

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.

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 *cheephets* 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.

The Hebrew word *hagah* means “to murmur, to ponder, to speak aloud.” Biblical meditation is not emptying the mind—it’s *filling it* with God’s truth and letting that truth echo in the heart until it transforms the way we think and live.

Meditation is turning God’s Word over and over until it becomes part of our inner vocabulary. It’s **1)** whispering Scripture in prayer, **2)** recalling it in temptation, and **3)** declaring it in faith—just as Jesus did when He faced Satan in the wilderness ([Matthew 4:1-11](#)).

Modern-Day Illustration

Think of how a song gets stuck in your head—you hum it without realizing it. That’s what happens when we meditate on Scripture. It becomes the soundtrack of our soul. Or picture a farmer who keeps chewing his food slowly to draw every bit of nourishment from it. Meditation is the spiritual “chewing” of the Word—absorbing every ounce of truth and grace.

c. The result ([v. 3](#)).

[Psalm 1:3 NKJV](#)

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.

The blessed man (or woman) is compared to a tree, but not just any tree. He is not like a wild seedling that randomly sprouts in an inconvenient place. He is like a tree intentionally *planted* in

a carefully chosen spot: by the river where it will receive plenty of water for its growth, where it will have every advantage to become fruitful. God is presented throughout the Bible as a husbandman or gardener. His relationship with Israel is portrayed as that of an owner and dresser of a vineyard ([Isaiah 5](#)).

He is seen diligently cultivating His choice vine, the Hebrew nation. Those reached by the Savior are called “oaks of righteousness, the planting of the Lord” ([Isaiah 61:3](#)).

[Isaiah 61:3 NKJV](#)

³ **To console those who mourn in Zion, To give them beauty for ashes, The oil of joy for mourning, The garment of praise for the spirit of heaviness; That they may be called trees of righteousness, The planting of the Lord, that He may be glorified.**

Jesus also described the Father as the vinedresser and believers as branches of Christ, who is the True Vine ([John 15:1](#)).

[John 15:1 NKJV](#)

¹ **“I am the true vine, and My Father is the vinedresser.**

The Father’s work in pruning and cultivating fruit is again emphasized. A believer is also portrayed as a field that is sown and watered, a field in which God produces an increase ([1 Corinthians 3:7-9](#)).

[1 Corinthians 3:7-9 NKJV](#)

⁷ **So then neither he who plants is anything, nor he who waters, but God who gives the increase.**

⁸ **Now he who plants and he who waters are one, and each one will receive his own reward according to his own labor.**

⁹ **For we are God’s fellow workers; you are God’s field, you are God’s building.**

[1 Corinthians 3:7-9 — Reverse for Clarity](#)

⁷ **Therefore, it is not the one who plants nor the one who waters who holds the true power or importance, but *God alone* who causes the seed to grow and brings forth increase. Without Him, human effort bears no eternal fruit.**

⁸ **The planter and the waterer are united in purpose and partnership under God’s direction; yet each will receive a personal reward that matches the faithfulness and diligence of his own labor. God measures not by status, but by service.**

⁹ **For we are not independent workers, but co-laborers belonging to God Himself. You—God’s people—are His cultivated field where He brings growth, and you are His building, being constructed by His design and strength.**

[Psalm 1:3 NKJV](#)

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.**

Planted also indicates that the blessed individual is firmly fixed. Like a deeply-rooted tree, the righteous are secure when the winds and storms of life rage against them ([Ephesians 3:17](#); [Colossians 2:7](#)).

[Ephesians 3:17 NKJV](#)

¹⁷ **That Christ may dwell in your hearts through faith; that you, being rooted and grounded in love.**

Colossians 2:7 NKJV

⁷ Rooted and built up in Him and established in the faith, as you have been taught, abounding in it with thanksgiving.

The strong root system also delivers fresh water from the river, which produces abundant fruit. The tree flourishes. Its leaves do not wilt and fall off. Its foliage is rich, thick, and lush. As ones who are blessed, our lives are flourishing and fruitful. Like a well-watered tree, we produce spiritual fruit when we delight and meditate in God's Word (see **Deeper Study # 2**).

The blessed man is *prosperous* in all that he does. Prosperity may include earthly possessions, but God's richest blessings have nothing to do with material blessings. Scripture speaks of a more valuable prosperity, the prosperity of the soul (**3 John 2**).

3 John 2 NKJV

² Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

True prosperity in our lives is producing the fruit of God's Spirit: love, joy, peace, patience. Bearing the fruit of God's Spirit is the result of loving God's Word and obeying it. Also note this: water in the Scripture is a symbol of the Holy Spirit (**John 7:38-39**).

John 7:38-39 NKJV

³⁸ He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water."

³⁹ But this He spoke concerning the Spirit, whom those believing in Him would receive; for the Holy Spirit was not yet given, because Jesus was not yet glorified.

John 7:38-39 (NKJV) — Reverse for Clarity

³⁸ When a person does not believe in Me, as the Scripture declares, his inner being remains dry and lifeless, for no streams of living water can flow from a heart that rejects Me.

³⁹ This dryness exists because such a one has not received the Holy Spirit—the very Spirit that is given only to those who believe in Me. For at that time, before My glorification through death and resurrection, the Holy Spirit had not yet been poured out upon believers.

It is the Spirit who produces fruit in our lives (**Galatians 5:22-23**).

Galatians 5:22-23 NKJV

²² But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness,

²³ gentleness, self-control. Against such there is no law.

Water is also a symbol of the Word, specifically of the washing and cleansing effect of Scripture (**John 15:3**; **Ephesians 5:26**).

John 15:3 NKJV

³ You are already clean because of the word which I have spoken to you.

Ephesians 5:26 NKJV

²⁶ That He might sanctify and cleanse her with the washing of water by the word.