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**BIBLE STUDY**

**Greater Refuge Memorial Church of Our Lord Jesus Christ of the Apostolic Faith, Inc.**

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**BLESSED MEN DELIGHT AND MEDITATE**

**Psalms 1:1-6**

The Psalms comes from the Greek word Psalmoi which means songs. The Hebrew title is Tehillim which translates praises or songs. We will find throughout these writings that they are basically a group of prayers and songs. The most prominent of the penmen, was David. More than 72 of the Psalms are attributed to him. Some of the other penmen are: 12 attributed to Asaph, 12 by the sons of Korah, 2 by Solomon, 1 by Moses, 1 by Ethan and over 40 that the penman is unknown. There are 150 chapters in this book of Psalms. The longest chapter in the Bible is the 119 chapter of Psalms. It contains 176 verses. Some of the Psalms are so personal in nature that you feel as if you are eavesdropping on a conversation the penman had with God. Many of the chapters are instructions for the proper way to worship. Jesus frequently quoted from the book of Psalms. There are well over a hundred quotations in the New Testament {by various penmen} taken from the book of Psalms. The book of Psalms is a book of prophecy, as well. The birth, crucifixion, resurrection, and the second coming of Christ are all spoken of in Psalms. As in no other of the books, we see a fellowship with the spirit of man and almighty God. As in all of the other Bible studies, we will be looking at the spiritual side of this book. The Christians, as well as the Hebrews, have used the book of Psalms in their worship services. The Hebrews sang from the book of Psalms as they entered their place of worship. Perhaps, Jesus and the disciples sang from the Psalms after sharing the passover feast.

***Matthew 26:30 "And when they had sung an hymn, they went out into the mount of Olives."***

We do know, from the Scripture above, that they sang. The Psalms are written as poetry. As we said above, the Psalms are prayers and praise toward Almighty God. David wrote the most popular Psalm, the 23rd. Many people have memorized this particular Psalm. In it, we find that Jesus is the great Shepherd, and we believers are His sheep. David makes us aware of the supernatural care that God takes of His sheep. Notice that David calls God Lord in this chapter. Then He goes on to describe the blissful state the man has with His Lord. I won't quote it hear and ruin it for the lesson. We will find in this first lesson, actually the message of the entire book. The blessings for those who make God their Lord, and the punishments for those who do not.

***Psalms 1:1 "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."***

Just as the Sermon on the Mount began with blessings, we see this book of Psalms begins with blessings. Blessed, in the verse above, is not speaking of a single blessing, but of walking in blessings from God. To be blessed of God means that we are walking in the salvation that Jesus purchased for us with His precious blood. We are walking in the righteousness of Christ. This tells how to become happy. The word translated “happy” in the CSB can also be rendered “blessed.” To be blessed by God is to be happy. Everyone wants to be blessed, but we should define what that means. For many people, being blessed refers to stuff acquired. Yet, one can have an abundance of stuff and be miserable. So, put simply, blessing is the God-given capacity to experience, enjoy, and extend the goodness and favor of God in your life—whatever form God’s goodness and favor takes.

***Philippians 4:12-13***

***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.***

In other words, he had learned to enjoy God’s heavenly goodness regardless of his earthly circumstances. Notice in the statement {the man}, this is an individual thing. Interestingly, the psalmist explains what the blessed / happy person does not do. First, he does not walk in the advice of the wicked. The biblical metaphor of “walking” refers to how one lives. Though there may be many worldly people living next to this person, he or she has decided not to walk in the counsel of the worldly. This is a deliberate decision on this person's part. This person may be walking alone. The word {walketh} means to continually walk. Notice the progression here. At first he is walking, then He is standing, then last he is sitting. This shows that we must not fellowship with those of unbelief. When you stop and stand, you are giving more time than walking, and sitting requires even more time. The following Scripture describes the walk of the person who decides not to walk in the counsel of the ungodly.

***Galatians 2:20 "I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me."***

The one who is regularly influenced by people with little regard for God finds himself more and more at home with human viewpoints and understandings. The fastest way to miss your blessing is to take counsel from those who have no regard for God’s view on life. Second, he does not stand in the pathway with sinners. The blessed person does not hang out with people who will influence him toward sin and away from God. Third, he does not sit in the company of mockers. Mockers make light of serious things, sitting in judgment of everyone and everything. Yet, they fail to allow their critical gaze to turn back to themselves. The scornful can be either someone who professes belief and feels he is so much better than the average, or it could be those who totally reject Christianity. We would call him an atheist. We need to see in this that fellowshipping with those of unbelief is dangerous. A believer in Christ is cautioned not to fellowship with those of unbelief. Light and darkness cannot prevail in the same place. True happiness comes from fellowship with God, not with the world.

***II Corinthians 6:14 "Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness?"***

***Psalms 1:2 "But his delight [is] in the law of the LORD; and in his law doth he meditate day and night."***

What does the blessed person do? He delights in the Lord’s instruction. To delight in something is to find your joy and pleasure in it. The law of the Lord, here, means the Word of God {the Bible}. To meditate is to think strongly on the matter. We find, then, that we are not only to read the Bible, but to think strongly about what it is saying to us. We are to ever keep the teachings of the Bible before us. When we think upon God's Word, the Holy Spirit will teach us of the hidden things of the Word. The more we meditate, the more we know. We will never be able to learn it all, but we can learn more each time we study and think on God's Word. When it says, day and night, it is speaking of taking God's Word with us wherever we go. Our waking thoughts are all guided by God's Word. Even in business transactions, we should make our decisions based on God's Word. The blessed man or woman finds this in God’s Word, meditating on it day and night. To this, someone may object, “I have a job and a family. I don’t have time to read the Bible day and night!” But, the psalmist doesn’t say the blessed person reads God’s instruction day and night; he says he meditates on it. To meditate on something is to recall, ponder, and interact with it in the mind. When we meditate on God’s Word, we mentally chew on it until it becomes a part of us. This, in fact, is why consuming God’s Word is often spoken of in terms of eating: “Your words were found, and I ate them. Your words became a delight to me and the joy of my heart” (Jeremiah 15:16; Psalms 119:103; Ezekiel 3:1-3; Revelation 10:9-10). When we meditate on the Word of God, we think about how it connects to life. We ask ourselves, “How does the Word speak to the circumstances I am currently facing?” The gap between hearing the Word and being blessed is closed with meditation. Considering life from the divine viewpoint and acting in accordance with it brings the tangible experience of blessing.

***Psalms 1:3 "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 blessed person is like a tree planted beside flowing streams. A tree planted by water would be a very strong tree. Such trees are not easily swayed; they hold their ground. For a tree to be planted, would indicate that it was not a wild tree. The “flowing streams” in view are irrigation channels, so regardless of how barren the weather, such a tree is positioned to drink from a continuous source of life. It would be nourished by the water. Water in the Scriptures many times means the Word. We see an example of that in the following Scripture.

***Ephesians 5:26 "That he might sanctify and cleanse it with the washing of water by the word,"***

Then what this is saying to us, is that if we read and think on the Word of God, we shall be made very strong. That the tree bears its fruit in its season indicates that the blessed person is productive, maximizing his potential. Importantly, fruit reveals something about the quality of the tree that bears it. If you’re not bearing worthwhile fruit, then, it’s because there’s nothing worthwhile inside of you. Moreover, trees don’t eat their own fruit; the fruit exists for the benefit of others. Thus, you know that you’re blessed when you are being a blessing. That the leaf does not wither doesn’t mean that a blessed person never has negative experiences. Rather, the negative things don’t cause him to wither and die. You know you’re blessed when you bounce back from life’s trials more quickly than you once did. This nourishment of the Word of God will make this Christian very strong in the spirit and will make him or her to be fruit bearers. Christianity is contagious, if you have a good dose yourself, you will give it to others around you, as well. You will become a fruit producer.

***Matthew 13:23 "But he that received seed into the good ground is he that heareth the word, and understandeth [it]; which also beareth fruit, and bringeth forth, some an hundredfold, some sixty, some thirty."***

We see in the Scripture above, the leaf that shall not wither. This means that it is evergreen. The evergreen symbolizes everlasting life. This person has everlasting life. The prosperity mentioned above is in the soul.

***III John 1:2 "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."***

Some people cannot handle great wealth. If a person who cannot handle wealth, becomes rich in this world's goods, they might lose their soul. The best policy is in this next Scripture.

***Matthew 6:33 "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."***

The closest walk that most of us have with God, is in the real trials of life. We realize that we are not able to handle a problem on our own, and we reach out to God. If riches would cause me to wander away from God, I do not want riches.

***Psalms 1:4 "The ungodly [are] not so: but [are] like the chaff which the wind driveth away."***

The psalmist contrasted the fruitful life of the righteous one who is blessed by God with the worthless life of the wicked. Instead of being like mighty and stable trees, the wicked are like chaff that the wind blows away. In the ancient process of winnowing, the kernel of grain was separated from the husk. While the kernel fell to the threshing floor to be collected, the worthless husk and other parts—the chaff—blew away in the breeze. We know that the chaff grows with the wheat until harvest time. The chaff is destroyed, and the wheat is carried into the barn. The ungodly live around the godly in this world, but at harvest time there is a separation. The ungodly, like the chaff, are destroyed at harvest time. The ungodly are of no use, just as the chaff is thrown away at harvest. The righteous who live by God’s Word produce things of eternal value. The wicked and their useless deeds won’t last.

***Psalms 1:5 "Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous."***

The basis of God’s judgment will be his omniscience, his intimate knowledge of all people—the wicked and the righteous—and all they do. The wicked will not stand among the righteous on the day when God’s just verdict is rendered. He watches over the way of the righteous. At harvest time, we shall all appear at the judgment seat of Christ. The ungodly shall be cast into the lake of fire and the believers in Christ shall reign with Him. How wonderful to stand before Jesus and hear Him say, Well done thy good and faithful servant. How terrible for the ungodly who will hear Him say, Get away from me, I never knew you. We stand or fall by the judgment of Jesus. The ungodly will fall at this judgment. Heaven is for the believers in Christ. There will be no ungodly in heaven.

***Psalms 1:6 "For the LORD knoweth the way of the righteous: but the way of the ungodly shall perish."***

But, because they fail to submit to God’s authority through his Word, the way of the wicked only leads to ruin. There is the broad way which leads to destruction, but there is also the narrow way of righteousness which leads to eternal life in Christ. The righteous have their names written in the Lamb's book of life. We, by our own free will, choose eternal life, or death. The way we choose to follow on this earth determines the outcome. Choose wisely which path you will take. The righteous are made righteous in the sight of God, when we accept Jesus Christ as our Lord and Saviour. Our own righteousness was as filthy rags, until we washed in the blood of the Lamb and took on His righteousness. God knows even the thoughts of your heart. God knew from the foundation of the earth. He did not, foreordain, but foreknew.

**Questions**

1. What Greek word does Psalms come from?
2. What does the word mean?
3. What is the longest chapter in the Bible?
4. Many of the Psalms are giving instructions for the proper way to do what?
5. How many quotes from Psalms are there in the New Testament?
6. What is the most popular Psalm?
7. Blessed is the man that walketh not in the counsel of the \_\_\_\_\_\_.
8. Nor standeth in the way of \_\_\_\_\_\_\_\_.
9. Nor sitteth in the seat of the \_\_\_\_\_\_\_\_\_\_.
10. What is blessed, in verse one, really speaking of?
11. What does walketh mean?
12. Who can these scornful be?
13. What is the law of the Lord?
14. What does the statement {day and night} mean here?
15. The person who delights in the Lord is compared to what in verse 3?
16. What is the fruit spoken of in verse 3?
17. What are the ungodly like in verse 4?
18. Who will not stand in the judgment?
19. What do the Christians hope to hear the Lord Jesus say, when we stand before Him?
20. What will happen to the ungodly?