

## Psalm 1

**Read:** Psalm 1:1-6

### **Summary:**

The book of Psalms is wonderfully honest and refreshingly real. It teaches us much truth about God and shows us how to respond to Him. The Psalms were written in worship to God and yet often were declared back as revelation of God. This Psalm and so the whole book starts with an invitation to happiness! Many of us might have started with the concept 'obey' or 'love' yet this word equates to happiness. Blessedness has been described as 'the heart condition the world is looking for'.... Yet this is not some product but a way!

### *2 Ways*

Men and women have a choice of going one of two ways: you can either join with the wicked, sinners and scoffers or you can choose to go the other way. It can be easy to slip into sin and our everyday decisions must be watched at all times. We are to be an influence for God. We are to delight in God's revelation to us. Even though life becomes busy and full on we should seek to be absorbed with Him.

### *2 Fruit*

Whatever shapes your think shapes your life. Your actions betray what is going on inside. This Psalm paints a distinction between 2 different types of fruit: A tree is fruitful, well watered, stable and durable; Chaff is useless, blown, rootless and weightless. Which are you?

### *2 Outcomes*

We can be fascinated with the future – dreaming what might be or worrying about negative possibilities. It can seem appealing to live for today, push on and think nice guys always finish last. However this Psalm teaches that our moral choices matter and have ultimate consequences. Are we going to perish or join the congregation of the righteous?

Our choices flow from grace as we are blessed by what God has revealed to us rather than how we choose to live. We know from Psalms that there is no-one good enough. Isaiah teaches us that Jesus was wounded for our transgressions and crushed for our iniquities. Ultimately we are made righteous because of Jesus and so we want to live for Him!

### **Application:**

1. What did God say to you on Sunday and what are you going to do as a result?
2. What are the biggest temptations in your life?
3. Pray for one another to know the streams of the Holy Spirit well up and bubble over.
4. What fruit do you not like in your own life? Have you seen any change in this area?
5. Are you really happy? What do you think would make you happier in life?
6. List 6 people you influence. How are you doing? How would you like to change?
7. In what ways in the last week have you been different due to being a Christian than you would have been in the past?