

SUMMER IN THE Psalms

Series: Summer in the Psalms

Date: July 26th, 2026

Scripture: [Psalm 1](#)

Title: The Blessed Life

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Devotional:

Psalm 1 sets the tone for the entire book of Psalms. This is a book, or a song book, about what it means to live the “blessed” life. Our culture uses the word ‘blessed’ like a cute, throw-away term in reference to happy moments and fun times and, (far too often) as an email signature! But the truly ‘blessed’ person is rooted in their relationship with God. In the Old Testament this was primarily seen through the law, which was God’s way of bringing people into relationship with him despite their sin. But only one person ever truly lived the ‘blessed life’ on this earth: Jesus. Jesus followed the law perfectly and not in some legalistic, overly-pious way, but because he delighted in doing so. He delighted in following God’s commandments. He delighted in having God’s word in his heart... after all the law was his Father’s words. Jesus used the same word ‘blessed’ in his Sermon on the Mount when he taught the Beatitudes. There he taught an expanded version of what it means to live a ‘blessed’ life, and that sermon turned our cultural norms and how the world says we should live, upside down. This week consider what it means to live a blessed life here in 2026 as a follower of Jesus.

Questions:

- How does God's definition of a blessed life differ from the world's?
- What would it look like for you to delight in God's word this week?
- How does Jesus help you pursue the blessed life described in Psalm 1?

Psalm 1 Song - [Click to Listen on Youtube](#) or scan the QR code below!

