



THE BOOK OF
PSALMS

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;
2 but his delight is in the law of the LORD,
 and on his law he meditates day and night.
3 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.
4 The wicked are not so,
 but are like chaff that the wind drives away.
5 Therefore the wicked will not stand in the judgment,
 nor sinners in the congregation of the righteous;
6 for the LORD knows the way of the righteous,
 but the way of the wicked will perish.

Questions on Psalm 1

1. Psalm 1 states that there are two kinds of people in the world, the Blessed and the Wicked. What do the words "blessed" and "wicked" mean? How would you define the difference between the two? What is necessary for your definitions to be true?
2. Notice that the Psalmist defines Blessed Man by what he "does not do," thus starting with the original condition of Man. What does the Psalmist say is the that default condition of Man?

3. Notice that there is a progression in the life of the wicked man who walks, stands, and sits? What are the implications of this progression in the wicked man's life? What is the ultimate result of living that lifestyle?

4. The lifestyle of the Blessed Man is in direct opposition to that of the Wicked Man. What is the resulting fruit of that lifestyle found in verses 2 and 3? What is the ultimate result of living that lifestyle?

5. In *Reflections on the Psalms* C.S. Lewis describes how at first, he found the psalmist's delight in God's law "utterly bewildering" and "mysterious." Lewis said he could understand how one could delight in God's mercies, visitations, and attributes, but not how one could delight in God's law. What are your thoughts on this and how would you answer Lewis' question?

6. In verses 5 and 6, what are the ultimate consequences and eternal destiny of the two types of lifestyles pictured in this Psalm?

7. Rephrase the Psalm in your own words.