

Psalm 1

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.

What does it mean to be blessed?

To be blessed is to be living in God's favour. It is receiving peace and life from the Lord.

How do we find joy?

It is not found in the counsel of the wicked or in following the 'world'.

What are the consequences of listening to the counsel of the ungodly?

It will immobilize us and stop us from walking with God.

Verse 1 – to 'sit in the company of mockers' – "sitting" in the ancient world meant to have the posture of a judge or teacher. It is a position of authority.

What are the two ways to live?

- a) in the counsel of the wicked
- b) following God's righteousness

There are only two paths.

How else can joy be found?

By delighting in God's word. It can be hard to keep up our commitment to reading the Bible. We need to ask Jesus to draw our hearts to Him. He speaks to us through his word. You may not always remember what you read but it sustains you, (like food). Always pray before you read, that God would open up the Scriptures to you.

How do we fill our mind with God's word?

1. To meditate

This is not the same as Eastern religion which involves emptying the mind. It is the opposite. We meditate on the word of God. It helps to vocally declare God's words to yourself, until it gets from your mind into your heart.

2. Prayer can be a response to reading God's word.

Summary:

1. Read (or listen digitally)
2. Make time
3. Take notes
4. Attend church
5. Attend Bible study groups

What is the result of meditation on God's word?

2 Corinthians 4:8-10 – we gain inner strength.

We can't do it in our own strength, through our own discipline alone – only through Jesus.

What do you delight in most?