

The Spiritual Disciplines of Study and Meditation
Psalm 1:1-6

¹ How blessed is the man who does not walk in the counsel of the wicked, Nor stand in the path of sinners, Nor sit in the seat of scoffers!

² But his delight is in the law of the Lord, And in His law he meditates day and night.

³ He will be like a tree *firmly* planted by streams of water, Which yields its fruit in its season And its leaf does not wither; And in whatever he does, he prospers.

⁴ The wicked are not so, But they are like chaff which the wind drives away.

⁵ Therefore the wicked will not stand in the judgment, Nor sinners in the assembly of the righteous.

⁶ For the Lord knows the way of the righteous, But the way of the wicked will perish.

Bible Study

What most stands out to you in this Psalm?

What groups of people are in view in this psalm?

What contrasts are made between them in verses 1-3 and verses 4-6?

What does the word “Blessed” mean in verse 1?

What do you make of the progression of verbs in verse 1 from “walk”, to “stand”, to “sit?”

In which group do you belong?

What do you learn about God in this passage?

Meditation

Personalize Psalm 1 by placing your name in verse 1 in place of “the man”. Read through verses 1-3 as if God were speaking these words to you.

Confess to God any area in which your life does not match the description of the righteous person in verses 1-2.

Visualize what it would look like in your life if you did not walk in the counsel of the wicked, stand in the path of sinners, or sit in the seat of scoffers. What would change in your life?

Visualize what your life would look like if you were like a tree planted by a desert stream whose leaf did not wither and you always produced fruit in season. What would that look like as a spouse? As a parent? As an employee? As a Christ follower?

Visualize having to stand in the presence of the hurricane of God’s Justice. What would enable you to stand in his judgment?

Pray selected portions of this psalm to God.

Record any additional insights you received from this psalm.