

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

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."*

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?
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"?
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.