a weapon that we are to wield against the enemy. Jesus modeled this when He was tempted by Satan in the wilderness ([Matthew 4:1-11](#)). When Satan enticed Him, Jesus spoke the Scripture aloud in response. Eventually, God’s powerful Word wore down the enemy and he left the Savior alone.

**Matthew 4:1-11 (NASB)**

<sup>1</sup>Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil.

<sup>2</sup>And after He had fasted forty days and forty nights, He then became hungry.

<sup>3</sup>And the tempter came and said to Him, “If You are the Son of God, command that these stones become bread.”



<sup>4</sup> But He answered and said, “It is written, ‘MAN SHALL NOT LIVE ON BREAD ALONE, BUT ON EVERY WORD THAT PROCEEDS OUT OF THE MOUTH OF GOD.’”

<sup>5</sup> Then the devil took Him into the holy city and had Him stand on the pinnacle of the temple,

<sup>6</sup> and said to Him, “If You are the Son of God, throw Yourself down; for it is written, ‘HE WILL COMMAND HIS ANGELS CONCERNING YOU’; and ‘ON *their* HANDS THEY WILL BEAR YOU UP, SO THAT YOU WILL NOT STRIKE YOUR FOOT AGAINST A STONE.’”

<sup>7</sup> Jesus said to him, “On the other hand, it is written, ‘YOU SHALL NOT PUT THE LORD YOUR GOD TO THE TEST.’”

<sup>8</sup> Again, the devil took Him to a very high mountain and showed Him all the kingdoms of the world and their glory;

<sup>9</sup> and he said to Him, “All these things I will give You, if You fall down and worship me.”

<sup>10</sup> Then Jesus said to him, “Go, Satan! For it is written, ‘YOU SHALL WORSHIP THE LORD YOUR GOD, AND SERVE HIM ONLY.’”

<sup>11</sup> Then the devil left Him; and behold, angels came and *began* to minister to Him.”

Our battles as Christian believers are *spiritual* battles. We fight against Satan and his demonic forces ([Ephesians 6:12](#)); therefore, we must wage war against them with spiritual, not physical, weapons. Our weapons are the Word of God and prayer ([2 Corinthians 10:3-4](#); [Ephesians 6:17-18](#)).

[Ephesians 6:12 \(NASB\)](#)

<sup>12</sup> “For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the *spiritual forces* of wickedness in the heavenly *places*.”

[2 Corinthians 10:3-4 \(NASB\)](#)

<sup>3</sup> “For though we walk in the flesh, we do not war according to the flesh,  
<sup>4</sup> for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses.”

[Ephesians 6:17-18 \(NASB\)](#)

<sup>17</sup> “And take THE HELMET OF SALVATION, and the sword of the Spirit, which is the word of God.

<sup>18</sup> With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints.”

To speak God’s Word is to release it and empower it, to unleash its conquering power against the enemy. By speaking God’s Word, we swing the sword of the Spirit against our deadly, destructive foe.

In His challenge to Joshua, the Lord connected meditating on the Word with speaking it:

[Joshua 1:8 \(NASB\)](#)

<sup>8</sup> “This book of the law *shall not depart from your mouth* [emphasis ours]; 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.”**

Many voices vie for our attention as we journey through this world. How can we identify which voices must be ignored and which should be heeded? We do it by meditating on God’s Word. Through meditation we learn to discern the counsel of the ungodly and reject it. Meditation also strengthens us to resist the temptation of the sinful way, and it preserves us from developing a scornful attitude toward God’s commands.

As we focus our thoughts on the Bible, we learn more about God and His ways. We learn that God’s holy commands flow from His loving heart and that they protect and guide us throughout life.

Through obeying God, we learn to appreciate His commands because God showers His favor and blessings upon us. We become the *blessed person* of [Psalm 1](#) ([John 14:21](#); [John 15:10, 14](#)).

[John 14:21 \(NASB\)](#)

**<sup>21</sup>“He who has My commandments and keeps them is the one who loves Me; and he who loves Me will be loved by My Father, and I will love him and will disclose Myself to him.”**

[John 15:10 \(NASB\)](#)

**<sup>10</sup>“If you keep My commandments, you will abide in My love; just as I have kept My Father's commandments and abide in His love.”**

[John 15:14 \(NASB\)](#)

**<sup>14</sup>“You are My friends if you do what I command you.”**

**c. The result (v. 3).**

[Psalm 1:3 \(NASB\)](#)

**<sup>3</sup>“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.”**

The blessed man (or woman) is compared to a tree, but not just any tree. He is not like a wild seedling that randomly sprouts in an inconvenient place. He is like a tree intentionally *planted* in a carefully chosen spot: by the river where it will receive plenty of water for its growth, where it will have every advantage to become fruitful.

God is presented throughout the Bible as a husbandman or gardener. His relationship with Israel is portrayed as that of an owner and dresser of a vineyard ([Isaiah 5](#)). He is seen diligently cultivating His choice vine, the Hebrew nation.

Those reached by the Savior are called “**oaks of righteousness, the planting of the Lord**” ([Isaiah 61:3](#)).

[Isaiah 61:3 \(NASB\)](#)

**<sup>3</sup>“To grant those who mourn *in* Zion, Giving them a garland instead of ashes, The oil of gladness instead of mourning, The mantle of praise instead of a spirit**

of fainting. **So, they will be called oaks of righteousness, The planting of the LORD, that He may be glorified.”**

Jesus also described the Father as the vinedresser and believers as branches of Christ, who is the True Vine (see outline and notes—[John 15:1](#) for more discussion).

**John 15:1 (NASB)**

**<sup>1</sup>“I am the true vine, and My Father is the vinedresser.”**

The Father’s work in pruning and cultivating fruit is again emphasized. A believer is also portrayed as a field that is sown and watered, a field in which God produces an increase ([1 Corinthians 3:7-9](#)).

**1 Corinthians 3:7-9 (NASB)**

**<sup>7</sup>“So then neither the one who plants nor the one who waters is anything, but God who causes the growth.**

**<sup>8</sup>Now he who plants and he who waters are one; but each will receive his own reward according to his own labor.**

**<sup>9</sup>For we are God's fellow workers; you are God's field, God's building.”**

*Planted* also indicates that the blessed individual is firmly fixed. Like a deeply-rooted tree, the righteous are secure when the winds and storms of life rage against them ([Ephesians 3:17](#); [Colossians 2:7](#)).

**Ephesians 3:17 (NASB)**

**<sup>17</sup>“So that Christ may dwell in your hearts through faith; and that you, being rooted and grounded in love.”**

**Colossians 2:7 (NASB)**

**<sup>7</sup>“Having been firmly rooted and now being built up in Him and established in your faith, just as you were instructed, and overflowing with gratitude.”**

The strong root system also delivers fresh water from the river, which produces abundant fruit. The tree flourishes. Its leaves do not wilt and fall off. Its foliage is rich, thick, and lush. As ones who are blessed, our lives are flourishing and fruitful. Like a well-watered tree, we produce spiritual fruit when we delight and meditate in God’s Word (see below [Deeper Study # 2](#)).

The blessed man is *prosperous* in all that he does. Prosperity may include earthly possessions, but God’s richest blessings have nothing to do with material blessings. Scripture speaks of a more valuable prosperity, the prosperity of the soul ([3 John 2](#)).

**3 John 1:2 (NASB)**

**<sup>2</sup>“Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.”**

True prosperity in our lives is producing the fruit of God’s Spirit: love, joy, peace, patience. Bearing the fruit of God’s Spirit is the result of loving God’s Word and obeying it.

**Also note this:** water in the Scripture is a symbol of the Holy Spirit ([Jn. 7:38-39](#)).

**John 7:38-39 (NASB)**

<sup>38</sup>“He who believes in Me, as the Scripture said, ‘From his innermost being will flow rivers of living water.’”

<sup>39</sup> But this He spoke of the Spirit, whom those who believed in Him were to receive; for the Spirit was not yet *given*, because Jesus was not yet glorified.”

It is the Spirit who produces fruit in our lives ([Gal. 5:22-23](#)).

**Galatians 5:22-23 (NASB)**

<sup>22</sup>“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,

<sup>23</sup> gentleness, self-control; against such things there is no law.”

Water is also a symbol of the Word, specifically of the washing and cleansing effect of Scripture ([Jn. 15:3](#); [Eph. 5:26](#)).

**John 15:3 (NASB)**

<sup>3</sup>“You are already clean because of the word which I have spoken to you.”

**Ephesians 5:26 (NASB)**

<sup>26</sup>“So that He might sanctify her, having cleansed her by the washing of water with the word.”

Sin can quickly make us unfruitful in the service of the Lord. Living in obedience to God’s Word protects our fruit from becoming contaminated, diseased, and destroyed by sin.