

Psalm 1

How to Be Happy and Blessed in Life, Psalm 1:1-6

What Do You Do When You Come to a Fork in the Road? (The Blessed Person Is the Righteous Person)

Psalm 1:1-6 NKJV

The Way of the Righteous and the End of the Ungodly

¹ Blessed is the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful;

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

³ He shall be like a tree Planted by the rivers of water, That brings forth its fruit in its season, Whose leaf also shall not wither; And whatever he does shall prosper.

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

⁵ Therefore the ungodly shall 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 ungodly shall perish.

c. Their mockery (v. 1).

Psalm 1:1 NKJV

¹ Blessed is the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful.

Psalm 1:1 AMP

¹ Blessed [fortunate, prosperous, and favored by God] is the man who does not walk in the counsel of the wicked [following their advice and example], Nor stand in the path of sinners, Nor sit [down to rest] in the seat of scoffers (ridiculers).

I. The Character of the Scoffer

II. The Position of the Scoffer

III. The Protection of the Righteous

IV. The Call to Decision

Psalm 1:1 calls each believer to choose:

- Whose counsel will you follow?
- Whose company will you keep?
- Whose attitude will you adopt?

The Call to Choose

Psalm 1 doesn't merely describe the wicked—it defines the way of blessing by contrast.

Every believer must answer three searching questions:

1. Whose counsel will you follow? — The ungodly offer advice that sounds wise but leads to ruin.

2. Whose company will you keep? — Companionship shapes character; walk with the wise, and you will be wise.

3. Whose attitude will you adopt? — Will you mock righteousness or model it?

The righteous are not perfect, but they are *protected*. They are not isolated but *insulated*. To be blessed is to be separated unto the Lord, walking a narrow road that the scoffer cannot comprehend. A life of blessing flows from a life separated unto God.

They live in the world but are set apart for God (**2 Cor. 6:17-18**).

2 Corinthians 6:17-18 NKJV

¹⁷ Therefore “Come out from among them And be separate, says the Lord. Do not touch what is unclean, And I will receive you.”

¹⁸ “I will be a Father to you, And you shall be My sons and daughters, Says the Lord Almighty.”

2 Corinthians 6:17-18 AMP

¹⁷ “So come out from among unbelievers and be separate,” says the Lord, “And do not touch what is unclean; And I will graciously receive you *and* welcome you [with favor],

¹⁸ And I will be a Father to you, And you will be My sons and daughters,” Says the Lord Almighty.

Psalm 26:4 NKJV

⁴ I have not sat with idolatrous mortals, Nor will I go in with hypocrites.

Psalm 26:4 (NASB)

⁴ “I do not sit with deceitful men, Nor will I go with pretenders.”

Proverbs 4:14-15 NKJV

¹⁴ Do not enter the path of the wicked, And do not walk in the way of evil.

¹⁵ Avoid it, do not travel on it; Turn away from it and pass on.

Proverbs 13:20 NKJV

²⁰ He who walks with wise *men* will be wise, But the companion of fools will be destroyed.
(will suffer harm-NASB)

Proverbs 13:20 AMP

²⁰ He who walks [as a companion] with wise men will be wise, But the companions of [conceited, dull-witted] fools [are fools themselves and] will experience harm.

Jeremiah 15:17 NKJV

¹⁷ I did not sit in the assembly of the mockers, Nor did I rejoice; I sat alone because of Your hand,

For You have filled me with indignation.

Jeremiah 15:17 AMP

¹⁷ I did not sit with the group of those who celebrate, Nor did I rejoice; I sat alone because Your [powerful] hand was *upon me*, For You had filled me with indignation [at their sin].

Thought 2. Pastor and Bible teacher Harry A. Ironside viewed this verse as Messianic; that is, as a prophetic reference to the Lord Jesus Christ. He understood the perfect tenses of the verbs to speak of one who *never* walked in the counsel of the ungodly, nor stood in the way of sinners, nor sat in the seat of the scornful: “Who is this blessed man to whom our attention is directed as we open this lovely Old Testament book of praise and prayer? ...he is telling us of the

blessedness of the Man who has never done any of these things, the Man who never took his own way, the Man who never walked with the world as part of it, who never did a thing in opposition to the will of God.

Who is that man?

... there is only one Man who ever walked through this scene to whom these words apply. The One of whom David speaks here is the One who hung on Calvary's cross, and who in the words of the twenty-second Psalm cried,

Psalm 22:1 NKJV

¹ My God, My God, why have You forsaken Me?

Why are You so far from helping Me, And from the words of My groaning?

How delightful it is to contemplate Him, to think of Him coming down into the world His hands had made, becoming man and going through this scene in all perfection, ministering to the needs of sinners but never joining with them in their rebellion against the Father.” (Harry A. Ironside)

Ancient church fathers Augustus and Jerome also believed that the first half of this psalm was intended to describe the character and reward of the Lord Jesus Christ. The instruction of the psalm to us must not be ignored, but meditating upon these verses with Jesus in view stirs our hearts to focus on Him and follow His example as never before.

Luke 9:23 NKJV

²³ Then He said to *them* all, “If anyone desires to come after Me, let him deny himself, and take up his cross daily, and follow Me.

Luke 9:23 Reverse for Clarity

“If anyone desires to avoid following Me, let him indulge himself, refuse the cross, and go his own way.”

Colossians 2:6 NKJV

⁶ As you therefore have received Christ Jesus the Lord, so walk in Him.

Colossians 2:6 AMP

⁶ Therefore as you have received Christ Jesus the Lord, walk in [union with] Him [reflecting His character in the things you do and say—living lives that lead others away from sin].

1 Peter 2:21 NKJV

²¹ For to this you were called, because Christ also suffered for us, leaving us an example, that you should follow His steps.

1 Peter 2:21 AMP

Christ Is Our Example

²¹ For [as a believer] you have been called for this purpose, since Christ suffered for you, leaving you an example, so that you may follow in His footsteps.

1 John 2:6 NKJV

⁶ He who says he abides in Him ought himself also to walk just as He walked.

1 John 2:6 AMP

⁶ Whoever says he lives in Christ [that is, whoever says he has accepted Him as God and Savior] ought [as a moral obligation] to walk *and* conduct himself just as He walked *and* conducted Himself.