

PSALM 1

Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the LORD, and on his law he meditates day and night. He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers. The wicked are not so, but are like chaff that the wind drives away. Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the righteous; for the LORD knows the way of the righteous, but the way of the wicked will perish (Psalm 1).

The collection of Psalms is the handbook for crying out to Yahweh as we are in covenant relationship with Him. As we cry out, the Psalms are expressive for us. As we cry out, the Psalms are formative for us.

Four Things to Keep in Mind

1. The grid of nine postures:
 - Confession
 - Thanksgiving
 - Lament
 - Hope/Trust
 - Petition
 - Testimony
 - Call to Worship
 - Adoration
 - Re-orientation
2. They stand on their own and work together.
3. They are for the individual and the community.
4. They move us to a real hope in the Messiah.

1. In all the dialog that occurs in our culture today about being happy, would you trust the message of this Psalm as a reliable guide to being happy?

2. There are two important words in verse two. What do you think it means to “delight” in the law of Yahweh? What do you think is involved in “meditating” on it? Where does “reading” fit in with these things?

3. What is important about the idea that the tree of verse three yields its fruit “in its season”?

4. What is “chaff”? What are some important contrasts between a tree and chaff? Why do people choose to be chaff rather than being trees?

5. What things in verses five and six do you need to be reminded of often? What are some things we could do to bring these things forward in each other’s minds more often?