

# THE PSALMS

## BOOK ONE

*The Way of the Righteous and the Wicked*  
1 Blessed is the man<sup>1</sup>  
who<sup>2</sup> walks not in<sup>3</sup> the counsel of the  
wicked,

6 "As for me, I have<sup>7</sup> set my King  
on<sup>8</sup> Zion, my<sup>9</sup> holy hill."

4 I<sup>5</sup> cried aloud to the LORD,  
and he<sup>6</sup> answered me from his<sup>7</sup> holy  
hill. 495

# MUSING ON GOD'S MUSIC

AN 8-WEEK STUDY ON HOW THE PSALMS FIT TOGETHER

nor stands in<sup>1</sup> the way of sinners,  
nor<sup>2</sup> sits in<sup>3</sup> the seat of scoffers;  
but his<sup>4</sup> delight is in the law of the LORD,  
and he<sup>5</sup> meditates on it day and  
night.  
3 He is like<sup>4</sup> a tree  
planted by<sup>5</sup> streams of water  
that yields its fruit in its season,  
and its<sup>6</sup> leaf does not wither.  
4 In all that he does, he prospers.  
The wicked are not so,  
but are like<sup>7</sup> chaff that the wind  
drives away.

7 I will tell of the deeds of the LORD  
The LORD said to me, "You are my  
father, and I will be a father to the  
fatherless, and I will be a father to  
your inheritance, the nations  
and the ends of the earth your  
inheritance."  
9 You shall<sup>10</sup> break them with a rod,  
and shall<sup>11</sup> crush them like<sup>12</sup> a potter's  
clay.

6 I<sup>7</sup> lay down and wept,  
I<sup>8</sup> wept for the LORD sustained  
me.  
7 I will not be afraid,  
because<sup>8</sup> many thousands  
who have<sup>9</sup> set themselves against me  
all around.

8 In peace I will both<sup>9</sup> lie down  
and for you alone, O LORD, make  
my<sup>10</sup> dwelling in safety.

5 Therefore the wicked<sup>6</sup> will not stand in  
the judgment,  
nor sinners in<sup>7</sup> the congregation of  
the righteous;  
6 for the LORD<sup>7</sup> knows<sup>8</sup> the way of the  
righteous,  
but the way of the wicked will perish.

10 Now therefore, O kings, be wise;  
be warned, O rulers of the earth.  
11 Serve the LORD with<sup>12</sup> fear,  
and rejoice with<sup>13</sup> trembling.  
12 Kiss<sup>13</sup> the Son of God,  
lest he<sup>14</sup> be angry, and you perish in the  
wrath,  
for his<sup>15</sup> wrath is quickly kindled.  
13 Blessed are all who take refuge in him.

7 "Arise, O LORD!  
Save me, O my God!  
For you<sup>8</sup> strike all my enemies on the  
cheek;  
you<sup>9</sup> break the teeth of the wicked.  
8 Salvation belongs<sup>9</sup> to the LORD;  
he<sup>10</sup> will save you on your people! Selah

5 *Lead Me in Your Righteousness*  
TO THE CHOIRMASTER: FOR THE FLUTE  
A PSALM OF DAVID.  
1 Give ear to my words, O LORD;  
consider my<sup>2</sup> groaning.  
2 Give attention to the sound of my  
cry, for<sup>3</sup> to you do I pray,  
O LORD, in<sup>4</sup> the morning you hear my  
voice;  
in the morning I prepare a sacrifice to  
you<sup>5</sup> and<sup>6</sup> watch.

*The Reign of the LORD's Anointed*  
2 "Why do<sup>3</sup> the nations rage<sup>4</sup>  
and the peoples plot in vain?  
The kings of the earth set themselves,  
and the rulers take counsel together,  
against the LORD and against his  
Anointed, saying,  
3 "Let us<sup>4</sup> burst their bonds apart  
and cast away their cords from us."  
4 He who<sup>5</sup> sits in the heavens<sup>6</sup> laughs;  
the Lord holds them in derision.  
5 Then he will speak<sup>6</sup> in  
wrath,  
and will be angry against them,  
and will destroy them in his  
fury.

3 *Save Me, O My God*  
A PSALM OF DAVID, WHEN HE FLED FROM  
ABSALOM HIS SON.  
1 O LORD,<sup>2</sup> how many are my foes!  
Many are<sup>3</sup> rising against me;  
2 many are saying of my soul,  
"There is no salvation for him in God."  
3 But you, O LORD, are<sup>4</sup> a shield<sup>5</sup> about me,  
my glory, and<sup>6</sup> the lifter of my head.  
Selah

4 *Answer Me When I Call*  
TO THE CHOIRMASTER: WITH STRINGED  
INSTRUMENTS. A PSALM OF DAVID.  
1 Answer me when I call, O God of my  
righteousness!  
You have<sup>2</sup> given me relief when I was  
in distress.  
Be gracious to me and hear my  
prayer!  
2 O men,<sup>3</sup> how long shall my honor be  
turned into shame?  
How long will you love vain words  
and seek after<sup>4</sup> lies?  
3 But know that the LORD has  
heard the godly for his  
prayer.  
Selah

4 For you are not a God who delights in  
wickedness;  
5 The boastful shall not<sup>6</sup> stand before  
your eyes;  
6 You destroy those who speak<sup>7</sup> lies;  
the LORD abhors<sup>8</sup> the bloodthirsty  
and deceitful man.  
7 But I, through the abundance of your  
steadfast love,  
will enter your house.  
I will<sup>8</sup> bow down<sup>9</sup> toward your  
temple  
in the  
morning.

# THEMES OF PSALM 1 AND 2

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- The focus on “blessed” at both the beginning of Psalm 1 and the end of Psalm 2, forming an inclusio (which is a biblical study device. This is similar to a refrain or chorus – repetition of material)
- Contrast between the righteous and the ungodly in both Psalms
- Prediction of demise for the ungodly in both psalms: “The way of the wicked will perish” (1:6) and you perish in the way (2:12)
- Use of the same term *hagah* to describe the blessed man meditating on God’s Law and the ungodly nations plotting a vain thing.

# BLESSED

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## MARK FUTATO – COMMENTATOR ON THE PSALMS

- “The first word of the psalms ‘ashre (traditionally translated “blessed”), is a key word that runs through the Psalter from the beginning to end. No single English word captures the full sense of ‘ashre. Those who are ‘ashre are in a state of total well-being: They lack nothing (Psalm 34:8-10), are delivered from trouble (41:1-2) and are wealthy and have successful children (112:1-3, 128:1-4 144:12-15. No wonder they are so happy! The Psalms are all about how to experience this profound happiness.”

# BLESSED QUOTES

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- **Martin Luther** - “the search for the personal blessedness is common to all men ,- there is no one who does not desire to do well or hate to fair badly.”
- **Thomas Watson** - “blessedness is the desire of all men and lies in the fruition of chief good.”
- **Spurgeon** - “it is an old saying and possible a true one that every man is seeking after happiness.”
- **John Blanchard** - “when the Bible tells us someone is blessed, it is not telling us what they feel, but what they are. Happiness is a subjective state, where as blessedness is an objective state”

# BLESSEDNESS

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“The importance of blessing in verse 28 cannot be overlooked. Throughout the remainder of the book of genesis and the Pentateuch, the “blessing” remains a central theme. The living creatures have already been blessed on the 5th day in verse 22; Thus the author's view of blessing extends beyond man to that of the whole of God's living creatures. In verse 28 man is also included in God's blessing. The blessing itself in these verses is primarily posterity: “be fruitful and increase in number; Fill the earth”. Thus already the fulfillment of the blessing is tied to man’s **seed** and the notion of **life**; two themes that will later dominate the narratives of the book of genesis.”

- **John Sailhamer**

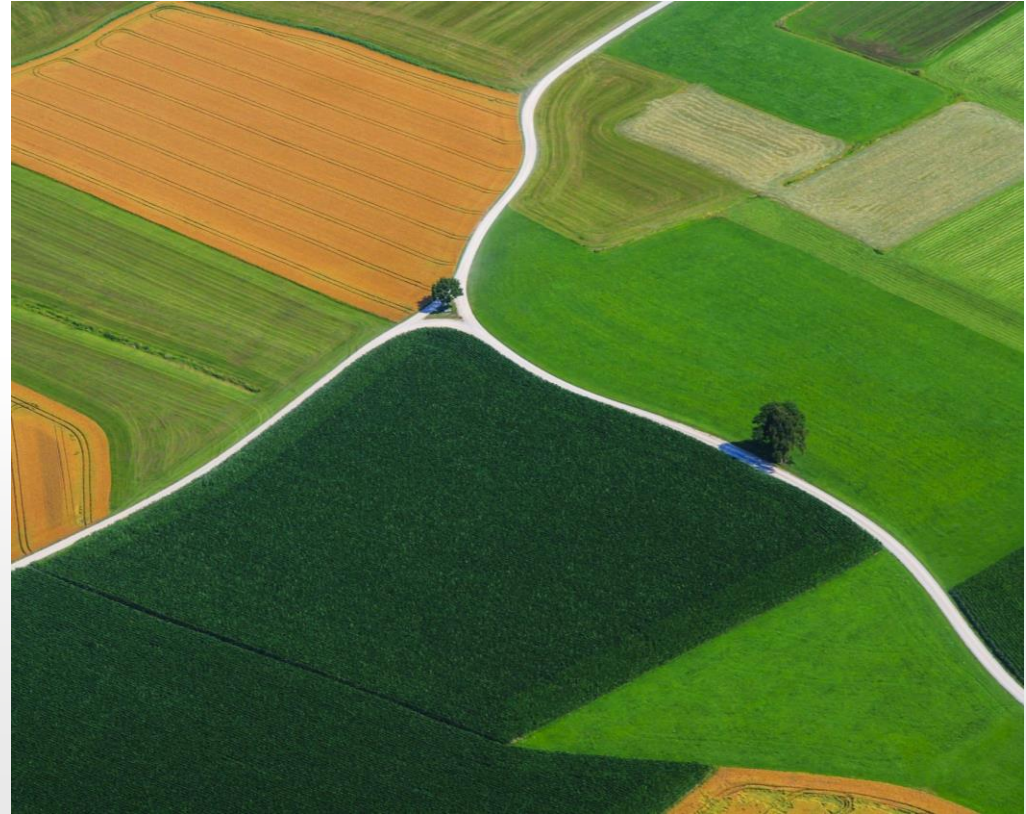


# BLESSEDNESS

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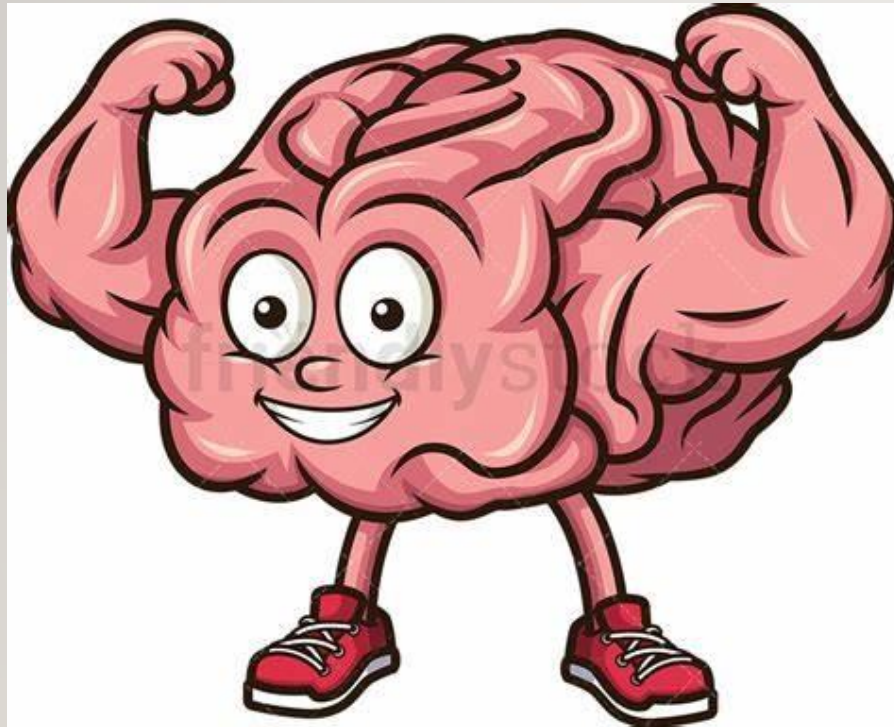
“Both these passages, Gen 1:28 and Gen 3:15 and their underlying promises of blessing by exercising dominion through a seed of the woman are key in understanding the progression of thought through the psalms and ultimately the nature of true blessedness.

- Scott Aniol



# BRAIN FLEXING - KNOWLEDGE

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# BLESSED IS THE MAN

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- Do not walk in the counsel of wicked people
- Do not stand in the path of sinners
- Do not sit in the seat of the scornful







**BLESSEDNESS IN THE MIDST OF WICKEDNESS**

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# FORMING OUR CONCEPTION OF BLESSEDNESS.

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WHAT LOOKS GOOD MAY NOT BE

# PSALM 19 – TORAH PSALM

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## **6 characteristics of special revelation**

1. Perfect
2. Sure
3. Right
4. Pure
5. Clean
6. True

## **6 corresponding results and benefits**

1. Revives the soul
2. Makes wise the simple
3. Rejoices the heart
4. Enlightens the eyes
5. Endures forever
6. Produces righteousness



# KNOWLEDGE AND WISDOM

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- “**Knowledge** tells you that a Tomato is a fruit, but **wisdom** tells you that a Tomato does not belong in a fruit salad.”

DAVID NAUGLE,- AUTHOR  
“WORLDVIEW:THE HISTORY OF A CONCEPT”

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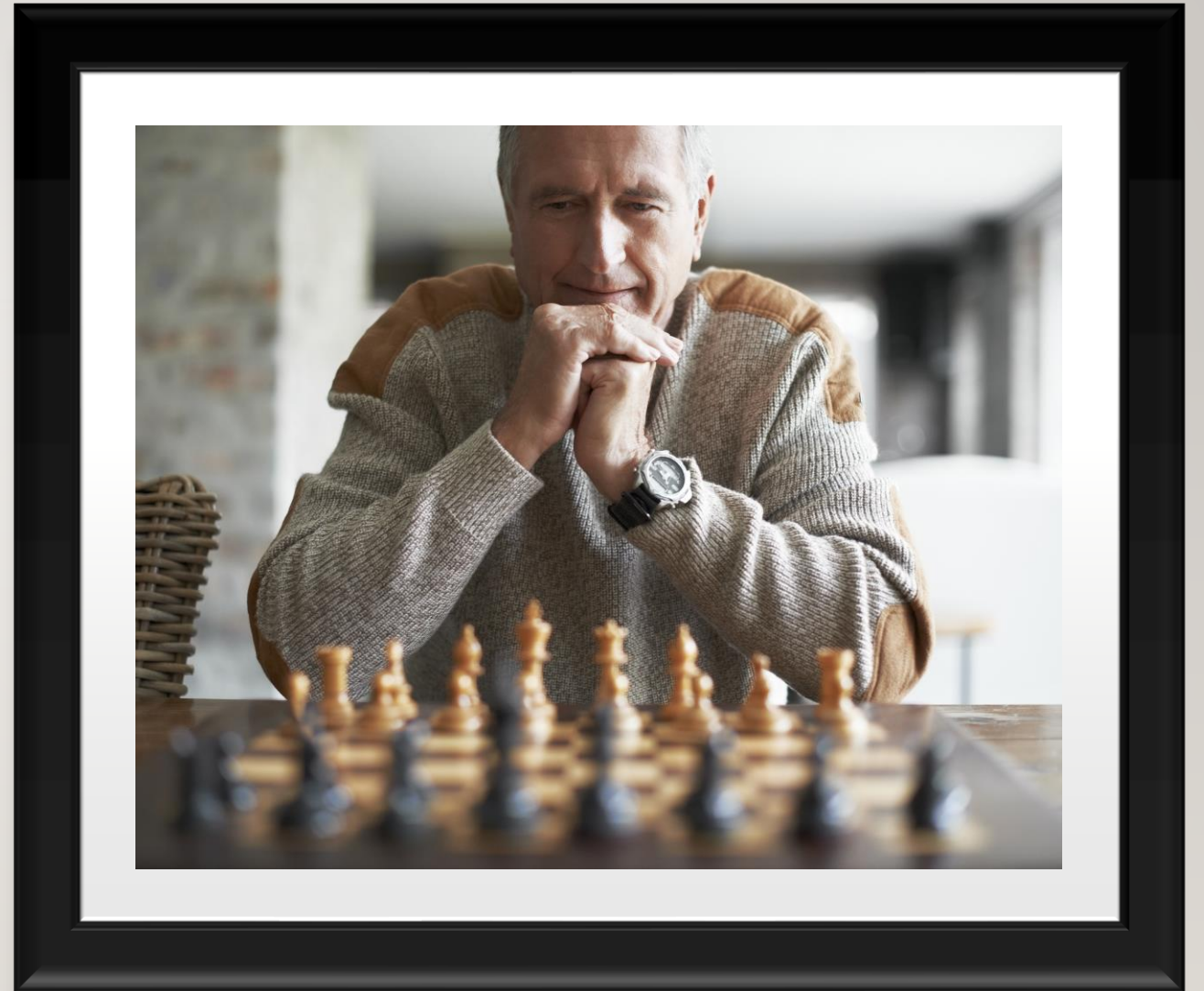
- “As the image and likeness of God, people are animated subjectively **from the core and throughout** their being by that primary faculty of **thought, affection, and will** which the Bible calls ‘**the heart**’”



# MUSE

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- When we 'muse' on something, we are letting it roll around in our heads for a bit and think about it from 'all the angles'



# TLDR(L)

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- 1. Psalms 1 and 2 function as an introduction—a “prelude,” if you will—to the five-movement cantata.
- 2. The first word of the Psalm 1 captures well the intended purpose of the Book of Psalms: blessedness—to flourish; to prosper. It’s what we might call “the good life.”
- 3. Genesis 1:28 and 3:15 and their underlying promises of blessing by exercising dominion through a seed of the woman are key in understanding the progression of thought through the psalms and ultimately the nature of true blessedness.
- 4. Psalm 1 is setting up a contrast between two different approaches to pursuing the good life.
- 5. The editors of the Psalms arranged the psalms in Five Books in parallel with the Five Books of Moses as a way to say, “These Five Books of songs are the Torah of God with just as important, life-regulating significance as the Five Books of Moses.”
- 6. Our lives are driven ultimately by whatever we allow to shape our image of what it means to be blessed, and whatever image you have set before you is what will shape your path.
- 7. Meditation is slow formation. It is letting “the Word of Christ dwell in you richly” (Col 3:16).
- 8. Image-forming meditation on the Torah requires God-inspired songs.





THOUGHTS OR  
REFLECTIONS

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