

THE *prayers*
OF THE
psalms

Chewing the Cud

*Happy are those
who do not follow the advice of the wicked
or take the path that sinners tread
or sit in the seat of scoffers,
but their delight is in the law of the Lord,
and on his law they meditate day and night.*

- Psalm 1

*³ They are like trees
planted by streams of water,
which yield their fruit in its season,
and their leaves do not wither.
In all that they do, they prosper.*

- Psalm 1

*⁴ The wicked are not so
but are like chaff that the wind drives away.
Therefore the wicked will not stand in the judgment
nor sinners in the congregation of the righteous,
for the Lord watches over the way of the righteous,
but the way of the wicked will perish.*

- Psalm 1

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"Prayer is both conversation and encounter with God."

- Pastor Tim Keller

The Old Testament provides a broader context for God's story and relationship with humanity, offering the full narrative in conjunction with the New Testament.

“While they (the psalms) arose in concrete contexts and often reflect concrete experiences of suffering and of God’s deliverance, they don’t tell us the precise nature of these experiences because they are designed for us to use in connection with what happens to us.”

- John Goldingay

The book of Psalms offers us wisdom for
how to pray and how to meditate on God's word

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- Psalm 1:1-2



*Enter through the narrow gate,
for the gate is wide and the road is easy that leads to
destruction, and there are many who take it.
For the gate is narrow and the road is hard that leads to life,
and there are few who find it.*

- Matthew 7:13-14

My brothers and sisters, whenever you face various trials, consider it all joy, because you know that the testing of your faith produces endurance. And let endurance complete its work, so that you may be complete and whole, lacking in nothing.

- James 1:2-4

“What happens in meditation is that we create the emotional and spiritual space which allows Christ to construct an inner sanctuary in the heart...the aim is to bring this living reality into all of life. It is a portable sanctuary that is brought into all we are and do.”

- Richard Foster

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- Psalm 1:3

“For Psalm 1, happiness involves not enjoying oneself but delight in the teaching of God. The goal of life is to be found not in self-fulfillment but in praising God.
Prosperity does not involve getting what one wants; rather, it comes from being connected to the source of life.”

- Clint McCann