

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.

Psalm 1:1-6 AMP

The Righteous and the Wicked Contrasted.

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).

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].

⁴ The wicked [those who live in disobedience to God's law] are not so, But they are like the chaff [worthless and without substance] which the wind blows away.

⁵ Therefore the wicked will not stand [unpunished] in the judgment, Nor sinners in the assembly of the righteous.

⁶ For the Lord knows *and* fully approves the way of the righteous, But the way of the wicked shall perish.

(Psalm 1:1-6) Introduction: the United States' *Declaration of Independence* proclaims that God has endowed all men with the "unalienable Rights" of "Life, Liberty and the pursuit of Happiness." Sadly, the pursuit of happiness is the futile quest of far too many of us. We squander our precious time and resources, make poor choices, and often ruin our lives—and others' lives—searching for the treasure of happiness in all the wrong places.

Where can happiness be found? The simple yet powerful truth of God's Word is that true happiness is a gift of God, one of His very special blessings. This wonderful gift is ours if we are rightly related to Him and if we walk in obedience to His commands. Many commentators believe that this psalm was purposely written as the introduction to the entire inspired collection.

Note the following about this hymn of instruction:

- It teaches us how to experience God's blessing.
- It emphasizes God's Word—His holy **law (torah)**.
- It paints a picture of two men who follow sharply different ways of life, men with distinctly different futures.

Introduction to [Psalm 1:1–6](#)

When you open the book of Psalms, the very first chapter doesn't begin with praise, or with lament, or even with a song of thanksgiving. It begins with a choice. [Psalm 1](#) sets the stage for the entire Psalter by drawing a clear line between two ways of life: the way of the righteous and the way of the ungodly.

If you think about it, every day we are faced with choices—who we listen to, what advice we follow, what paths we walk down, and whose company we keep. Culture is constantly pulling us in one direction, telling us to chase after success, popularity, or self-centered freedom.

But [Psalm 1](#) reminds us that true blessing—true happiness and fulfillment—doesn't come from following the noise of the crowd, but from being rooted in God's Word.

The psalm paints two vivid pictures. The righteous person is like a tree—planted, stable, nourished, fruitful, and enduring. The ungodly, on the other hand, are like chaff—lightweight, rootless, easily blown away by the wind. One leads to life and prosperity in God's presence, the other leads to emptiness and ultimate ruin.

[Psalm 1](#) calls us to examine our lives. **Where are we rooted? Who are we influenced by? What voices are shaping our hearts and decisions?** This psalm isn't just ancient poetry—it's a mirror held up to our daily walk, urging us to choose the way that leads to life and to anchor ourselves in the Word of God.

Imagine walking through life as if you were navigating through a busy city street. Voices are calling out from every direction—advertisements telling you what you should buy, influencers telling you how you should live, friends urging you to go along with their choices, and the culture constantly pressing you to compromise just a little. Every day we're surrounded by counsel, paths, and seats—choices about who we listen to, where we stand, and with whom we sit.

[Psalm 1](#) begins with a simple but profound truth: the blessed person—the one who truly flourishes in life—is the one who learns to say “**no**” to the wrong influences and “**yes**” to God's Word. The psalm pictures this person like a tree planted beside streams of living water—**steady, fruitful, and resilient** even when the heat of life comes.

On the other hand, the ungodly—the ones who reject God's ways—are like chaff: **weightless, rootless, and driven away** by the slightest wind.

It's a sobering reminder that every person is on **one of two paths: the way of the righteous**, which God blesses and sustains, or **the way of the ungodly**, which leads to ruin.

Psalm 1 isn't just poetry; it's a roadmap for modern life. It asks us:

- **Who shapes your thinking?**
- **Where are you standing?**
- **What voices are you letting shape your heart?**

In a world filled with distractions, **Psalm 1** calls us back to a simple, timeless truth: a life rooted in God's Word is a life that prospers, while every other path eventually perishes.

Modern Day Introduction to **Psalm 1:1-6**

Every person is walking a path. Some paths lead to life, strength, and flourishing, while others, though they may look easy or appealing at first, lead only to emptiness and destruction.

Psalm 1 sets before us **two ways**: the way of the righteous and the way of the ungodly. It is the opening psalm, the doorway to the book of Psalms, and it is not by accident. It reminds us that all of life comes down to a choice—**whose counsel we follow, what influences we allow to shape us, and where we plant the roots of our soul.**

In our world today, voices bombard us from every side—**news, social media, entertainment, friends, and culture**—all giving counsel on how to live, what to value, and what to pursue.

But the psalmist makes it clear: the truly blessed life is not found in following the world's advice but in meditating on the Word of God. The blessed person delights in God's law, allowing it to guide and nourish their life like a tree planted by streams of water—**strong, fruitful, and enduring**. In contrast, the ungodly may appear successful for a moment, but their lives lack substance, like chaffs blown away by the wind.

Psalm 1 calls us to examine where our roots are. **Are we deeply grounded in God's Word, drawing life from His presence?**

Or are we swayed by the shallow winds of ungodly counsel? The psalm reminds us of a sobering reality: the Lord knows the way of the righteous, but the way of the ungodly will perish. In other words, the paths we walk and the roots we cultivate determine not only our present stability but also our eternal destiny.

Five Modern Illustrations

1. The Noise-Canceling Headphones

Imagine someone on a busy subway surrounded by **loud, competing noises—conversations, announcements, screeching brakes, and ringing phones**. Without headphones, all the voices **compete for attention, creating stress and distraction**. But when they put on noise-canceling headphones and play a calming song, **the chaos fades, and clarity returns**.

In life, ungodly counsel is the noise of the world, while **God's Word is the noise-canceling truth**. To meditate on His law is to tune out the chaos and focus on the melody of His will.