

The Blessing of the Lord

Psalm 1

MPS The Lord's Blessing consumes the whole life of the one that delights in God's Word.

OBJ Every person should delight themselves in God's Word daily because of three marks of God's blessing on their lives.

READ 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 1:1-6

Psalm 1 makes abundantly clear, there are two kinds of people in this world; those who live in God's blessing, and those who do not. The Psalmist does NOT attempt to deal with every issue or problem of life but addresses one's life as a whole. So, at the time of year when most aim to improve their life, this provides a good guide to consider for your own life.

"Blessed is the man..."

Blessed means to be favored in a way that marks your whole life. Most people have some understanding of "blessed". You hear it all the time, "I am so blessed.", "Too blessed to be stressed.", on license plates, bumper stickers, home screens, and anywhere else people can stick something to try to convince themselves or think it into reality. I remember hearing pop star Mary J. Blige make the statement how her god wanted to "bless her with 'bling'." Like I said, everyone has a concept of blessed, but whether it is accurate or not remains a point of debate. The Scriptures provide benedictions to remind us and bestow God's blessing on us. When the Bible speaks of God's blessing, it is His favor that marks a life as He bestows His goodness beyond measure in every way on that life. So when the passage begins, "Blessed is the Man", we know that whatever comes next, we want it. Psalm 1 tells us that it is for anyone who wants it. It also highlights another important point of focus for this time of year as many begin Bible reading plans. **Psalm 1:2 makes clear that the key to God's blessing is simple and straightforward: the person who delights themselves in God's Word is blessed.**

Delighting oneself in God's Word changes everything. But most of all, it changes you!

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Q? How does God's Blessing consume to mark one's whole life?

OBJ Three marks of God's blessing compel every person to delight themselves in God's Word daily.

First, when you delight yourself in God's Word, it determines the direction of your life.

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. Psalm 1:1-2

The Psalmist begins with a literary tool of contrast to teach his lesson by three phrases that emphasize the opposite of a life of God's blessing. **The first phrase addresses the way a person behaves or acts in accordance with the counsel of the wicked, the absence of God's counsel.** The counsel we heed steers the actions of our life in the daily decisions we make. How often many value counsel that is absent and inconsiderate of God. Counsel that is absent of God the Bible calls wicked, no matter how normal it may feel or seem, or how well it may work. The word for *wicked* also carries the meaning of guilty, telling us that those who adopt godless counsel carry the guilt of their decision. Choosing to "walk" in godlessness brings with it the baggage of guilt. **The person who walks NOT in the counsel of the wicked walks daily with the Lord by faith in the light of His truth because they've been set free from the weight of sin's guilt.**



The second phrase addresses the pattern that develops from acting on godless counsel. “Stand” develops by repeated participation in godless counsel that now becomes the standard for the way one lives. Every decision to walk in counsel absent of or counter to godliness further establishes one in guilt’s condemnation. God’s absence and guilt’s presence becomes the common and familiar experience in life, though never comfortable nor restful. Standing in the way of sinners fortifies one’s life against all manner of godliness. [The person who stands NOT in the way of sinners establishes their life by intentional, faith-decisions to stand in the truth of the One who is the Rock of Ages.](#)

The third phrase shows that a life defined by godlessness seeks to influence others toward the same. “Seat” is a position of influence and instruction. This person’s life aims to influence others for worldly wisdom and human rationale by mocking and scorning any who disagree. But this should not surprise us because they’re merely repeating the voices they constantly hear in their own hearts: mock and scorn is the language of guilt. The person who sits in the scoffer’s seat verbalizes their own guilt by mocking others to persuade them to join in the misery of their condemnation. A more prevalent form today, though, is the practice affirming people to remain in their own guilt. [The person who sits NOT in the seat of scoffers makes a regular practice of sharing the light of God’s truth by the gospel and encouraging others in it.](#)

Delighting in the whole counsel and instruction of God’s Word directs one’s life into a deeper immersion of godliness and blessing. You live to walk in the light of God’s truth so that His ways become your ways. And you gladly encourage and influence others in the same way because you know the great value of God’s blessing on life. [Delighting in God’s Law determines the direction of life as one consumes life with the counsel of God’s eternal wisdom to follow by faith in His ways and bring about His will.](#)

TRANS Next, the Psalmist shows a great benefit from delighting in God’s Law that marks one’s life.

Mark #2: When you delight yourself in God’s Word, it determines the depth of your life.

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. Psalm 1:3-4

Shallow living starves the soul, constricts the mind, atrophies the heart, and entangles the body. When you root yourself in anything other than God’s Word, you plant yourself in parched soil that cannot sustain the demands of life. **How does one root their life in the shallowness of parched soil?** One way is by indulgence in practices that oppose God’s Word. But the far more acceptable way is to busy oneself in practices from which you expect more than they can provide. This is the fundamental rhythm of idolatry, though most do not identify idolatry in this way. When you consume your life in this way, you inevitably make “adjustments” to meet the growing demand of resource, whether in time, energy, thought, or money. What begins with simple busyness of schedule, eventually wears the heart and clouds the mind, until the soul’s pang strikes. Our temptation here is to consider what “life as chaff” would be like, while ignoring the reality of our own overburdened rhythm and resource. The best way to discern this at the earliest stage is to consider the Psalmist’s words for how the demands of life affect you. [When your life is driven by the winds of the world’s demands, in unending busyness, constant hurriedness, and mindless activity, you can know your life is rooted in shallow, parched soil.](#)

The Psalmist provides a clear understanding here for how a life that delights in God’s Law is marked. The life that is deeply rooted is not driven by the world’s winds but sourced from God’s unending supply. The life that is deeply rooted plants itself in the right place, next to the only stream that will never dry up, to receive sufficient provision for the demand in each season. The life that is deeply rooted lives from the supply God provides to steward that resource and walk in the light of His truth, not in the way of their choosing. The life that is deeply rooted does not demand that every season be the same, but labors in the right things for each season so the quality of fruit produced at harvest will be good. The life that is deeply rooted rests in the provision of God to see all the fruit of the Spirit grow to full maturity. [The life that is deeply rooted produces good for God’s glory to supply one’s need and blessing for others and is satisfied in all of life.](#)

Q? Where are you planting your life? Is the supply meeting life’s demand?

Following Christ doesn’t mean we live slow, bored, and deep intellectual drift. You can know busyness, hurriedness, and maybe even some mindlessness, without living shallow. But you cannot maintain that continual rhythm without starving the



soul. Deeply rooted means that everything we do is sourced only by the light and truth of the gospel and submitted to the Lordship of Jesus Christ for His glory. And as parents, we make sure we are constantly and continually instructing, disciplining, and training our children in the same. [When God blesses your life, all you do serves to produce what you need when you need for all your needs and much for the needs of others.](#)

Mark #3: When you delight yourself in God's Word, it determines the destiny of your life.

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 1:5-6

Finally, the Psalmist tells what happens to the life that delights itself in God's Word, or doesn't. The way you live now determines the destiny of your being forever. I'm not purporting a perfect life. But do not trust "some decision you made back when" that has had no affect on any decisions you've made since, or are now making. One, simple, comprehensive statement describes the one who is blessed; "*for the Lord knows the way of the righteous.*" The Lord knows those who are His own. (Nahum 1:7; John 10:14) **How does He know that person?** They walk and stand according to His Word. The seemingly "little" decisions we make everyday matter in ways much larger than we often admit. Destiny is merely where the direction of your life has led you in following Jesus, and how the depth of your life in trusting Jesus has held you.

Ralph Waldo Emerson famously stated, "Sow a thought and you reap an action; sow an act and you reap a habit; sow a habit and you reap a character; sow a character and you reap a destiny." The Bible says that when you delight yourself in anything other than God's Word, that thing consumes your whole life to lead you away from God eternally. [What you delight in determines your destiny by the daily decisions that direct your life and rooting your life in the depths of God's wisdom and truth in Jesus Christ.](#)

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CLOSE Friend, following Jesus will never be easy in this world. And anyone who has said otherwise is not speaking for Jesus. Jesus said, "count the cost". (Luke 14:25-33) "*If anyone would come after me, let him deny himself and take up his cross daily and follow me. ²⁴For whoever would save his life will lose it, but whoever loses his life for my sake will save it.*" (Luke 9:23-24) But in following Jesus we take comfort and find strength in this; God knows our way. He knows, sees and cares. And, He is with us.

[A word of counsel and encouragement as you approach God's Word; discipline is required before delight becomes a reality. If you don't apply the discipline, you will likely never experience the delight. But when you discipline yourself in God's Word, it produces delight in far greater proportion than what you put in.](#)

APPL Resource Wall – Reading Plan

