



Satisfied: The Word of God Is Our Nourishment.

Scripture: Psalm 1:1-6

Date: 10292022

Bible Version: NKJV

BOTTOM LINE: Our spiritual nourishment comes from the Word of God.

Psalm 1 is a wisdom psalm and focuses on God's Word, God's blessing on those who obey it and meditate on it, and God's ultimate judgment on those who rebel. - Warren Wiersbe

How To Be Blessed (vv. 1-2).

Vs. 1

Blessed is the man - The idea of blessed is to be supremely happy and fulfilled. It speaks to contentment.

What not to do:

1. Don't walk with the ungodly.

Who walks not in the counsel of the ungodly - We can see here that the ungodly do receive counsel; however the righteous man should not walk in it.

Such counsel robs blessing and erodes happiness. -Jon Courson

Do not seek counsel from someone who does not know the Lord.

We can't follow the world and chase after its advice. We have to follow the Lord and seek His wisdom.

The righteous man is not afraid to take a less-traveled road, because he knows it leads to blessing, happiness, and eternal life.- David Guzik

What not to do:

2. Don't stand with the ungodly.

Nor stands in the path of sinners, - The idea of a sinner is someone who has a hardened commitment to wicked behavior. Path speaks of a way and/or direction. If you stand in the path of sinners, you will find that you will eventually start going their way. You can be in this world, but not of this world.

What not to do:

3. Don't sit with the ungodly.

Nor sits in the seat of the scornful - The idea of scornful is to feel contempt for others. In this we should not sit with those who feel contempt for the people of God.

If you continue to walk, and stand with the ungodly, you will eventually sit with them.

The blessed man does not do certain things. There is a way he will not walk, a path he will not stand in, and a seat he will not sit in. - David Guzik

This sequence of verbs walk, stand and sit moves from denoting activity to denoting a state of being and indicate a whole lifestyle. - D.L. Moody

Vs. 2

But his delight - The author starts off by telling us what not to do. Now he contrasts the first verse with this one. The idea of delight here means to desire or to long for something.

To delight in something is to find your joy and pleasure in it. The blessed man or woman find this in God's Word. - Tony Evans

In the law of the Lord- In the book of Psalms, the law of the Lord is synonymous with the Word of God.

As followers of Christ, our nourishment should be rooted in our delight for the Word of God.

Man must have some delight, some supreme pleasure. His heart was never meant to be a vacuum. If not filled with the best things, it will be filled with the unworthy and disappointing. -C.H. Spurgeon

In His law he meditates day and night- Our delight should be in the Word of God. The idea of meditating on it is that we think of it constantly. In the Bible, meditation is synonymous with study. It means to ponder and study the Word. We can ponder the Word day and night.

When we meditate on the Lord's Word, we will find that our soul will be nourished.

The righteous man ponders the word of God. He does not just hear it and forget it; he thinks about it. - David Guzik

Characteristics of a blessing (vs. 3).

Vs. 3

He shall be like a tree Planted by the rivers of water- The life of one who delights in the Word is described as a tree planted by the rivers of water. This tree is a picture of stability and strength.

Brings forth its fruit in its season - This tree has access to water which is vital for its growth. In season, this tree will produce fruit. So too will a believer.

Like this tree, when we are connected to the Word of God, there will be seasons that produce fruit in our lives.

Whose leaf also shall not wither - The psalmist goes on to say that the leaves of this tree do not wither. This is because it has all access to all that it needs. The idea for wither is to dry up and become lifeless.

Whatever he does shall prosper - This does not necessarily mean material prosperity, but a spiritual success.

In every season of life, God brings forth something good.

Characteristics of those who are not blessed (vv. 4-6).

Vs. 4

The ungodly are not so - The author now compares those who walk with the Lord to those who do not. Those who do not walk with the Lord will not prosper spiritually.

Are like the chaff which the wind drives away - When you do not walk with the Lord, spiritually speaking, you will be blown around and will always settle for less.

Intrinsically worthless, dead, unserviceable, without substance, and easily carried away. - C.H. Spurgeon

Vs. 5

The ungodly shall not stand in the judgment- When judgment does come, the ungodly will be knocked down. They will have no weight.

Vs. 6

For the Lord knows the way of the righteous- As believers, the Lord knows our ways. This should be comforting to us.

The way of the ungodly shall perish - If you are not walking with the Lord, you are on a path that will lead you to perish.

When you don't have a relationship with the Lord you don't have His word to stand on.

If you follow the wrong counsel, then you will stand with the wrong companions and finally sit with the wrong crowd. - Warren Wiersbe

Your joy and happiness will not come from the things you acquire, your joy and happiness will come from a deep relationship with the Lord.

Don't settle for the appetizer when you can enjoy a full meal.

Four ways you can experience real spiritual nourishment in your life.

1. Get a physical Bible.
2. Come up with a plan to read/study it.

3. Spend time in the Word.
4. Know Jesus.



3D Guide

DO.

BOTTOM LINE: Our spiritual nourishment comes from the Word of God.



DIG DEEPER

1. What does this study reveal to you about God?
2. What does this study reveal to you about yourself?
3. Based on this, what changes do you need to make?
4. What is your prayer for today?



DISCUSS.

1. Where should believers get spiritual nourishment from?
2. How can we practically meditate on the Word of God day and night?
3. What are some ways you can apply this scripture to your life?

DO.



Anytime you read God's word you have to put things into perspective. You also have to realize that the terms, not words, have meanings. As a group re-read the scriptures that was studied. Try the Amplified Version and compare that to the NJKV, NIV, ESV, or NASB. Pick a few words and have a group member look that word up on blueletterbible.com or with their app.