



PRAISING THE PSALMS – PSALM 1 (VS. 1-2)

HOW TO BE BLESSED

Women's Discipleship Group

**PSALM 1
THE BLESSINGS OF GOD'S LAW
(Personalized)**

Verse 1

**Blessed in the One
Who walks not in the counsel of the ungodly
Nor stands in the path of sinners
Nor sits in the seat of the scornful**

Verse 2

**But my delight is in the law of the Lord
And in His Law I will meditate day and night**

Verse 3

**I shall be like a tree
Planted by the rivers of water
That brings forth fruit in my season
My leaf shall not wither
And I will prosper**

Verse 4

**The ungodly are not so
But they are like the chaff
That the wind blows away**

Verse 5

**Therefore the ungodly shall not stand in the judgment
Nor sinners in the congregation of the righteous**

Verse 6

**For the Lord knows the way of the righteous
But the way of the ungodly shall perish**

PRAYING THE PSALMS – PSALM 1 (VS. 1-2)

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Series #1 Lesson #1

SCRIPTURE FOCUS: *Blessed is the one who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful. But my delight is in the law of the Lord and in His law I will meditate day and night (Psalm 1:1-2).*

Key Word: Blessed (Hebrew) Asher: Happiness – a state of joyful mind.

OPENING STATEMENT:

Many years ago, the Lord showed me the power of *Praying The Psalms*. Because of the many different types of psalms, it is not difficult to find and personalize a psalm that fits your situation. Psalm 1 is not a necessarily a prayer. Rather it is a psalm of instruction in righteousness. When my children were very young I personalized Psalm 1 and included each of their names. With my daughter Roslyn I would say: *Blessed is Roslyn who walks not in the counsel of the ungodly, etc.* I did the same thing with my daughter Theresa. As I continued to pray and personalize this entire psalm over both of my daughters, the blessings of Psalm 1 took root in their lives. They both grew up to be godly women who delight in the law of the Lord.

The goal of Psalm 1 is to show believers how to live a blessed (happy) life. The psalmist points to three “do not’s” that will lead you to happiness and prosperity:

1. **Do not walk in the counsel of the ungodly.** Walking signifies the *direction* that we choose based on the counsel or advice that comes from ungodly influence. The ungodly are those who are wicked and reject the authority of God. Ungodly counsel can come from our culture or from personal and professional relationships. Ungodly counsel can also come from wicked thoughts that spring from our own minds.
2. **Do not stand in the path of sinners.** Standing signifies the *decision* that we make based on the influence of sinners. (Where do you stand in your views and your position of social, moral and spiritual issues?) Standing is like being at a crossroads in life where we must choose a direction. There is a road that leads to sin, even though it may look easy and attractive. Another road leads to righteousness even though it may seem harder to follow. Sinners are those who are in rebellion against God and who are destructive toward themselves, others and the earth. To live in sin is to reject the laws of God and the blessings of God.

3. **Do not sit in the seat of the scornful.** Sitting signifies *doing* those things that become a habitual practice. It is settling in to wrong doings and wrong habits. Once the on-going practice of sin takes hold the person ultimately becomes a God hater. Scornful people are those who are openly opposed to God and any practice or righteous behavior that acknowledges or honors God.

Perhaps we should think of Psalm 1 in the following manner: *Blessed be the one who walks in the counsel of the godly and stands in the path of the righteous and sits in the seat of the righteous.*

OBSERVATION:

Psalm 1 is filled with comparisons. For a clearer understanding of what is being conveyed by the psalmist take the time to make the following observations.

1. What are the godly compared too? What are they like?
2. What are the ungodly compared too? What are the ungodly like?

INTERPRETATION:

What it meant in Psalm 1:2, “And on his law he meditates day and night?”

PERSONALIZATION:

1. Give an example of how ungodly counsel has affected your life or the life of someone you love.

2. Replace the phrase “blessed is the one” with the phrase “blessed is (your name or the name of someone you love).” Pray verses 1 and 2 over yourself and the people you love.

APPLICATION:

Examine the counsel, thoughts and ideas that are in your own heart and see if they line up with the laws of God. Make changes if necessary.