

# Summer In The Psalms

## Psalm 1

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### I. Introduction

A. There are 5 books in the psalms. They are:

- Book 1 – Psalm 1-41 – The Righteous King & His Kingdom
- Book 2 – Psalm 42-72 – The Expansion of the Kingdom
- Book 3 – Psalm 73 – 89 – The Kingdom in Crisis
- Book 4 – Psalm 90 – 106 – The King’s Eternal Reign
- Book 5 – Psalm 107 – 150 – Praise for the Kingdom Restored

B. The Psalms as we have them today were organized over time and were likely arranged in the final five-book progression during the time of Ezra/Nehemiah, after Israel’s exile in Babylon. This progression tells an intentional story of the Kingdom of God, His chosen King, Israel’s suffering and exile, God’s reign and restoration of the Kingdom, and ultimate praise for His triumph.

C. Psalm 1 sets up Psalm 2. You need Psalm 1 to be able to digest Psalm 2.

Psalm 1 introduces us to the righteous man, the covenant man.

Psalm 2

introduces us to the chosen king.

D. Scholars see Psalm 1 and Psalm 2 as a deliberate introduction to the entire Psalter where the whole narrative direction of the book of psalms is introduced and overviewed in Psalm 1 and Psalm 2.

## II. Overview

A. Psalm 1 pronounces a blessing upon a man who makes a righteous choice. He has to choose who he listens to, who he keeps company with, and who he becomes.

B. Two men are identified in the psalm: the righteous and the wicked. Two paths are identified: the path of the righteous and the path of the wicked.

C. Don't assume you're the righteous man if your actions look more like the unrighteous man.

D. The psalm lays out the keys to being rooted in storms and fruitful over the long haul.

## III. Psalm 1:1

*Blessed is the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful;*

*—Psalm 1:1*

A. Walking, Standing, Sitting is a progression.

- You start off walking and the more you listen you quit walking, you get stuck and begin standing still. After a while you are no longer standing, you are sitting.
- Instead of walking on the way with the Lord, you are now sitting in the seat of the scoffer. In other words, you once were on a journey with God, but because of listening to ungodly influences, you began to stand in the way with sinners (practice ungodly practices) and now you have become the scornful scoffer; the one giving ungodly counsel to others.

B. Walking in the counsel of the ungodly is about who you are listening to? That is the great question of this generation. Who you are you

listening to? Counsel and advice don't just look like sitting with someone and asking their opinion. It's about who you allow to influence your thoughts and opinions; who do you allow to move your mind and inspire you to action. When you give your ear to someone, listen to them, and allow them to form your thoughts, they have become your counselor.

- Some of the most influential counselors in our world have no qualifications to be a counselor, they simply have a platform. Some aren't even individuals; they are businesses who have figured out that they can make a lot of money on you if they can become your counselor.
- CNN, Fox News, MSNBC are some of the biggest counselors we have in the world. Other counselors are Facebook, Instagram, TikTok, and Twitter. Whoever consistently influences your imagination becomes your counselor.

C. It's not just anyone who gives counsel, it's the counsel of the ungodly that the psalmist identifies - ungodly counselors. The world is full of them. It's really anyone who is giving their opinion and/or advice that is not submitted to and aligned with the Word of God.

- Henri Nowen says, "Ours is a wordy world. We have word processors, word managers, word banks, and word games. We have words for every occasion: serious words, playful words, seductive words, defensive words, violent words, pacifying words, enlightening words, confusing words, tiring words, entertaining words. Words have become one of our main sources of exhaustion."
- "We have easy words and hard words, warm words and cold words, soothing words and irritating words, open words and closed words, shallow words and deep words, noisy words and quiet words."

#### D. Way of Sinners

- The way of life of sinners. There is a way that seems right to a man and the end thereof is death. This is when your lifestyle has embraced sin as normative.

- Broad is the way that leads to destruction and there are many who find it. Narrow is the way that leads to life and there are few who find it.

#### E. Seat of the Scornful

- You're stopped. You're now sitting. You're now the counselor, full of words and ungodly opinions.
- The scoffer not only mocks the righteous, the scoffer mocks God. The scoffer or scornful has become hardened and cynical.
- Some of the most scornful people I have met are "Christians" with hardened, cynical hearts. They're rebellious toward instruction, resistant to correction, cynical toward wisdom, and dismissive of righteous standards. They know Christian things, but they don't know Him.
- Proverbs 9:7-8, Proverbs 13:1, Proverbs 21:24, 2 Peter 3:3-4, Jude 1:18

F. The Blessed man is a man who rejects these temptations because He is a covenant man. He is a man living in love with God.

### IV. Psalm 1:2

*But his delight is in the law of the LORD, And in His law he meditates day and night.*

*—Psalm 1:2*

A. Delight, take pleasure in, enjoy, value, and appreciate. Do you love the word of God?

- Your Word I have hid in my heart that I may not sin against you (Psalm 119:11)
- Your word is a lamp unto my feet, a light unto my path (Psalm 119:105)
- If your word had not been my delight, I would have perished in my affliction (Psalm 119:92)

B. Delight in the word of God. Notice the contrast between the one who listens to ungodly counselors and the one who delights in the word of the Lord.

C. Day and night he meditates in it ... Meditate means to grumble, murmur, mutter, moan, repeat, and speak. It gives the sense of arguing with God until He wins.

D. The wicked listen to ungodly counsel while the righteous delight in God's words.

## **V. Psalm 1:3**

*He shall be like a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither; And whatever he does shall prosper.*

—*Psalm 1:3*

A. Comparison: a tree planted by the river vs. chaff (the shell of the wheat). The rooted tree cannot be moved even though a massive flood comes. Meanwhile chaff is easily blown away with a breath.

B. God wants to make you an immovable tree by rivers of water. So that when floods and rains come you are immovable, unshaken, abounding in the work of the Lord (1 Cor 15:58).

C. Fruitful in the appropriate season

D. Stays fresh over the long haul

E. Stays prosperous

F. Jeremiah 17:7-8 is a commentary on Psalm 1

## **VI. Psalm 1:4**

*The ungodly are not so, but are like the chaff which the wind drives away.*

—*Psalm 1:4*

A. They are easily blown away by a breeze. Chaff is the shell of a grain of wheat.

B. Not rooted. Not anchored.

C. Jesus is described by John the Baptist as one who will separate the righteous, i.e wheat and the unrighteous, i.e. chaff (Mat 3:12, Luk 3:17)

## **VII. Psalm 1:5**

*Therefore the ungodly shall not stand in the judgment,  
Nor sinners in the congregation of the righteous.*

*—Psalm 1:5*

A. The ungodly not standing in the judgment means they will not be able to stand

before the Lord blameless in the final judgment.

B. Sinners not standing in the congregation of the righteous means that they will not in any way be misunderstood as righteous, not seen as a part of the community of the righteous.

### **VIII. Psalm 1:6**

*For the LORD knows the way of the righteous, But the  
way of the ungodly shall perish.*

*—Psalm 1:6*

A. The Lord guards, protects, knows the way of the righteous

B. The way of the ungodly will be destroyed