



PSALM 1

THE ONE WHO WINS: PSALM 1 ON THE GOOD LIFE

This psalm shows us the kind of person who is living the good life — what he does not do, what he loves and thinks about, and what doing that results in.

1. "THIS MAN DESERVES CONGRATULATIONS"

"Blessed is the man" is a statement magnifying someone's condition as favorable — almost like awarding him a prize in front of us. Look at this guy. He won. He's the winner. He chose the absolute best way to live.

2. "THIS IS NOT WHO I AM TALKING ABOUT"

"Who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers."

Walk, stand, and sit are not a progression but parallel — three ways of describing the same thing: a pattern of life, the path someone takes, the group he belongs to. Walk in the counsel of the wicked, stand in the way of sinners, sit in the seat of scoffers — and you are wicked. No matter how confidently the wicked talk, they are not the ones who have it good.

3. "HERE'S THE KIND OF LIFE YOU WANT INSTEAD"

"His delight is in the law of the LORD, and on his law he meditates day and night."

Instead of simply calling him righteous, the psalmist tells us what he loves and what he thinks about.

- **Delight** — desiring, taking pleasure in something. Not that every second is the most fun thing ever, but that this is unmistakably what he wants.
- **Meditate** — quiet words coming out of the mouth; thinking about it, speaking it to himself, as much as he possibly can.

There is no third, neutral option. You are listening to someone. Whose counsel do you want directing your life?

4. HERE'S WHY YOU WANT THIS KIND OF LIFE

"He is like a tree planted by streams of water..."

Planted — stable. By streams of water — the perfect place, more than enough to constantly thrive.

- Yields its fruit in season
- Its leaf does not wither
- In all that he does, he prospers

Stable. Strong. A blessing to others. Enduring. Impactful. Purposeful.

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

Chaff — light, momentary, insubstantial. Here, and gone.

5. BUT IT DOESN'T ALWAYS LOOK THAT WAY - SO, HOW CAN WE BE SURE THE PSALMIST IS RIGHT?

The righteous suffer. The wicked can seem to prosper. So the Psalmist does not just look at this one moment. He looks at life right now from the standpoint of what life is going to be like in the future. You have to take the long view.

"The wicked will not stand in the judgment..."

"For the LORD knows the way of the righteous, but the way of the wicked will perish."

The wicked may be spreading himself like a green tree right now, **but he passes away**. There is a future for the upright. And **that is why the way of the righteous is the absolute best life**.

6. NOW WE'VE GOT A PROBLEM THOUGH.

We want to be like this man. But if it is up to us to perfectly be him, **we are all in trouble**. We have all done too much walking in the counsel of the wicked. But that is a big reason we delight in God's law and meditate on it day and night. It not only shows us how much we have failed and what we deserve; **it also shows us what God has done to solve our problem**.

7. SO HERE'S THE GOOD NEWS.

God sent His Son, **Jesus**. And this Psalm totally describes Him. He is this blessed man—the one who won at life. He never walked in the counsel of the wicked. He always delighted in the law of the Lord and meditated on it day and night. And yet He was crucified on a tree, as part of God's plan to provide forgiveness for those who trust in Him. It looked like the wicked won. Three days later Jesus rose from the dead. Now we look at Jesus and put our faith in Him. He is like the tree planted by streams of water: fruitful, unwithered, prospering. **We take hold of that fruit in faith, are healed and transformed, and want to live a life like His. And this Psalm shows us where to start.**