

Gamma 26

Study 1

PSALM 1

1. What does it mean to be "blessed" in the biblical sense? How is this different from how the world defines blessing?

The word "blessed" (Hebrew: *ashrei*) in the Bible refers to a deep, enduring joy and well-being that comes from a right relationship with God.

It's not based on material wealth, health, or circumstances, as the world often defines it, but on spiritual wholeness and God's favour. It's a state of inner contentment rooted in God's truth.

2. The Book of Psalms draws a comparison between the "righteous man", the "unrighteous man", and the conclusion for each person. What are some of the key differences between a "righteous man" and an "unrighteous man" described in Psalms 1?

The unrighteous man:-

- **Walk** in the counsel of the wicked (verse 1) – seeking and following advice from ungodly or wicked people
- **Stand** in the way of sinners (verse 1) – to participate in or adopt the lifestyle of sinful people
- **Sit** at the seat of scoffers (verse 1) – associate or join themselves with people who mock or ridicule God

The righteous man:-

- **Delights** in the law of the Lord (verse 2) – finds joy and satisfaction in God's word
- **Meditates** in the law of the Lord, day and night (verse 2) – continually reflects on God's Word, allowing it to shape and sanctify their life.

3. What do the words “delight” and “meditate” in verse 2 mean, and how are they connected to the life of a righteous person?

To delight means to truly love and value God’s Word. It’s not just reading out of habit but finding joy and satisfaction in what God says. As Christians redeemed by Christ’s sacrifice and love, our nature is transformed, enabling us to love and delight in God’s Word.

To meditate means to think deeply and regularly about God’s Word, letting it shape how we live. Meditating on it “day and night” shows that this is a continual, ongoing process. It is not a one-time event. It calls us to be not just hearers, but doers of the Word.

These habits show that a righteous person doesn’t just avoid sin; they love God’s truth and want it to guide their heart and actions.

4. How much do you currently delight in God’s Word? If you find it challenging, what are some reasons or struggles you face in truly enjoying and reflecting on Scripture?
5. Psalm 1 compares the righteous person to a tree planted by streams of water. What does this image tell us about the life and character of the righteous? =

“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.”

“Like a tree planted by streams of water” – This shows the righteous person is deeply rooted and constantly nourished by God (the “streams of water” symbolize God’s sustaining presence and Word). The tree is not shallow rooted, it has access to continual life-giving water, which sustains it through all seasons.

“That yields its fruit in its season” – The tree is productive and fruitful, bearing good fruit at the right time in its season. This reflects the righteous person’s life showing evidence of godly character and good works that come naturally as a result of their rootedness in God.

“And its leaf does not wither” – The tree remains healthy and vibrant, not affected by drought or harsh conditions. Similarly, the righteous remain spiritually healthy and resilient even in difficult or dry seasons of life.

“In all that he does, he prospers” – This means that the righteous person’s life is blessed and successful, not necessarily by worldly standards only but in a God-honoring way. Their efforts are established and bear lasting fruit because they live in God’s will and strength.

6. **Psalm 1 compares the wicked to chaff blown away by the wind. What does this image tell us about the life and outcome of the unrighteous person?**

"The wicked are not so, but are like chaff that the wind drives away."

"Chaff" refers to the lightweight, worthless husks separated from the grain during threshing. It has no weight, substance, or lasting value. This represents the wicked or unrighteous person as lacking stability, foundation, and true worth in the sight of God.

"That the wind drives away" shows how the wicked are unstable and powerless, easily blown away by circumstances, trials, or judgment. They have no firm root or anchoring in God's truth, so their lives lack permanence and security.

The image emphasizes the fleeting nature of the wicked person's existence and influence, in contrast to the fruitful, enduring life of the righteous. It also points to the ultimate judgment and separation of the wicked from God's blessing and presence, highlighting the importance of choosing the righteous path.

7. **How does delighting in and meditating on God's Word help us become spiritually rooted and fruitful, like the tree described in verse 3?**

Just like a tree doesn't grow overnight, a life rooted in Scripture takes time and consistency.

Meditation is what helps us put down spiritual roots, drawing strength, nourishment, and stability from God's truth. Delighting in God's Word isn't just about intellectual study, it's about tasting its goodness, being refreshed by it, and letting it shape our hearts.

This process changes us. Over time, we become more stable and less shaken by life's hardships. We begin to bear spiritual fruit (Galatians 5:22–23), evidence of a heart changed by God's presence and promises. Even in dry or difficult seasons, a person rooted in Scripture remains spiritually alive, because their "roots" are deep in God's sustaining grace.

So, both delighting and meditation are not about quick results, it's about long-term transformation. It leads to a blessed, fruitful life that stands firm even when the winds of life blow hard.

8. How does a life of delighting in and meditating on God's Word lead to the confidence that "the Lord watches over the way of the righteous"?

Through ongoing meditation, we don't just learn what pleases God, we begin to desire it. This growing love for God's ways gives evidence that we are truly His. And more than that, when we meditate on Scripture (especially on the gospel) we are reminded that our righteousness is ultimately found in Christ (2 Corinthians 5:21). That gives us deep assurance.

Verse 6 says the Lord "watches over" the righteous. That word means more than observing, it speaks of God's care, protection, and personal involvement. A person who is rooted in God's Word comes to know this truth deeply: they are never alone. God is not distant; He is near, guiding and keeping them.

So, a life steeped in Scripture doesn't just lead to outward fruit, it brings inward assurance. We can face life, and even judgment day, with confidence, not because of who we are, but because of who God is and how closely He walks with those who delight in Him.

9. Psalm 1 presents two paths — one leading to blessing, rootedness, and assurance, and the other to instability and judgment. Looking at your own habits, which path do you feel you're walking on — and what next step can help you grow deeper in delighting in God's Word?

Takeaway

Psalm 1 reveals that the truly blessed life is found in delighting in the Word of God and meditating on it continually. This devotion leads to a life of stability, fruitfulness, and spiritual resilience. Just as a tree thrives when rooted by streams of water, so the righteous flourish when rooted in God's truth.

In contrast, those who reject God's ways are like chaff - rootless, weightless, and swept away. The Lord watches over the path of the righteous, offering both present assurance and eternal security to those who walk with Him.