

# Psalm 1

## A Study of a Life Lived With God

The following is both a study of why it is important to live life spending time in God's word and an example of what a verse by verse study of a chapter might look like to get you started.

### Read Psalm 1

#### Q: What blessings do you think the psalmist is referring to in verse 1?

#### Read Verse 1

- To walk "in step" with the wicked is to do what they do, go where they go. To be in sync with them.
- To stand in the way that sinners take is to tempt yourself or perhaps to take part in sin that is "easier" to justify. Maybe you don't do some of the more blatant sins. Maybe you don't sleep around but you love to binge shows where sleeping around is normalized as a main feature and they often show a bit too much. Maybe you don't go to the club and get hammered but you get a little tipsy at home with your friends. Maybe you don't get into a screaming match with your parents but you dishonor and complain about them to your friends. Maybe you don't have sex with your girlfriend/boyfriend but you consistently go far enough that you try to justify it to them, yourself and God. This is the way that sinners take.
- To sit in the company of mockers is to surround yourself with cynics and critics and to be comfortable sitting among them. If the humor of your friend group is to criticize and condescending laugh at the mistakes and missteps of others, this is pride and insecurity wrapped into one. This may seem innocent but it is an abominable sin. Repent and change this behavior. If not because it grieves God then at least change because it will darken your mind and how you see the world. Deep friendship does not happen here.

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Read Verse 2

- "God's laws are a description of reality."

**Q: What does the above quote mean?**

- It is not sufficient to say, "I will remove the evil from my life." It is not enough, it is not healthy and it is essentially impossible. The walking, standing, sitting person described in verse 1 (possibly you or me) loves sin. The answer is not to cease to love or cease to desire. It is to replace this twisted love of that which is destroying us with a love of that which will bring life to every part of our being. God and His law is just the thing for the job.

**Q: How does one come to delight in God's law? (Hint: Desperation ⇒ Discipline ⇒ Desire ⇒ Delight)**

- Meditating day and night is a well rooted tree. A small but faithful devo life is the sapling.
- Delight in the law is not simply reading the law but living in vigilant and eager obedience to it. Pause and be honest with yourself for a moment. Are you **eager** to obey every command of God that you know?

Read Verse 3

- Do you ever feel like your emotions are so fickle and volatile that sometimes they control you instead of the other way around? It doesn't have to be this way.
- Streams of water: has a constant inflow of life giving nutrients.
- Yields its fruit in season: has enough health to not only take care of itself but also to bless and disciple others to do the same. Only healthy trees bear fruit. The only ones that don't are those that are unhealthy or immature.
- Leaf does not wither/whatever they do prospers: When the harsh sun beats down, instead of withering it uses the sunlight as nutrients. The same hard things in life that would have once destroyed us now strengthen us because we delight in living intentional life with God and the result of that is life and life abundant.

Read Verse 4

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- What is chaff? On a head of wheat there are several kernels which is the useful part that brings sustenance. The chaff is all the other byproduct that is a part of the head of wheat that you cannot eat. To separate the valuable kernel from the much lighter chaff the gatherers would place the crumbled head of wheat into a shallow basket and toss it all into the air. The chaff would blow away and the heavier kernel would fall back into the basket.
- The wicked who are not anchored in God's law and do not operate according to Godly principles can often have their sense of right and wrong swayed by the culture around them. We can see this happening in our culture now and we can see countless examples of this throughout history.

Read Verse 5

- Right now a wicked person might just have enough pride, enough stubbornness, enough blind resolve to stand against earthly authorities and blatantly ignore all reason for the sake of their selfishness. Not so before God. One day we will all go before God for judgment. Those who have humbled themselves before God already and made Jesus their king can stand looking into the eyes of God and call Him "Father." Those who have refused to live anything other than selfish, prideful lives will fall trembling with guilt and fear before a God of justice. For they have made Him their enemy when He could have been their friend.

**Q: Take a moment and close your eyes. Imagine standing before God on His throne right now. What do you feel? Peace? Tension? Anger? Joy?**

Read Verse 6

- I believe these things are true both actively and passively in a way that only God can explain. Scripture demonstrates time after time how God reached down and has been active in the lives of godly people throughout history. I also believe, like we talked earlier, that God's laws are a description of reality and when we live according to God's commands and godly principles that we will see the corresponding results.
- We already discussed the eternal destruction that awaits the wicked on the day of judgment. However, just as living according to godly principles results in good and awesome things in this current life, so does living in a selfish and wicked way in this life lead to what is essentially hell on earth. Don't be fooled thinking that

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monetary perks are a sign of a good life either. There are deeper and more valuable things like peace of mind that are to be cherished above all the pleasures of the world. A life lived for selfish pleasure simply destroys from the inside out.

**Q: What does this chapter teach us about God?**

**Q: What practical steps can we take immediately in response to this chapter?**

### **Some additional thoughts:**

- Memorize Psalm 1. Give yourself a deadline of a week from today. If you seriously take on this challenge you will likely find that you are meditating on it day and night.
- If you would like to do a verse by verse study like this one I suggest starting in Proverbs. Write down at least one thought on each verse. If you are having trouble thinking of something to write down, see what other people think about it like your friends, lifegroup leader or a commentary writer like those found on [blueletterbible.org](http://blueletterbible.org).
- When it comes to having a devo life and living intentional life with God. Faithfulness is key. Day after day after day. If you don't feel like it, do it anyway. God hasn't asked us to have the most extraordinary and instagram worthy devo life. He simply asked us to be faithful to it.