

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.

Opening Prayer Heavenly Father,

We bow before You in reverence and holy awe, for You are the God who knows the way of the righteous and who sees every step of our lives. This evening, as we gather around Your Word, we acknowledge that Your Word is living, powerful, sharper than any two-edged sword, and able to discern the thoughts and intentions of our hearts. We confess that apart from You we can do nothing, but with You all things are possible. Lord, as we open Psalm 1, we come humbly, longing to be **shaped, corrected, nourished, and renewed** by the streams of living water that flow from Your truth. Your Word declares, “**Blessed is the man who does not walk in the counsel of the wicked, nor stand in the path of sinners, nor sit in the seat of scoffers.**”

Father, we ask that You cleanse us from every habit of listening to ungodly counsel, from every compromise that makes us stand in places You have not ordained, and from every prideful seat where mocking words might rest upon our lips. We desire to walk in Your counsel, to stand in Your righteousness, and to sit under the shadow of Your wings. Holy Spirit, stir within us a deeper delight in the law of the Lord.

May Your precepts not be distant rules but living treasures that bring joy to our souls. Teach us what it means to meditate day and night—to let Your truth fill our minds, govern our decisions, and overflow in our speech. Let us not be distracted hearers, but disciplined doers who bear the fruit of obedience.

Lord Jesus, You are the Living Word, the True Vine. Plant us firmly in Yourself, as trees rooted by streams of living water. May our lives yield fruit in due season, fruit that glorifies Your Name and brings life to others. Keep our leaves from withering when trials come.

Prosper us—not with shallow prosperity, but with **the maturity of faith, the depth of character,** and **the abundance of spiritual fruit** that can only come through abiding in You. We also remember, O Lord, that Your Word contrasts the way of the righteous with the way of the wicked. Give us hearts of compassion for those who are still like chaff, blown about by the winds of this world. As we preach and teach in this hour, may Your Word **convict, awaken,** and **rescue** many from perishing. Let none of us be found outside the assembly of the righteous, but rather clothed in the righteousness of Christ, standing boldly on the day of judgment.

Father, we entrust this time into Your hands. Anoint the preaching and teaching of Your Word. Open ears to hear, open eyes to see, and soften hearts to receive. May Your Spirit move in power among us, so that when we leave this place, we will not simply have listened to words, but we will have encountered the Living God. We ask all this in the mighty Name of Jesus Christ, the Righteous One, the Blessed Man who perfectly fulfills **Psalm 1**, and in whom we now find our life, our hope, and our joy.

Amen.

(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 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.

Closing Prayer of Application Gracious and Holy Father,

We come before You at the close of this time in Your Word with hearts **humbled, instructed, and stirred**. We thank You for speaking to us through [Psalm 1](#), reminding us that true blessing is not found in the riches of this world, nor in the applause of men, but in walking in the counsel of our God. Lord, we confess that too often we have given ear to the counsel of the wicked, entertained the voices of compromise, or allowed ourselves to stand where sin reigns. Too often we have rested in the seat of mockers, forgetting that every word of ridicule against Your truth grieves Your Spirit. Forgive us, O God, and cleanse us from these hidden sins.

Wash us in the blood of Christ and set our feet on the firm path of righteousness.

Father, we pray that the truth of [Psalm 1](#) would not leave us as we depart but would become the foundation of our daily living. Let us not be hearers only, but doers of Your Word. Teach us to turn away from ungodly advice, to resist the pull of sinful company, and to refuse the comfort of mocking spirits. Instead, make us a people whose delight is in the law of the Lord, a people who meditate on Your precepts day and night.

Holy Spirit, we ask that You write this truth upon our hearts. Seal it so deeply within us that when temptation comes, we will remember the way of blessing. When voices of compromise whisper, may we recall that the man who is truly blessed is the one who walks not with the wicked. When ridicule arises against our faith, may we take courage, knowing that the Lord approves the way of the righteous.

Lord Jesus, You are the Blessed One, the Righteous Man who never walked in sin's counsel, never stood in the way of transgressors, never sat in the seat of scoffers. You are our example, our Redeemer, and our strength. Help us to walk in Your footsteps, clothed in Your righteousness, empowered by Your Spirit. As we leave this gathering, plant us like trees beside the streams of living water.

May we yield fruit in its season—fruit of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. May our leaves not wither in times of trial, but may we remain strong, flourishing, and steadfast in every circumstance.

Father, let this Word bear lasting fruit in our homes, in our workplaces, in our relationships, and in the hidden places of our hearts.

May the testimony of our lives be this: that we did not follow the way of the world, but we followed the way of the Lord, and in Him we found true blessing. We ask all of this in the matchless Name of Jesus Christ, the Blessed Man, our Savior and Lord.

Amen.