

# SUMMER IN THE PSALMS

## *Two Ways*

### *Psalms 1*

#### **About the Book of Psalms**

- Psalms means *songs*
- The Psalms is a book of prayers and praises that were meant to be sung in worship to God
- The book of Psalm is the longest book in the Bible with 150 chapters that are divided into 5 divisions
- Themes found in the Psalms are praise, thankfulness, faith, hope sorrow for sin, hope, God's greatness and loyalty to us, and so much more
- The heart of the Psalms is rooted in a deep trust in God
- Unlike other books of the Bible, Psalms was not written by a single author, but by a group of authors
- The writers of the Psalms include David, Asaph, Korah and others
- These writers of the Psalms always expressed their true feelings from praising God for His greatness to complaining in time of trouble
- Jesus used the Psalms to teach and preach and other New Testament writers quoted the Psalms
- The Psalms will enhance your prayer life, your praise life, your approach to problems, and lead into deeper worship to God

#### **The Way of the Righteous: What They Don't Do**

***Psalm 1 (KJV) 1 Blessed is the man That walketh not in the counsel of the ungodly, Nor standeth in the way of sinners, Nor sitteth in the seat of the scornful.***

- Psalm 1 opens with "Blessed is the man..."
- *Blessed* here conveys the idea of happiness or contentment
- Therefore, blessed is the man speaks of the happiness, contentment of a man or woman who is *straight or right with God*
- For many people being blessed means they have or have access to many material things
- You are blessed regardless of what form God's goodness and favor takes  
***Philippians 4:12-13 KJV 12 I know both how to be abased, and I know how to abound: every where and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need. 13 I can do all things through Christ which strengtheneth me.***
- You are blessed regardless of your situation in life
- Verse 6 is the key to understanding Psalm 1, ***For the LORD knoweth the way of the righteous: But the way of the ungodly shall perish.***
- Psalm 1 contrasts the way of the righteous (blessed) with the way of the ungodly
- The way of the righteous is blessed because of what they *don't* do
  - The way of the righteous is blessed because they don't do three things:
- The righteous don't:

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- *Walk in the counsel of the ungodly*
  - Walk here refers to how a person lives daily
  - The righteous person knows to *discern* the counsel of the ungodly
  - The righteous person can recognize ungodly counsel even when it is coming from their *own* mind
  - The righteous knows to reject the counsel of the ungodly, but they also know where to find truly godly counsel ***Psalm 119:24 NLT Your laws please me; they give me wise advice.***
- *Stand in the path of sinners*
  - Sinners have a path where they stand
  - The righteous person is not afraid to take the less-traveled road in life because it leads to blessings, happiness and eternal life ***Matthew 7:13 NLT “You can enter God’s Kingdom only through the narrow gate. The highway to hell is broad, and its gate is wide for the many who choose that way.***
  - The righteous person has confidence that God has a path and it’s good road to take ***Psalm 16:11 KJV Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore.***
- *Sit in the seat of the scornful*
- The righteous person isn’t “keeping company” with people who are criticizing the people and the things of God
- When others are putting down Christians, the Bible or the church, it’s easy sit with them and join in
- Instead of joining in with the critics, we must be proud to be a follower of Christ

#### ***The Way of the Righteous: What they Do***

***2 But his delight is in the law of the LORD; And in his law doth he meditate day and night.***

- *The righteous person finds delight in the Word of God*
  - Our primary delight, joy and excitement must be in the word of God
  - You have a genuine affection and passion for the Word of God
  - Whatever makes you happy, gives you joy, gets you excited is a good way to see what’s important to you
  - We can measure of our delight in the word of God by how much we hunger for it
  - When we truly delight in the word of God, we delight in reading it, studying it, thinking about it, hearing it preached and taught, and most importantly *obeying* it
- *The righteous person meditates on the Word*
- The righteous person ponders the Word of God
- To meditate means to *chew again*, to recall

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- To meditate also means to murmur, mutter, speak, study, talk, utter, etc.
- Biblical meditation is nothing like techniques taught in Eastern religions where people are asked to “empty” their minds
- When you meditate on the word of God, you *fill your mind* with the Word, and you think about:
  - What does this passage mean?
  - What does this passage mean to me?
  - How can I apply this passage to my life?
  - How does this Word speak to what I’m facing right now?
- The righteous person has the Word of God on their mind only two times a day: *day and night*
- As you focus your thoughts on the Word of God, you learn more about God and His ways

#### ***The Way of the Righteous: How they are Blessed***

***3 And he shall be like a tree planted by the rivers of water, That bringeth forth his fruit in his season; His leaf also shall not wither; And whatsoever he doeth shall prosper.***

- The righteous person is compared to a tree, not just any tree, but a tree *intentionally planted* by God
- We are planted by the rivers of water
- A tree planted by a river will have a continual source of water
- *Planted* also suggests that the righteous person is planted a deep-rooted tree, so the righteous are secure from the winds and storms of life
- The strong root system receives fresh water from the river and produces abundant fruit
- The righteous person lives a life that is flourishing and fruitful
- Like a well-watered tree, we produce spiritual fruit in our season, when we delight and meditate on the Word of God
- The righteous person is prosperous in all that they do
- Prosperity may include material things, but it’s spiritual things as well like the fruit of the Spirit (i.e., love, joy, peace, patience, etc.)
- Bearing the fruit of the Spirit is the result of loving God’s Word and obeying it

#### ***The Way of the Ungodly***

***4 The ungodly are not so: But are like the chaff which the wind driveth away. 5 Therefore the ungodly shall not stand in the judgment, Nor sinners in the congregation of the righteous.***

- *The ungodly are in a dangerous place*
- The ungodly are not so
- Everything that’s true about the righteous person is not so for the ungodly person
- The ungodly are like the chaff which the wind blows away

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- Chaff is so light it can be separated from the grain by simply throwing a handful into the wind and letting the wind drive the chaff away
- The chaff can't stand the slightest breeze, much less a violent storm
- The righteous person who lives by the Word of God produces things of eternal value, while the ungodly person's life and deeds produce nothing of lasting value
- *The ungodly have a dangerous future*
- The ungodly shall not *stand* in the judgment
- Because the ungodly are like chaff, they have no weight, no substance, they will be found lacking in the day of judgement
- *Nor sinners in the congregation of the righteous*
- The ungodly will not share the same glorious future as the righteous

#### ***The Way of the Righteous and the Way of the Ungodly***

***6 For the LORD knoweth the way of the righteous: But the way of the ungodly shall perish. But the way of the ungodly shall perish.***

- The psalmist summarizes Psalms 1
- The Lord *knows* the way of the righteous
- The righteous person will have protection and preservation because a loving God know *the way* they have taken
- The way of the ungodly shall perish
- The way of the ungodly leads to destruction
- The way of the righteous or the way of the ungodly; which path or you on?
- Choose wisely.