

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)

2. (Psalm 1:2-3) Be devoted to God's Word.

Psalm 1:2-3 NKJV

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.

Psalm 1:2-3 AMP

² But his delight is in the law of the Lord, And on His law [His precepts and teachings] he [habitually] meditates day and night.

³ And he will be like a tree *firmly* planted [and fed] by streams of water, Which yields its fruit in its season; Its leaf does not wither; And in whatever he does, he prospers [and comes to maturity].

Psalm 1:2-3 (Reverse for Clarity)

² If his heart found no delight in the law of the Lord, he would neglect it and fill his mind with the world's noise instead of God's truth. But because his joy and satisfaction are rooted in God's Word, he constantly turns it over in his thoughts—day and night—until it shapes his desires, decisions, and destiny.

³ Therefore, he becomes like a deeply rooted tree, intentionally planted beside flowing waters that never run dry. In every season, he produces the fruit God intends—timely, healthy, and abundant. His life does not fade with hardship or drought, for his strength comes from the living Word of God. Whatever he sets his hand to prospers' because his roots remain in the Lord.

Opening Prayer

Heavenly Father,

We come before You with grateful hearts, ready to receive the nourishment of Your Word. Plant us by the rivers of living water so that our roots go deep into Your truth. Open our minds to understand and our hearts to delight in Your precepts. Let the distractions of this world fade away so that Your voice is the loudest and clearest one we hear tonight.

Teach us not only to read Your Word but to 1) love it, 2) meditate upon it, and 3) live it. Through Your Spirit, may Your Word 1) take root, 2) grow, and 3) bear fruit in every area of our lives.

In Jesus' name we pray—Amen.

Modern-Day Introduction

In our world today, people scroll endlessly through screens, filling their minds with voices, opinions, and entertainment. But peace, direction, and purpose are not found in social media feeds or motivational podcasts—they are found in the living and enduring Word of God. Just as a smartphone needs constant charging, our souls need continual connection to God's truth.

Psalm 1 reminds us that the blessed person—the truly happy, grounded, and fruitful believer—is the one who delights in and meditates upon God’s Word *day and night*. It’s not a Sunday-only relationship but a daily devotion that anchors us in every season of life. Instead of following ungodly advice, the blessed person heeds the counsel of God’s inspired Word. We must be guided by the light and wisdom of Scripture if we wish to enjoy a life filled with peace, happiness, and hope.

a. Love it and take great delight in it ([v. 2](#))

[Psalm 1:2 NKJV](#)

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

A **delight** (**chephets**) is something that we desire and enjoy. It speaks here of an emotional involvement with God’s Word. The **law** (**torah**) stands for all the Scripture, but it originally consisted of **Genesis** through **Deuteronomy**. At the time of this psalm, the Pentateuch (**Genesis-Deuteronomy**) was all that the Hebrews possessed of God’s Word. We are privileged today to possess God’s complete revelation to humanity. The blessed person has genuine affection—passionate feelings—for the Bible. He or she has an emotional relationship with Scripture. If we wish to receive God’s life-enhancing favor, we will love the Bible.

How can we not love the Word of God if we truly love the God of the Word?

The person who longs to be blessed and happy will delight in...

- reading the Bible
- studying it
- thinking about it
- hearing it preached and taught
- obeying it (see Thought 1 below)

Main Teaching Outline

A. Love It and Take Great Delight in It ([v. 2](#))

“But his delight is in the law of the Lord...”

The Hebrew word **chephets** means *pleasure, desire, or delight*. The blessed person doesn’t read Scripture out of duty but out of delight. It is his joy and greatest treasure. When we love the God of the Word, we naturally love the Word of God. The Bible becomes not just a book we study—but a friend who speaks life and wisdom into every circumstance.

Modern-Day Illustration

Think of a young couple in love who reread each other’s messages over and over. They don’t do it because they *have* to; they do it because they *want* to. In the same way, the believer who delights in Scripture keeps returning to it—not from obligation, but from affection. Or imagine a child who treasures a letter from a deployed parent—it’s worn, folded, and tear-stained because it carries the voice of someone deeply loved. That’s how we should hold God’s Word.

b. Meditate on it continuously ([vv. 2-3](#)).

[Psalm 1:2-3 NKJV](#)

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.

Deep, passionate affection for God's Word drives the blessed man to meditate (**hagah**) on it unceasingly. This Hebrew word is in the imperfect tense, indicating continuous action, ongoing meditation. The Bible has not only "captured his full affection" but also "claimed his full attention." Biblical meditation is nothing like the popular techniques taught in Eastern religions in which people are given methods of emptying their minds. **"It is not content-less but content-full. It is not accomplished by eliminating thought but by redirecting thought to the Word of God."**

To meditate on the Scripture is to be filled with it, *"to discourse with ourselves concerning the great things contained in it, with a close application of mind, a fixedness of thought, till we be suitably affected with those things and experience the savior and power of them in our hearts."* Reprinted by permission. All rights reserved. Henry, Matthew. *Matthew Henry's Commentary on the Whole Bible: Complete and Unabridged in One Volume*. Peabody, MA: Hendrickson Publishers, 1994. See pages 743-744 (on Psalm 1:1-3).

Hagah (meditate) means to murmur, to speak, to study, to talk, to utter. Thus, meditation involves more than keeping God's Word on our minds and in our hearts. It also includes keeping God's word on our lips. "Meditation includes audible recitation;" that is, speaking God's Word aloud. Why is this so important?

The New Testament teaches that the Bible is the "sword of the Spirit" ([Ephesians 6:17](#)).

[Ephesians 6:17 NKJV](#)

¹⁷ And take the helmet of salvation, and the sword of the Spirit, which is the word of God.

It is a weapon that we are to wield against the enemy. Jesus modeled this when He was tempted by Satan in the wilderness ([Matthew 4:1-11](#)).

[Matthew 4:1-11 NKJV](#)

Satan Tempts Jesus

¹ Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil.

² And when He had fasted forty days and forty nights, afterward He was hungry.

³ Now when the tempter came to Him, he said, "If You are the Son of God, command that these stones become bread."

⁴ But He answered and said, "It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'"

⁵ Then the devil took Him up into the holy city, set Him on the pinnacle of the temple,

⁶ and said to Him, "If You are the Son of God, throw Yourself down. For it is written: 'He shall give His angels charge over you,' and, 'In *their* hands they shall bear you up, Lest you dash your foot against a stone.'"

⁷ Jesus said to him, "It is written again, 'You shall not tempt the Lord your God.'"

⁸ Again, the devil took Him up on an exceedingly high mountain, and showed Him all the kingdoms of the world and their glory.

⁹ And he said to Him, “All these things I will give You if You will fall down and worship me.”

¹⁰ Then Jesus said to him, “Away with you, Satan! For it is written, ‘You shall worship the Lord your God, and Him only you shall serve.’”

¹¹ Then the devil left Him, and behold, angels came and ministered to Him.

When Satan enticed Him, Jesus spoke the Scripture aloud in response. Eventually, God’s powerful Word wore down the enemy, and he left the Savior alone. Our battles as Christian believers are *spiritual* battles. We fight against Satan and his demonic forces ([Ephesians 6:12](#)); therefore, we must wage war against them with spiritual, not physical, weapons. Our weapons are the Word of God and prayer ([2 Corinthians 10:3-4](#); [Ephesians 6:17-18](#)).

[Ephesians 6:12 NKJV](#)

¹² For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual *hosts* of wickedness in the heavenly *places*.

[Ephesians 6:12 – Reverse for Clarity](#)

¹² We are not engaged in a battle against human beings, for our real struggle is not with people made of flesh and blood. Instead, we are fighting against invisible forces of evil—against the demonic rulers who govern unseen realms, against the powers that manipulate and influence the systems of this world’s darkness, against spiritual armies of wickedness operating in the heavenly spheres, who seek to corrupt, deceive, and destroy all that belongs to God.

[2 Corinthians 10:3-4 NKJV](#)

³ For though we walk in the flesh, we do not war according to the flesh.

⁴ For the weapons of our warfare *are* not carnal but mighty in God for pulling down strongholds.

[2 Corinthians 10:3–4 \(Reverse for Clarity\)](#)

³ Although we live in human bodies, our battles are not fought with human strength, strategies, or emotions.

⁴ For the weapons we use are not weak, earthly, or fleshly tools, but are divinely empowered through God’s might to demolish every spiritual fortress, false argument, and stronghold that resists His truth.

[Ephesians 6:17-18 NKJV](#)

¹⁷ And take the helmet of salvation, and the sword of the Spirit, which is the word of God;

¹⁸ praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints.

[Ephesians 6:17–18 — Reverse for Clarity](#)

¹⁷ Do not neglect the protection of your mind and soul—without salvation as your helmet, your thoughts will be vulnerable to the enemy’s attacks. And do not lay aside the sword of the Spirit, for it is the living Word of God that pierces through deception and defends truth.

¹⁸ Instead of ceasing from prayer, keep praying continually, in every form of prayer and petition, empowered and guided by the Holy Spirit. Do not grow careless or distracted, but stay alert and persistent, interceding faithfully for all of God’s people everywhere.

To speak God's Word is 1) to release it 2) empower it, 3) to unleash its conquering power against the enemy. By speaking God's Word, we swing the sword of the Spirit against our deadly, destructive foe.

In His challenge to Joshua, the Lord connected meditating on the Word with speaking it:

[Joshua 1:8 NKJV](#)

⁸ This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

[Joshua 1:8 — Reverse for Clarity](#)

⁸ If you let this Book of the Law depart from your mouth, if you neglect to meditate on it day and night, if you fail to live according to what is written in it— then your path will turn toward confusion, and your life will lack true prosperity and lasting success. But when you continually speak God's Word, when you dwell on it both day and night, and when you obey all that it commands, then your steps will be guided by divine wisdom, your way will prosper, and your life will flourish with God's favor.

Many voices vie for our attention as we journey through this world. How can we identify which voices must be ignored and which should be heeded? We do it by meditating on God's Word. Through meditation we learn to discern the counsel of the ungodly and reject it. Meditation also strengthens us to resist the temptation of the sinful way, and it preserves us from developing a scornful attitude toward God's commands.

As we focus our thoughts on the Bible, we learn more about God and His ways. We learn that God's holy commands flow from His loving heart and that they protect and guide us throughout life. Through obeying God, we learn to appreciate His commands because God showers His favor and blessings upon us. We become the *blessed person* of [Psalm 1](#) ([John 14:21](#); [John 15:10, 14](#)).

[John 14:21 NKJV](#)

²¹ He who has My commandments and keeps them, it is he who loves Me. And he who loves Me will be loved by My Father, and I will love him and manifest Myself to him."

[John 15:10 NKJV](#)

¹⁰ If you keep My commandments, you will abide in My love, just as I have kept My Father's commandments and abide in His love.

[John 15:14 NKJV](#)

¹⁴ You are My friends if you do whatever I command you.