

Preaching the Psalms Series

(3)

Psalm 1

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

Psalm 1:1-6 (NASB)

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!

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

³He 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.

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

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

⁶For the LORD knows the way of the righteous, But the way of the wicked will perish.”

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)

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

³He 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)

²“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.

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

Psalm 1:2-3 (NASB)

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

³He 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?

c. The result ([v. 3](#)).

Psalm 1:3 (NASB)

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.”

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.

DEEPER STUDY # 2

Psalm 1:3 (NASB)

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.”

(Psalm 1:3) *The Fruit of the Believer:* God commands us to bear fruit for the Lord Jesus Christ and His kingdom. He has chosen us for this very purpose: that we should go and bring forth fruit, spiritual fruit that remains even after we are gone ([Jn. 15:16](#); [Ro. 7:4](#)).

John 15:16 (NASB)

¹⁶“You did not choose Me but I chose you, and appointed you that you would go and bear fruit, and *that* your fruit would remain, so that whatever you ask of the Father in My name He may give to you.”

Romans 7:4 (NASB)

⁴“Therefore, my brethren, you also were made to die to the Law through the body of Christ, so that you might be joined to another, to Him who was raised from the dead, in order that we might bear fruit for God.”

Jesus cursed the fig tree that did not bear fruit ([Mt. 21:19](#)), and He is equally displeased with us when we are unfruitful in His service ([Jn. 15:2](#)).

Matthew 21:19 (NASB)

¹⁹“Seeing a lone fig tree by the road, He came to it and found nothing on it except leaves only; and He said to it, “No longer shall there ever be *any* fruit from you.” And at once the fig tree withered.”

John 15:2 (NASB)

²“Every branch in Me that does not bear fruit, He takes away; and every *branch* that bears fruit, He prunes it so that it may bear more fruit.”

The New Testament mentions **six fruits** that we should bear for the Lord:

1. The fruit of telling others about Jesus Christ and sharing the gospel with them

Romans 1:13-16 (NASB)

¹³“I do not want you to be unaware, brethren, that often I have planned to come to you (and have been prevented so far) so that I may obtain some fruit among you also, even as among the rest of the Gentiles.

¹⁴I am under obligation both to Greeks and to barbarians, both to the wise and to the foolish.

¹⁵So, for my part, I am eager to preach the gospel to you also who are in Rome.

¹⁶For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek.”

2. The fruit of holiness

Romans 6:22 (NASB)

²²“But now having been freed from sin and enslaved to God, you derive your benefit, resulting in sanctification, and the outcome, eternal life.”

3. The fruit of giving

Romans 15:28 (NASB)

²⁸“Therefore, when I have finished this, and have put my seal on this fruit of theirs, I will go on by way of you to Spain.”

Philippians 4:17 (NASB)

¹⁷ “Not that I seek the gift itself, but I seek for the profit which increases to your account.”

4. The fruit of the Spirit, which is Christ-like temperament and character

Galatians 5:22-23 (NASB)

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

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

5. The fruit of good works

Colossians 1:10 (NASB)

¹⁰ “So that you will walk in a manner worthy of the Lord, to please *Him* in all respects, bearing fruit in every good work and increasing in the knowledge of God.”

6. The fruit of praise and thanksgiving

Hebrews 13:15 (NASB)

¹⁵ “Through Him then, let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that give thanks to His name.”

Thought 1. Loving God’s Word consists of far more than just reading it, listening to it, or studying it. It includes *obeying* it. The Apostle James emphasized this fact...the importance of obeying God’s Word:

James 1:22-25 (NASB)

²² “But prove yourselves doers of the word, and not merely hearers who delude themselves.

²³ For if anyone is a hearer of the word and not a doer, he is like a man who looks at his natural face in a mirror;

²⁴ for *once* he has looked at himself and gone away, he has immediately forgotten what kind of person he was.

²⁵ But one who looks intently at the perfect law, the *law* of liberty, and abides by it, not having become a forgetful hearer but an effectual doer, this man will be blessed in what he does.”

In His charge to Joshua, the Lord also stressed the importance of obeying His Word:

Joshua 1:8-9 (NASB)

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.

⁹ Have I not commanded you? Be strong and courageous! Do not tremble or be dismayed, for the LORD your God is with you wherever you go.”

Note how the Holy Spirit, who has inspired all Scripture, linked these passages to **Psalm 1**: it is the person who is a doer of God's Word who is blessed in all he or she does. We are blessed only when we obey the commands and principles of God's Word.

2 Timothy 3:14-17 (NASB)

¹⁴“You, however, continue in the things you have learned and become convinced of, knowing from whom you have learned *them*,

¹⁵and that from childhood you have known the sacred writings which are able to give you the wisdom that leads to salvation through faith which is in Christ Jesus.

¹⁶All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness;

¹⁷so that the man of God may be adequate, equipped for every good work.”

Joshua 1:8 (NASB)

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.”

Psalms 92:12-14 (NASB)

¹²“The 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.

¹⁴They will still yield fruit in old age; They shall be full of sap and very green.”

Psalms 119:35 (NASB)

³⁵“Make me walk in the path of Your commandments, For I delight in it.”

Psalms 119:97 (NASB)

⁹⁷“O how I love Your law! It is my meditation all the day.”

Thought 2. Failure to love God's Word is the symptom of a deeper spiritual sickness: a lack of love for God. When we truly love God, we cannot help but love His Word. The Bible is God's revelation of Himself, His love, and His plan to us. It is the very *breathing out* of the heart of God.

We must constantly evaluate how much time we spend in God's Word, especially in comparison to the amount of time we spend on other interests. Television, the internet, sports, hobbies, entertainment, other reading—all these and many other things occupy far more of the average believer's time than reading and studying God's Word.

Is it any wonder that so many believers are worldly, spiritually weak, and so prone to falling into temptation when they spend so little time in God's Word? A believer who considers reading and studying God's Word a chore is a Christian who is spiritually sick, whose fruit will be devoured by the enemy. This believer will eventually be consumed by sin and worldliness.

We make time for that which is important to us. Neglecting God's Word indicates a heart problem.

1 Peter 2:2 (NASB)

² “Like newborn babies, long for the pure milk of the word, so that by it you may grow in respect to salvation.”

Psalm 119:97 (NASB)

⁹⁷ “O how I love Your law! It is my meditation all the day.”

Psalm 119:103 (NASB)

¹⁰³ “How sweet are Your words to my taste! *Yes, sweeter than honey to my mouth!*”

Psalm 119:148 (NASB)

¹⁴⁸ “My eyes anticipate the night watches, That I may meditate on Your word.”