

Week 1
Blessed, Happy, & Prosperous in Christ
Psalm 1

There are 150 Psalms in the Bible, and each one points to Jesus, revealing a unique facet of who He is. The key to understanding them fully is to look for Jesus in each Psalm. In **Luke 24:44** Jesus said, **“I told you that I would fulfill everything written about me, including all the prophecies from the law of Moses through the Psalms and the writings of the prophets.”**
TPT There are many promises in Christ waiting to be discovered in the Psalms.

We will begin our study in Psalm 1: ¹ **Blessed (happy, fortunate, prosperous, and enviable) is the man who walks *and* lives not in the counsel of the ungodly [following their advice, their plans and purposes], nor stands in the path where sinners walk, nor sits down [to relax and rest] where the scornful [and the mockers] gather.**

² **But his delight *and* desire are in the law of the Lord, and on His law (the precepts, the instructions, the teachings of God) he habitually meditates by day and by night.**

³ **And he shall be like a tree firmly planted [and tended] by the streams of water, ready to bring forth its fruit in its season; its leaf also shall not fade *or* wither; and everything he does shall prosper.**

⁴ **Not so the wicked [those disobedient and living without God are not so]. But they are like the chaff which the wind drives away.**

⁵ **Therefore the wicked [those disobedient and living without God] shall not stand [justified] in the judgment, nor sinners in the congregation of the righteous.**

⁶ **For the Lord knows *and* is fully acquainted with the way of the righteous, but the way of the ungodly [those living outside God’s will] shall perish. AMPC**

I. Blessed is the person who does not conform to the world: Psalm 1:1

I love the definition the AMPC gives for the word “Blessed” in verse 1- happy, fortunate, prosperous, and enviable is the person who does not do 3 things:

1. Blessed is the person who does not look to the ungodly for counsel and advice.

There are so many opinions in this world. We can find all kinds of counsel, advice and differing opinions about marriage, finances, relationships, parenting, health, etc- in books, online, or by simply talking to a person. But if you want to experience the blessing you have in Christ, Psalm 1 warns us not to seek the counsel of the ungodly- those who don’t know God. The Holy Spirit is our great counselor, and He lives on the inside of us. He points us to Jesus, and reminds us of His word. He lives on the inside of all believers and that’s where the wisdom of God for every area of your life will be found. Blessed, happy, fortunate, to be envied is the person who seeks the counsel of the godly- those who point you to Jesus and remind you of His word.

2. Blessed is the person who does not stand in the path where sinners walk.

This phrase addresses the influence of the company you keep. You become like those you spend time with. As **1 Corinthians 15:33** warns, **“Do not be deceived: bad company corrupts good**

character.” Truly blessed is the person who associates with the godly—fellow believers in Christ. The friends you choose will greatly shape your life.

3. Blessed is the person who does not sit down where the scornful gather.

This phrase warns against treating others or God with contempt. To “sit down with the scornful” means to settle in and adopt the attitudes or behaviors of people who criticize, ridicule, and look down on others. You don’t have to search long to find people speaking ill of others—social media is full of constant attacks and criticism. If we pay attention to that tone, we can easily begin to join in. **Ephesians 4:29** describes our renewed identity in Christ: **“Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.”** (NLT) How blessed is the person whose words encourage and bring life to others!

II. Blessed- happy, fortunate, prosperous, and enviable is the person who meditates on God’s Word day and night: Psalm 1:2-3:

² **But his delight *and* desire are in the law of the Lord, and on His law (the precepts, the instructions, the teachings of God) he habitually meditates by day and by night.**

³ **And he shall be like a tree firmly planted [and tended] by the streams of water, ready to bring forth its fruit in its season; its leaf also shall not fade *or* wither; and everything he does shall prosper.** AMPC

Delight means primary affection and pleasure; habitual meditation means regularly reflecting on, internalizing, and applying Scripture so it shapes your thoughts, choices, and character.

The “law of the Lord” in this verse refers to the sum of God’s Word. Jesus is the Word of God (John 1:1). Blessed-happy, fortunate, prosperous, and enviable is the person who mediates day and night on who they are in Christ, the promises they have in Jesus, and the wisdom and counsel of God’s Word. Four specific blessings are described in verse 3.

- **They are like a tree firmly planted by streams of water:** To be “like a tree firmly planted by the streams of water that brings forth fruit in its season” illustrates a spiritually healthy, stable, and fruitful life. Such a tree receives constant nourishment, develops deep roots, grows steadily, and bears abundant fruit—and it’s able to endure droughts and storms. Likewise, regular meditation on Scripture cultivates a rooted, resilient, and productive life shaped and blessed by God.
- **They will bring forth fruit in season (Galatians 5:22,23):** They will bear the fruit of God’s Spirit: love, joy, peace, patience, faith, goodness, kindness, humility and self-control will be the fruit of their life.
- **Their leaf shall not fade or wither:** This implies remaining strong and stable during life’s trials and challenges because of the continual nourishment from God’s Word.
- **Everything they do will prosper:** You will prosper in every area of your life: marriage, relationships, parenting, finances, health, ministry, etc

How do we practically apply Psalm 1:2-3 in our lives?

No matter what situation you may be facing in life, the most important question you can ask is, “Father, what do you say?” The Holy Spirit will remind you of God’s Word and empower you to believe as you meditate and ponder on what your Father says. Just like Jesus, we find life in every word that comes forth from the mouth of God (Matthew 4:4)

Psalm 112:1 says, “Everyone who loves the Lord and delights in him will cherish his words and be blessed beyond expectation.” TPT

Psalm 119:165: “Great Peace have they which love thy law: and nothing shall offend them.” KJV

III. There is a great contrast between the life of the ungodly and the life of the righteous: Psalm 1:4-6:

⁴Not so the wicked [those disobedient and living without God are not so]. But they are like the chaff which the wind drives away. ⁵Therefore the wicked [those disobedient and living without God] shall not stand [justified] in the judgment, nor sinners in the congregation of the righteous. ⁶For the Lord knows *and* is fully acquainted with the way of the righteous, but the way of the ungodly [those living outside God’s will] shall perish. AMPC

The life of a person who delights in God’s Word is drastically different than the life of a person who does not walk with God.

Verse 4 likens those who live apart from God to chaff that the wind drives away. Chaff is the dry, inedible outer husk of grains (wheat, barley, rice) that is separated from the edible grain during threshing. Light and brittle, it has no life or kernel and is easily blown away by the wind. As an image, chaff represents a life lacking the truth of Christ— showing that lives not rooted in God are unstable and swept away by trials, temptations, or passing trends.

Verse 5 states that the wicked will not stand justified before God, but those who place their faith in Christ will be declared righteous, justified and blessed in Him!

The final verse, Psalm 1:6, contrasts the path of the righteous with the path of the ungodly.

- “The Lord knows and is fully acquainted with the way of the righteous”: “Knows” here means intimate, active care and approval, not mere awareness. God watches, guides, sustains, and honors the life path of those who delight in Him.
- “But the way of the ungodly... shall perish”: The ungodly’s way — a pattern of life lived apart from God — leads to ruin. “Perish” implies loss of purpose, stability, and ultimately exclusion from God’s blessing; it can refer to present consequences (captivity to sin, brokenness and fruitlessness).

Psalm 1 contrasts two ways of life: the righteous, who avoid ungodly influence, delight in God’s law, and are like a flourishing tree by streams of water—fruitful, resilient, and prospering; and the wicked, who are rootless like chaff, driven away and destined to perish. God attentively cares for the righteous, while the path of the ungodly leads to ruin.