**Blessed is the Man**

**Psalm 1:1-6**

**Key Verse 2**

“But his delight is in the law of the Lord, and on his law he meditates day and night.”

**Introduction**

This psalm teaches the Godly wisdom how anyone would be blessed or cursed by God and his/her final outcomes. The key verse shows that his delight is in the law of the Lord, and on his law he meditates day and night. God shows us how to be delightful in His law. The phrase, “the law of the Lord” in the book of Psalm is the entire Words of God instead of liming to Moses’ five books. We are grateful to the Lord who gives us hunger for the Word of God and to find delight by meditating the words of God day and night.

**1.** **Read verses 1-2. Who is described as being blessed? (1) What do the blessed delight in? (2a) What do the blessed do day and night? (2b) What do you think these verses show about the life of someone who is blessed?**

1-1. Read verses 1-2.

*“Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditates on his law day and night.”*

1-2. Who is described as being blessed? (1)

*Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers,*

According to KJV(King James Version), walking in step with the wicked is described as “walketh not in the counsel of the ungodly.” The blessed knows how to discern and stay away from ungodly advices. Sometimes it comes from our own deceitful hearts.

He or she is not yielded to the temptation or peer pressure, does not join to the way of the wicked or sinners or sit in the company of mockers.

3 verbs(walk, stand, and sit) may mean think, behave(take action), and belong. There is a progression of a sin. **James 1:15** reads, “Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.”

However the blessed has a clear identity as children of God, avoiding the way of crowds in the world for he or she has a clear boundary from God and God’s living words.

The righteous man knows where to find godly counsel instead. God's Word is always the best counselor, and godly counselors will always bring the truth of God's Word to help someone who wants counseling.

**Psalm 16:11** reads, “You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.”

**Matthew 7:13-14** read, “Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it.

**Blessed** translates the Hebrew word "*esher*," which has the idea of happiness or contentment. *Esher* comes from the Hebrew word *ashar*, which in its root means "to be straight" or "to be right."

**Blessed is the man** speaks of the happiness, the blessedness, the contentment in the life of the man or woman who is right or "straight" with God. The righteous man will be a **blessed** man, a happy man.

It may remind us of 1 Timothy 6:6, “But godliness with contentment is great gain.”

1-3. What do the blessed delight in? (2a)

*“but whose delight is in the law of the Lord,”*

His or her pleasure and joy resides in the word of God and God’s principle rather than in the worldly pleasures.

Psalm 119:1-24 read, “Blessed are those whose ways are blameless who walk according to the law of the Lord. Blessed are those who keep his statutes and seek him with all their heart, they do no wrong but follow his ways. You have laid down precepts that are to be fully obeyed. Oh, that my ways were steadfast in obeying your decrees! Then I would not be put to shame when I consider all your commands. I will praise you with an upright heart as I learn your righteous laws. I will obey your decrees; do not utterly forsake me. How can a young person stay on the path of purity? By living according to your word. I seek you with all my heart; do not let me stray from your commands. I have hidden your word in my heart that I might not sin against you.Praise be to you, Lord; teach me your decrees.With my lips I recount all the laws that come from your mouth. I rejoice in following your statutes as one rejoices in great riches.I meditate on your precepts and consider your ways.I delight in your decrees; I will not neglect your word.Be good to your servant while I live, that I may obey your word. Open my eyes that I may see wonderful things in your law.I am a stranger on earth; do not hide your commands from me.My soul is consumed with longing for your laws at all times. You rebuke the arrogant, who are accursed, those who stray from your commands.Remove from me their scorn and contempt, for I keep your statutes. Though rulers sit together and slander me, your servant will meditate on your decrees. Your statutes are my delight; they are my counselors.

1-4. What do the blessed do day and night? (2b)

*“and who meditates on his law day and night.*”

They meditate on the word of God and find the principle of his life from the word of God.

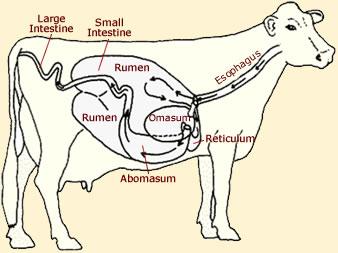
The righteous man *ponders* the word of God. He does not just hear it and forget it, he thinks about it. **Christians should meditate on God’s word!**

In eastern meditation, the goal is to *empty* the mind. This is very dangerous for an empty mind per se may leave an open door wide for deceptive message.

In this passage, meditation has a clear goal to fill or replace our hearts with the Words of God. This can be done by carefully thinking about each word and phrase, and applying it into one’s self with personal praying.

Meditation chews the cud(ponder over), and gets the sweetness of the Word into the heart and life like a cow.

Cows are herbivores and have a **four part** stomach, each part used for a different process. Cows swallow their food without chewing it too much at first. Cows later regurgitate a 'cud' which is then chewed well and swallowed.



1. **The Rumen** - this is the largest part and holds up to 50 gallons of partially digested food. This is where the 'cud' comes from(Food regurgitated from the 1st stomach to the mouth of a ruminant and chewed again).

2. **The Recticulum** - The grass that has been eaten is also softened further in this stomach section and is formed into small wads of cud. Each cud returns to the cows mouth and is chewed 40 - 60 times and then swallowed properly.

3. **The Omasum** - this part of the stomach is a 'filter'. It filters through all the food the cow eats. The cud is also pressed and broken down further.

4. **The Abomasum** - this part of the stomach is like a humans stomach and is connected to the intestines. Here, the food is finally digested by the cows stomach juices and essential nutrients that the cow needs are passed through the bloodstream.

\*\*Many lack because they only *read* and do not *meditate*. "It is not only reading that does us good; but the soul inwardly feeding an it, and digesting it.

1-5. What do you think these verses show about the life of someone who is blessed?

They have a clear identity of God’s children and do not pursue the popularity of the world and find the principle and guide from the word of God, which are the source of his joy and delight.

**2. Read verse 3. In what aspects are the blessed like a tree planted by streams of water? (3, John 15:5-7) What do you think this comparison symbolizes in your life?**

2-1. Read verse 3.

*“That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers.”*

2-2. In what aspects are the blessed like a tree planted by streams of water? (3, John 15:5-7)

*“5 “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. 6 If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. 7 If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. (John 15:5-7)*

The blessed meditates the law of the Lord day and night, so they receive the word of the Lord and their souls are sustained by them, so they are like a tree planted by the stream of water. Their souls are nourished by the God’ word.

Just as a tree by a river has a continual source of water and will never wither away, we better examine whether or not we are always **planted by the rivers of water**.

As a **tree** is strong and stable because of deep roots sinking down, the life of the righteous man is marked by strength and stability.

**\*\*yields its fruit in season**: The righteous man bears fruit for sure, such as the fruit of the Spirit (Galatians 5:22-23). As the fruit comes naturally from this tree **planted by the rivers of water**, fruit comes in a **season**. Some get discouraged when they begin to walk as a righteous man for fruit is not immediately seen. They need to wait until they bring forth **fruit in its season**.

**\*\* “Whatever they do prospers”** does not mean merely comfort and rich. Rather in any situations, God brings forth something good and wonderful out of everything.

2-3. What do you think this comparison symbolizes in your life?

This is the very way of the blessed life in this world.

**3. Read verses 4-5. What are the wicked compared to? (4) What do you think this comparison symbolizes? What will happen to the wicked and to sinners? (5)**

3-1. Read verses 4-5.

“Not so the wicked! They are like chaff that the wind blows away.Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous.”

3-2. What are the wicked compared to? (4)

“They are like chaff that the wind blows away.”

**Chaff** is the light “shell” around a kernel of grain, which must be stripped away before the kernel of grain can be ground into flour.

**Not so the wicked**

Everything true about the righteous man (stable as a tree, continual life and nourishment, fruitful, alive(greed leaf), and prosperous), is not so regarding the ungodly.

It may often seem like the ungodly have these things, and sometimes it seems they have them more than the righteous. But it is not so! Any of these things are fleeting in the life of the ungodly; it can be said that they don’t really have them at all.

3-3. What do you think this comparison symbolizes?

Although the wicked sometimes look strong and prosperous, they will be blown away like chaff, which is carried away by the lightest wind because they don’t have solid foundation.

3-4. What will happen to the wicked and to sinners? (5)

“5 Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous.”

Because the ungodly have no “weight,” they will be found lacking on the day of judgment.

This is the inscription that was written: mene, mene, tekel, parsin “Here is what these words mean: *Mene*: God has numbered the days of your reign and brought it to an end.*Tekel*: **You have been weighed on the scales and found wanting**.*Peres*: Your kingdom is divided and given to the Medes and Persians.” - Daniel 5:25-28

**4. Read verse 6. Who watches over the way of the righteous? (6a) Where does the way of the wicked lead? (6b) How do you think we can be blessed in the new year based on this passage?**

4-1. Read verse 6.

“For the Lord watches over the way of the righteous, but the way of the wicked leads to destruction.”

4-2. Who watches over the way of the righteous? (6a)

The Lord watches over the way of the righteous, so they are safe.

What a great comfort and assurance to know the fact that the Sovereign Lord watches over the way of the righteous! How safe and sound it is to walk in the path shown in His words in this unpredictable world! May the Lord help each of us to find the way of the righteous through meditating the Words of God day and night throughout this year.

4-3. Where does the way of the wicked lead? (6b)

but the way of the wicked leads to destruction.”

There is a way that appears to be right, but in the end it leads to death.

* Proverbs 16:25

4-4. How do you think we can be blessed in the new year based on this passage?

We should go to the way of the righteous, avoid the way of the wicked and meditate the world of God because it is the way of the blessed.

**In Conclusion**

This passage declares the two ways of life style in this world; the way of the righteous and the way of the wicked and their final outcomes. The blessed will be like a tree planted by streams of water, which yields its fruit in season and they will prosper because they are sustained by the word of God and Lord watches over them. The wicked will be like chaff that the wind blow away because they don’t have the weight, and they won’t stand in the judgment and will perish.

**One word: His delight is in the God’s Words**