

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 1:3 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.

Psalm 1:3 AMP

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 1:3 (Reverse for Clarity)

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.

DEEPER STUDY #2

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.

(Psalm 1:3) The Fruit of the Believer: God commands us to bear fruit for the Lord Jesus Christ and His kingdom. He has chosen us for this very purpose: that we should go and bring forth fruit, spiritual fruit that remains even after we are gone (Jn. 15:16; Ro. 7:4).

John 15:16 NKJV

¹⁶ You did not choose Me, but I chose you and appointed you that you should go and bear fruit, and *that* your fruit should remain, that whatever you ask the Father in My name He may give you.

Romans 7:4 NKJV

⁴ Therefore, my brethren, you also have become dead to the law through the body of Christ, that you may be married to another—to Him who was raised from the dead, that we should bear fruit to God.

Jesus cursed the fig tree that did not bear fruit (Mt. 21:19), and He is equally displeased with us when we are unfruitful in His service (Jn. 15:2).

Matthew 21:19 NKJV

¹⁹ And seeing a fig tree by the road, He came to it and found nothing on it but leaves, and said to it, "Let no fruit grow on you ever again." Immediately the fig tree withered away.

John 15:2 NKJV

² Every branch in Me that does not bear fruit He takes away; and every *branch* that bears fruit He prunes, that it may bear more fruit.

Introduction: The Blessed Life Is a Fruitful Life

Psalm 1 paints a vivid picture of the blessed person — a believer deeply rooted in the Word of God, drawing nourishment from the living waters of His Spirit. This person's life resembles a tree planted by rivers of water—steady, flourishing, and fruitful in every season.

In a world filled with shallow pursuits and temporary achievements, God calls His people to bear **lasting fruit** — fruit that remains even after they are gone (**John 15:16**).

John 15:16 NKJV

¹⁶ **You did not choose Me, but I chose you and appointed you that you should go and bear fruit, and that your fruit should remain, that whatever you ask the Father in My name He may give you.**

True prosperity is not measured by possessions or status, but by the spiritual fruit that flows from obedience, holiness, and love. Just as trees need constant water and good soil to thrive, believers must remain rooted in Scripture, nourished by prayer, and pruned by God's Spirit to produce spiritual fruit.

The New Testament mentions six fruits that we should bear for the Lord:

Let's look at the **six kinds of fruit** that mark the life of a believer who is truly planted by the rivers of living water.

1. The fruit of telling others about Jesus Christ and sharing the gospel with them.

1. The Fruit of Evangelism — Telling Others About Christ

Scripture: **Romans 1:13–16**; **Matthew 28:19–20**

Romans 1:13-16 NKJV

¹³ **Now I do not want you to be unaware, brethren, that I often planned to come to you (but was hindered until now), that I might have some fruit among you also, just as among the other Gentiles.**

¹⁴ **I am a debtor both to Greeks and to barbarians, both to wise and to unwise.**

¹⁵ **So, as much as is in me, *I am* ready to preach the gospel to you who are in Rome also.**

The Just Live by Faith

¹⁶ **For I am not ashamed of the gospel of Christ, for it is the power of God to salvation for everyone who believes, for the Jew first and also for the Greek.**

Matthew 28:19-20 NKJV

¹⁹ **Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit,**

²⁰ **teaching them to observe all things that I have commanded you; and lo, I am with you always, *even to the end of the age.*” Amen.**

Modern Illustration:

Imagine a cellphone tower that transmits signals to countless devices. If it loses power, the signal dies, and communication stops. Likewise, believers are transmitters of God's message. When we neglect to share the gospel, we cut off the spiritual connection that brings life to others.

A modern believer who posts Scripture online, prays for co-workers, or gently shares Christ's hope with a struggling neighbor is like that tower shining light into a communication-dark world.

Lesson: A fruitful Christian is a faithful witness. Our lives and words should always point others to Jesus Christ — the true Vine.

2. The fruit of holiness

2. The Fruit of Holiness — Living a Life Set Apart

Scripture: [Romans 6:22](#); [1 Peter 1:15–16](#)

[Romans 6:22 NKJV](#)

²² But now having been set free from sin, and having become slaves of God, you have your fruit to holiness, and the end, everlasting life.

[1 Peter 1:15-16 NKJV](#)

¹⁵ But as He who called you is holy, you also be holy in all *your* conduct,

¹⁶ because it is written, “Be holy, for I am holy.”

Modern Illustration:

Think of a water filtration system. It removes impurities so the water can be safe and refreshing. Holiness does the same for the believer's heart — it filters out the toxins of sin, bitterness, and compromise.

In a society where immorality is celebrated, holiness is countercultural. A Christian who refuses dishonest shortcuts at work or stays morally pure in relationships is bearing the fruit of holiness — showing that God's grace truly transforms.

Lesson: Holiness is not isolation: it's distinction. It's being in the world but not of it.

3. The fruit of giving

3. The Fruit of Giving — Generosity in Action

Scripture: [Romans 15:28](#); [Philippians 4:17](#)

[Romans 15:28 NKJV](#)

²⁸ Therefore, when I have performed this and have sealed to them this fruit, I shall go by way of you to Spain.

[Philippians 4:17 NKJV](#)

¹⁷ Not that I seek the gift, but I seek the fruit that abounds to your account.

Modern Illustration:

Picture a bank account that compounds interest. Each deposit, though small, grows over time. The same is true with generosity — every act of giving to God's work multiplies eternally.

When a believer supports missions, helps a single mother, or blesses someone in quiet need, that giving becomes a spiritual investment that will never lose value.

Lesson: The fruit of giving is not about the size of the gift but the size of the heart behind it. God measures generosity by love and obedience.

4. The fruit of the Spirit, which is Christ-like temperament and character

4. The Fruit of the Spirit — Christlike Character

Scripture: 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.**

Modern Illustration:

Our culture values image more than character, but the fruit of the Spirit is about inward transformation. Think of smartphone updates — they fix bugs and improve performance. The Holy Spirit constantly updates our hearts to align with Christ's likeness.

When others see patience in provocation, joy in trials, or gentleness in leadership — they taste the fruit of the Spirit at work.

Lesson: True fruit grows from within. The Spirit doesn't decorate the believer's life — He regenerates it.