

Psalm 1 | "The Blessed Life"
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Framework for the Psalms

1. The Hymnbook of God's People
2. Microcosm of the message of the Old Testament
3. A Grid for interpretation
4. All about Jesus

"Represented and portrayed in all their great variety are the movements of the human soul. It is like a picture, in which you see your self portrayed and, seeing, may understand and consequently form yourself upon the pattern given." - Athanasius

"Psalm 1 deliberately places an important question before us by drawing two portraits in our minds: the portrait of the wicked man and the portrait of the wise man. The question then is posed: Which are we? As we enter the sanctuary of the Psalms to worship and petition the LORD, which side are we on?" - Longman

Two truths that set apart this blessed man from this wicked man.

1. Delight in the Word (1-3)

- a. You will be blessed

How should we approach the word?

- i. With Delight
- ii. Through Meditation

"To meditate in God's word is 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 savor and power of them in our hearts." - Henry

- iii. Constantly: day and night

The word is what shapes our understanding of the world. It should dominate and shape our worldview because SCRIPTURE REVEALS TRUTH. Are you shaped by the word or the world?

“That’s why the contrast in verse 2 refers not to duty and obedience, but to delight and meditation. The point is that the only hope against the pleasures of the world is the pleasures of the word. And just like the pleasures of the world are awakened by looking at them long enough, so the pleasures of the word are awakened in the regenerate soul by looking at them long enough – day and night.” - Piper

- b. You will be fruitful
- c. You will endure
- d. You will prosper

2. Die to the World (4-6)

- a. The world’s way is fruitless, unstable, and worthless

“By way of contrast the description might have continued with reference to a scrawny, crippled, blasted tree that is in every way the reverse of the one pictured. Instead, a stronger contrast is obtained by selecting the most useless of the elements to be found in the vegetable world and generally known as such in times of old – chaff.” - Leupold

- b. The world’s way will crumble
- c. The world’s way leads to eternal death