

## Summer in Psalms – 2026 – Week 1 – Psalm 1

**Psalm 1:** *Blessed is the one  
who does not walk in step with the wicked  
or stand in the way that sinners take  
or sit in the company of mockers,  
2 but whose delight is in the law of the Lord,  
and who meditates on his law day and night.  
3 That person is like a tree planted by streams of water,  
which yields its fruit in season  
and whose leaf does not wither—  
whatever they do prospers.  
4 Not so the wicked!  
They are like chaff  
that the wind blows away.  
5 Therefore the wicked will not stand in the judgment,  
nor sinners in the assembly of the righteous.  
6 For the Lord watches over the way of the righteous,  
but the way of the wicked leads to destruction.*

INTRO to series “Summer in Psalms” – The Hebrew Psalms in our Bible are filled with ancient prayers, poems, laments, hymns, and spiritual songs written by God’s people throughout many generations. As the Holy Spirit spoke through them, their words of praise and faith were collected into five books with 150 different psalms.

Our Summer series will survey several of the Psalms which proclaim God’s faithfulness in all generations. They also call on us to trust the Lord in our own generation, seeking His best purposes in our homes, our church, and the world in which we live. A special part of this summer series will be the incorporation of music and singing led by our worship teams based on the Psalms we study.

INTRO to **Psalm 1**: Psalm 1 is often described as a “preface” to the entire Book of Psalms which also introduces some of the key themes found in the other 149 chapters. Within this psalm we will see two main ideas related to the path of the righteous and the path of the wicked – and where each path leads both in this life and the next.

### I. The Blessed Path of Righteousness that Leads to Life and Fruitfulness (vs. 1-3)

-**Psalm 1**, a “wisdom psalm,” begins with a consistent theme of the Bible – there are clear differences between the paths of the righteous and the wicked. The path of righteousness follows God’s Word and is blessed; the path of wickedness follows the selfish desires of man and of evil and ends in destruction. (see **Matthew 7:13-14** below)

-**vs. 1** emphasizes what the righteous person does *not* do in the form of a downward progression of participation in evil. An example of this downward path of wickedness might look like: entertaining sinful thoughts or ideas (walking), actually committing a

sinful act (standing), and eventually aligning ourselves with evil so that we are actually promoting or leading others into sin (sitting).

-The one who seeks the righteousness of God, however, is the one *whose delight is in the law of the Lord, and who meditates on his law day and night.* (**vs. 2**)

-When God's Word is our delight - we want to spend time in it and meditate on it day and night!

-Here, **Psalm 1** gives the beautiful picture of a tree that has perennial health and vigor, its fruit is ripe in its season, its leaf does not wither under the heat of the sun, it draws nourishment through its roots.

-The nourishment comes from the living water of God's truth, which leads to flourishing spiritual health and genuine fruitfulness. In fact, the only tree a faithful follower of the Word is ever compared to in Scripture is a fruitful tree.

\*\*\*Just as God creates and sustains everything He has made by His Powerful in Genesis 1, so does God's Word sustains each person who believes upon His Word for life and walks in it!

## **II. The Worthless Path of Wickedness that Leads to Destruction and a Wasted Life (vs. 4-5)**

-Those who "sit" in wickedness and evil are *"like chaff that the wind blows away."* (**vs. 4**). Using similar language to **Psalm 1**, the Prophet **Jeremiah** gives even more detail about the wasted lives of those who pursue selfishness and wickedness over righteousness and faithfulness to God (see **Jeremiah 17:5-8** below).

-The word "chaff" is a reference to the dry husks of straw that surround seeds of grain before they are fully harvested. In the ancient world, a "threshing floor" was used to separate the wheat from the chaff by using winnowing forks to throw the seeds in the air and let the wind blow away the chaff.

-Here, the Bible describes those who pursue wickedness like the useless and worthless chaff that is easily blown this way or that way according to the direction of wind at the moment.

-Just as a godly person is like a blessed tree that produces the fruit of righteousness, so also those who pursue wickedness produce the fruit of unrighteousness (see **Matthew 7:15-20** below).

-The path of wickedness leads to a wasted life, and to destruction – for in the courtroom like setting of God's judgment – *Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous.* (**vs. 5**)

-The first and last words of **Psalm 1** are “*blessed*” and “*destruction*.”

-The psalm ends with an eternal perspective to the ultimate realities of God’s truth and justice (see the “other tree” in **Revelation 22:1-5** below).

### **Other Scriptures Referenced:**

**Matthew 7:13-14:** *“Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. <sup>14</sup> But small is the gate and narrow the road that leads to life, and only a few find it.*

**Matthew 7:15-20:** *“Watch out for false prophets. They come to you in sheep’s clothing, but inwardly they are ferocious wolves. <sup>16</sup> By their fruit you will recognize them. Do people pick grapes from thornbushes, or figs from thistles? <sup>17</sup> Likewise, every good tree bears good fruit, but a bad tree bears bad fruit. <sup>18</sup> A good tree cannot bear bad fruit, and a bad tree cannot bear good fruit. <sup>19</sup> Every tree that does not bear good fruit is cut down and thrown into the fire.<sup>20</sup> Thus, by their fruit you will recognize them.”*

**Jeremiah 17:5-8:** *This is what the Lord says:*

*“Cursed is the one who trusts in man,  
who draws strength from mere flesh  
and whose heart turns away from the Lord.*

*<sup>6</sup> That person will be like a bush in the wastelands;  
they will not see prosperity when it comes.*

*They will dwell in the parched places of the desert,  
in a salt land where no one lives.*

*<sup>7</sup> “But blessed is the one who trusts in the Lord,  
whose confidence is in him.*

*<sup>8</sup> They will be like a tree planted by the water  
that sends out its roots by the stream.*

*It does not fear when heat comes;  
its leaves are always green.*

*It has no worries in a year of drought  
and never fails to bear fruit.”*

**Revelation 22:1-5:** *Then the angel showed me the river of the water of life, as clear as crystal, flowing from the throne of God and of the Lamb <sup>2</sup> down the middle of the great street of the city. On each side of the river stood the tree of life, bearing twelve crops of fruit, yielding its fruit every month. And the leaves of the tree are for the healing of the nations. <sup>3</sup> No longer will there be any curse. The throne of God and of the Lamb will be in the city, and his servants will serve him. <sup>4</sup> They will see his face, and his name will be on their foreheads. <sup>5</sup> There will be no more night. They will not need the light of a lamp or the light of the sun, for the Lord God will give them light. And they will reign for ever and ever.*

**Other Quotes/Resources:**

-“Psalm 1 is the main entrance to the mansion of the Psalter.” –Jerome

-“The godly do not model their conduct on the advice of bad people. Further, the godly do not linger in the company of persistent evildoers; even more so the godly do not remain permanently among the cynical who openly scoff at God.” –John Stott