

LIVING BY THE BOOK!

Psalm 1:1-6

INTRODUCTION: The word “Blessed” speaks of a tremendous and intense happiness. There are many good things to do to be happy, but there is no better way to be happy than to live life God’s way! God has given us the secret to real happiness in His Word! A truly happy person is one who lives by the Book! Psalm 32:1; Luke 10:20. As we study Psalm 1:1-3 today we will see that the blessed man of Psalm 1 has a special place in his heart for the Word of God: Psalm 1:1-3. Psalm 1 sets the tone for the entire 149 Psalms that follow it. In the Psalms we learn that in God’s eyes there are only two kinds of people: the godly and the ungodly. The godly are blessed and the ungodly shall perish.

I. A GUARDED LIFE!

The blessed person is the one who purposefully and deliberately chooses to take certain steps in their life to avoid certain things in their lives. Psalm 1:1 tells us what the blessed man must not do. The blessed person is one who carefully guards their steps from a potential danger that the Word of God warns against. The Psalm starts with three words to describe those who are not saved: “ungodly, sinners, and the scornful.” The “ungodly” are without God. “Sinners” speaks of one who has taken a contrary way to God’s clear commands. The word “scornful” speaks of someone who laughs or ridicules the ways of God. 1 Corinthians 15:33. Companionship with the ungodly, sinners, and the scornful always leads in a downward path. We must defend ourselves against the ungodly or we will become just like them. We hear a lot about “Positive Thinking” but the Bible seems to accentuate the negative in thinking when around the ungodly. The really happy person is the one who lives a guarded life! Romans 12:1-2.

II. A GUIDED LIFE!

Psalm 1:2 tells us what the blessed man must do. The Law of the Lord refers to the Scriptures. The Bible must become your guide for life: Joshua 1:8; Psalm 91:4. Do you delight in the law of the LORD? The blessed man sees God’s Word as a liberating guide for life which results in great happiness. Psalm 119:54; Psalm 19:9-11. The Bible is a book to be read with delight. It must be studied with joy and following its ways will lead to great pleasure. Meditating on God’s Word means to ruminate on God’s Word.

III. A GLADDENED LIFE!

A guarded and guided life results in a gladdened life! Psalm 1:3 we see the results of the man who guards and guides his life by the Word of God. He is compared to “a tree planted by the rivers of waters.” There is stability about the life of this happy person. The blessed man has roots that go deep and draw nourishment from the Word of God and the Person of God! John 7:37-39. You see if your happiness depends on nice things happening to you, what happens when nice things are not happening to you. But if your happiness depends on obedience to God’s Word and His Spirit you can have a happy life regardless of what is happening to you. Proverbs 11:30; Romans 15:13; Psalm 1:1-3.