

Psalm 1: The Path to Blessing

Read Psalm 1:1-2

To glimpse what the Psalms say about God and the way He blesses, let's start at the very beginning with Psalm 1. It is a wisdom Psalm - that is, its purpose is to teach us the best way to live. It focuses more on daily living than abstract theology. Specifically, it contrasts two different types of people: the wicked and the righteous.

As you begin the Psalm, think about the first two verses. Look beneath the surface and consider what these verses tell us about God and the way He blesses.

- His blessings require our cooperation and our trust. They require our obedience. Remember: Sovereign God has decreed the well-being of those who obey Him.
- Specifically, His blessings hinge on what we do and what we don't do. They depend on the choices we make in practical daily living. Remember Jesus' story of the wise man and the foolish man (Matthew 7:24-27): our success or failure in life is determined not by our understanding of God's law, but by our putting it into practice.

Listen to the Psalm's practical wisdom:

To enjoy God's blessings, be careful who you listen to. Watch whose advice you take.
The fear of the Lord is the beginning of wisdom; A good understanding have all those who do His commandments (Psalm 111:10, NASB).

To enjoy God's blessings, choose your most trusted friends very carefully. Don't follow the lifestyle of those who don't follow God.

To enjoy God's blessings, don't share the attitudes of the godless. Think and speak like children of our loving, heavenly Father.

Delight in God's Word. Desire it out of a deep hunger for the mind of Christ. Be drawn to it by love, not driven to it by guilt. Meditate on it. Here the word refers to making a low sound, as if to whisper or mutter to oneself. Chew on it. Ask God to give you understanding, and don't wait until you understand it completely. Start with what you do understand, and ask God to help you apply it. Be patient with yourself, but persistent.