

# Summer In The Psalms—Which Way?

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## Psalm 1

### Introduction

The Psalms are a divinely ordained way to learn devotion to our God, a collection of timeless songs and poetry that have been treasured by the Church for centuries. Why are they so important? They are holy Scripture filled with rich theological truths and they provide us with an insight into God's character and actions. The Psalms stir our hearts in a unique way. As John Calvin so aptly put it, the Psalms are an "anatomy of all parts of the soul," meaning that no matter what emotion we are feeling, we can find solace, comfort, and inspiration in these ancient texts.

The Psalms are particularly special because they are not meant to be merely read but also recited, prayed, and sung. This makes them a powerful tool for learning devotion to our God and for connecting with Him on a deeply personal level. It is no wonder that Martin Luther called the Psalms a "mini Bible," as they offer a comprehensive look at the human experience and our relationship with God.

Psalm 1 is a wisdom Psalm that shows the way of the righteous versus the way of the wicked. In this Psalm, we see the importance of aligning our lives with God's Word and avoiding the temptations of the world. Through meditating on this Psalm and incorporating it into our prayers and worship, we can learn to live more fully in God's grace and embrace the abundant life that He has promised us. The question we must ask ourselves is: WHICH WAY?

So let us take the time this summer to dive deeper into the Psalms and allow them to transform our hearts and minds. These ancient texts still hold so much relevance for us today and offer us a window into the beauty and majesty of our God.

### Outline

**Influences matter. The things you watch, the people you spend time with, and your daily routines will impact your thoughts and lifestyle.**

**Meditation does not mean having an empty mind in complete silence, but rather it involves actively filling one's mind with God's words and ways in an ongoing conversation.**

**You were planted by sovereign grace and will be sustained by living water, which means bearing fruit and persevering.**

**Delight determines destiny, and it is a matter of life or death.**

## **Application**

Which way have you chosen?

What influences need to change?

Are you delighting in God?

## **Questions**

1. In what ways are you walking, standing, or sitting in the way of sin?
2. How could you use God's word to help you avoid those ways?
3. What does meditation on God's word look like for you?
4. How would you sum up what it means to be blessed from this Psalm?