

#blessed

I. Announce:

A. Slide1-3 Men's Breakfast. BC Training. JM11.

B. Prayer: Mt & Jessica Laster back to Bulgaria (Mon). Zack Zarate (back in ICU, decided to be intubated)

1. that body can heal. no more infections. his body could be at ease, not overworked anymore. his lungs heal swiftly. surrounded by God's presence as God heals him.

II. Slide4 Intro: #blessed

A. Open up your Jewish Hymnal to #1 :) [the Psalms are the hymnal of the bible]

B. Slide5a Why are the Psalms so well liked? (I love them!)

1. The Psalms show the full range of human emotions, from ecstatic joy to despair and contrition.
2. We also find a revelation of God that brings comfort and encouragement when you trust him.
3. So no matter what your circumstances or feelings may be, there is a song that perfectly fits your situation.
 - a) Maybe that's why John Calvin called the Psalms, *the anatomy of all the parts of the soul* (internal workings of our soul).

C. The Psalms are broken down into 5 books: 1-41. 42-72. 73-89. 90-106. 107-150.

1. Each of these books end with a doxology (an expression of praise to God) [see ch.41 end]
2. Slide5b It is poetry that doesn't rhyme. It uses Synonymous Parallelism (2nd line restates 1st). Antithetic Parallelism (opp, the lines are in contrast to each other). Synthetic Parallelism (each successive line expands the meaning).

D. **Psalms** are **Israel's Book of Worship!** A Psalm is “*a poem sung to musical accompaniment.*” They are inspired prayers/poems/& hymns.

1. **Slide5c** They do 2 main things: **Express man's praise to God** for who He is & what He does. **Express man's need of God** in times of trials & confidence that God will help.

E. **Psalms** are authored by various people. **David** (73). **Asaph** (21). **Solomon** (2). **Sons of Korah** (11). **Ethan** (1). **Moses** (1).

F. **Psalm 1** is an introduction to all the Psalms. It encourages readers to allow these songs to guide them toward **wisdom** and **worship**. (both private & public worship)

1. Here the psalmist **compares and contrasts** the **godly** and the **wicked** and notes **the eventual end** of each. (split 1-3, 4-6)

III. **Slide6 THE BLESSED vs. THE WICKED (1-6)**

A. 1 Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; 2 but his delight is in the law of the Lord, and on his law he meditates day and night. 3 He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers. (vs.1 what they don't do; vs.2,3 what they do)
4 The wicked are not so, but are like chaff that the wind drives away. 5 Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the righteous; 6 for the Lord knows the way of the righteous, but the way of the wicked will perish.

B. God enjoys *blessing* your life, **but** as Warren Weirsbe said, *you must be blessable*.

C. **How are we blessable?** 3 ways to be blessed: It Involves *discernment, delight, dependence*

1. It Involves **discernment** (1) - Blessed is the man who **walks** not in the **counsel of the** wicked, **nor stands** in the **way of** sinners, **nor sits** in the **seat of** scoffers. - Avoid the *steps* that lead to sin!

a) Note the **digression**:

(1) **Slide7** **walk, stand, sit** (from movement - to a full stop).

(2) Slide8 blue counsel (hears bad advice). way (more than advice, path). seat (at the table w/those plotting that counsel).

(3) Slide9 yellow wicked (general evil). sinners (brings God into it). scoffers (now bragging on it). Lesser to fuller.

b) When you're in phase 1/still walking, you are "just" considering sin. [but it starts here, you must watch your 1st step!]

c) Yes have contact with the world, but w/o contamination. Do not be conformed to this world.

(1) Think back to a time when you had you slowly conformed to this world, in 1 area (home, school, workplace). What about today?

2. Slide10 It Involves delight (2) - His delight is in the law/instruction of the Lord and on His law he meditates day and night.

a) The Word guides your walk and rejoices your heart.

b) Jer.15:16 Your words were found, and I ate them, and your words became to me a joy and the delight of my heart. [In what do you delight?]

c) Meditates (הִגָּדָה haga) = to reflect deeply on a subject. To utter, mutter, moan. Ponders by talking to himself. Chew on Scripture day and night. (msg)

(1)The basic meaning of hāgâ is a low sound, characteristic of the moaning of a dove (Isa 38:14; 59:11) or the growling of a lion over its prey (Isa 31:4). [TWOT]

(2) Sometimes we hear the word meditation and we think of Eastern meditation. Big difference between Eastern/Western meditation. (opp)

(a) Eastern Med is to empty the mind of all rational thought & be open to the universe. Western Med is filling your mind w/the Word of God.

d) Wiersbe, Meditation is to your inner person what digestion is to your body: you make the Word a part of your life and you grow.

e) Pastor Des sent me this. The idea is that every day (day and night, lifestyle) for the rest of your life you slowly, quietly read the Bible out loud to yourself. And then you go talk about it with your friends and family, pondering the

puzzles, making connections, and discovering what it all means. **And** as you let the Bible interpret itself, something remarkable happens. **The Bible starts to read you.** Because ultimately, the writers of the Bible want you to adopt this story as your story.

3. **Slide11a** It involves **dependence** (3) - **He is like a tree** (planted by water has leaves & fruit).
- The story of 2 Sago Palms** (in my backyard by pond).
 - Spiritual roots go deep** into the resources of **God's grace**, **and** you bear **fruit** because **His life** is at work **in you** (like sap nourishing *bottom to top*).
 - Deciduous** (fall down) **to Evergreen**. When I think evergreen I think Pine trees. **But** many fruit trees are like: *pomegranates, mangoes and avocados*.
 - Speaks of flourishing, abundant life

D. **Slide11b** We saw this happen with **Peter** when he warmed himself at the worlds fire.

- 1st Peter** walked up & stood near the fire (Jn.18:18a). **Then he warmed himself** w/them (Jn.18:18b). **Then he sat** w/them (Lk.22:55).

E. We also saw this happen in **Lot's** life.

- Lot 1st **looked** toward Sodom (Gen.13:10). **Then he moved toward** Sodom (13:11,12). **Then he moved into** Sodom (14:12).
 - Next time we hear from Lot, he is **sitting** in the gates of Sodom (as a city official).
 - Be careful not to *warm yourself at the worlds fire*.

F. **Slide11c** **James** describes **sins path** in a similar digression.

- (1:14,15) **But each person is tempted when he is** (1) **lured and enticed by his own desire**. **Then desire when it has** (2) **conceived** (3) **gives birth to sin, and sin when it is** (4) **fully grown brings forth** (5) **death**.

G. **The contrasts:** in season fruit **vs** brown chaff. The righteous **vs** the wicked man. Blessing **vs** judgement.

- The psalm **starts** with **Blessed and ends** with **perish**, the **choice** is **your**!

2. **But** how tragic that anyone is *perishing* when **Jesus** offers **abundant life**.

H. Keywords: blessed, growth, joy, judgement, law, righteous, worship.