

# Psalm 1

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(Peter Lok) 駱沅祺

[lokpeter@outlook.com](mailto:lokpeter@outlook.com)

[Bibleao.com](http://Bibleao.com)

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## Psalm 1

YouTube Prayer Link

How to be a happy person

Psalm 1

To be a happy person is to know yourself: take the time to understand your interests, values, and goals.

Know what you really want and build relationships with family, friends, and colleagues who can provide support, encouragement, and companionship to enhance your well-being;

Set realistic goals: Set short- and long-term goals and make a plan to achieve them. Achieving goals brings a sense of accomplishment and satisfaction.

Be grateful: Regularly reflecting and being grateful for the good things in life can improve your sense of well-being. Maintaining a grateful mindset can help you look more positively at life's challenges.

Develop a positive mindset: Learn how to deal with setbacks and stress and maintain an optimistic mindset. When faced with difficulties, believe that you can overcome them;

Maintain good health: A healthy diet, moderate exercise, and adequate sleep are all important factors in maintaining a good mood. Physical health has a direct impact on mental health.

Do what you love: Spending time on activities you enjoy, whether it's a hobby or a recreational activity, can bring joy and fulfillment. Learn to relax: Find a relaxation method that works for you, such as meditation, deep breathing, or listening to music, which can help reduce stress and improve overall well-being.

There seem to be thousands of paths in life, but in reality there are only two paths, two choices, two destinations, and two kinds of people: the "way of the righteous" who lives by following God, or the "way of the wicked" who perish because of the rejection of God.

If we are to live a blessed life today that is favored by God, we must actively cultivate a love for God's Word, which will enable us to have spiritual discernment, to filter through the confusion of the daily messages of the world, and to give us the strength to resist their impact, so that we can turn away from all the evil things that God is not pleasing to, and this will make us love God and experience Him more deeply, so that we can live out His destiny for us. When the Last Judgment comes, hypocrites will be set apart and will not be able to stand before Christ.

Psalm 1 tells us how to be happy.

A happy person should meditate day and night, Jehovah, and you should meditate on God's Word at all times, especially when you are quiet. "Thinking" is to allow God's Word to interact with you as it does with people. If we can live like this, God's law and God's principles will enter our hearts, and we will first think about what God's Word says when we speak, think, and work, and this person will be blessed.

We have three degrees of habits or behaviors: walking, standing, and sitting. First, walking, but in the wrong direction. Then, you stand, and you wander in sin. Finally, you sit down, get used to (the seat of the mocker), step by step into the process of irreparable situation, into the abyss of sin. The "mockers" are arrogant and self-righteous, who do not follow God's teachings or listen to what is right, and are the wicked who are arrogant and discriminate against the righteous.

A man of wisdom and wisdom does not follow the schemes of evil, but all that he walks is the way of godliness and peace.

Sinners have their cause for stumbling; Therefore "do not stand in the way of sinners." Those who live in sin do nothing but iniquity and corruption. But the more blessed he is to those who are blessed, the less he can live with sinners, and he must keep himself from defilement.

Blessed people, like a tree "planted by a stream", do not rely on physical efforts, but rely on the "stream" of God's Word to receive the continuous supply of life, and will naturally be able to bear the "fruit" of life at the right time and live more and more God's life. Next to the stream is like in a rice field, where people have to dig a channel to bring in water, and this aqueduct needs to be dug out by yourself. The tree was planted by the brook; This shows that it is rooted in an endless supply of living water, and that blessed people draw on the provision of God's Word at all times, when one loves God's law and meditates on God's law day and night. God will provide us with the water and nutrients we need in time. This is how a happy person develops the habit of thinking about God's Word, we have to restrain our lives, we have to not obey, we do not stand, we do not sit in the position of the wicked, we have to let God's Word shape us, lead us. A sign of vitality is that the fruit tree "bears fruit in due season," a visible sign of vitality that "the leaves do not wither," and the state of life of the blessed person is that "everything he does goes well." "Everything goes well" does not mean that the blessed person has a smooth life without wind or waves; Rather, he will be protected, guided, and favored by God in every situation.

Bran, blown away by the wind: Without grains, chaff has its appearance. It means that the root of life is cut off. Blown away by the wind, it symbolizes the vain state of existence of the wicked who have no real life. Those who do not fear God are like "chaff" drifting away in the wind, ostensibly unrestrained, but in fact they become slaves to the environment because they have no roots, and they are withered and empty because they are cut off from the source of life. Even if they seem powerful for the time being, they are nothing more than chaff, with no eternal value and meaning.

In the last verse, the psalmist wants to reiterate that there are two ways and two outcomes, that God sees everything, that today he gives people to do as he pleases, but in the future everyone will receive retribution according to his own choice.

The trials that believers encounter in their lives are like sunshine in their surroundings that strengthen the lives of those who are rooted in God's Word.

Let's pray:

Thank you, Lord, for showing us the blessed path of life, and in this sinful age, in a world of solipsism, we need your truth, your statutes, and your rules to keep me away from evil, to remove all pride from our hearts, and to humbly submit to you. Lord, may our lives be like the tree planted by a brook, and when our lives are connected to yours, they will bear fruit in due season, for what you have made is good. Lord, may the rivers of your Spirit never dry up in our wombs.

In the name of Jesus Christ. Amen!

Psalm 1

EasyEnglish Bible

### **The two paths<sup>[a]</sup>**

**1** If someone does not do what wicked people tell him to do,  
if he does not join with sinners,  
if he does not meet with those who laugh at God,

God has blessed that person!

**2** He is happy when he obeys the Law of the Lord.<sup>[b]</sup>

He thinks about God's Law during the day and at night.

**3** He will become like a tree that grows beside streams of water.

It gives its fruit at the right season.

Its leaves do not fall off.

Everything that person does will have a good result.

**4** But wicked people are as empty as chaff.

The wind blows them away.<sup>[c]</sup>

**5** So they will not go free when God judges them.

Sinners cannot join with God's people,

the people who are right with God.<sup>[d]</sup>

**6** The Lord takes care of people who respect him.

But wicked people are living in a way that will take them to a bad end.

Psalm 1 is the first chapter of the Book of Psalms and serves as an introduction to the entire Psalter. It contrasts the way of the righteous with the way of the wicked, highlighting the blessings that come to those who follow God's ways and the consequences for those who do not. The psalm emphasizes the importance of delighting in God's law and meditating on it day and night, offering wisdom for living a godly life.

Full Text (King James Version - KJV)

## Psalm 1

Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.

But his delight is in the law of the Lord; and in his law doth he meditate day and night.

And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

The ungodly are not so: but are like the chaff which the wind driveth away.

Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous.

For the Lord knoweth the way of the righteous: but the way of the ungodly shall perish.

Important Themes and Verses:

The Blessed Man (Verse 1)

This verse opens by describing the "blessed" or happy person, characterized by their avoidance of wicked influences and negative behaviors. Walking in the counsel of the ungodly, standing in the path of sinners, and sitting in the seat of the scornful suggest a progression toward deeper sin. True blessedness comes from rejecting these paths.

Delight in the Law of the Lord (Verse 2)

The righteous person delights in God's law and meditates on it continually. This meditation is not just intellectual, but involves finding joy and satisfaction in following God's teachings, internalizing them deeply.

The Righteous as a Tree (Verse 3)

The righteous are compared to a tree planted by rivers of water, suggesting a life that is nourished, stable, and fruitful. This is a metaphor for spiritual vitality and prosperity, with roots deeply grounded in God's word. Such a person flourishes, bearing fruit at the right time, and remains steady even in difficulties.

The Wicked Compared to Chaff (Verse 4)

In contrast to the stability of the righteous, the wicked are compared to chaff—light, insubstantial, and easily blown away by the wind. This imagery conveys their lack of permanence and purpose, subject to destruction.

Judgment and the Fate of the Wicked (Verses 5-6)

The ungodly will not stand in the judgment, meaning they will face God's righteous condemnation. In contrast, God knows the way of the righteous, a comforting assurance of divine care. Ultimately, the wicked will perish, while the righteous are under God's protection.

Importance of Psalm 1

**Contrast Between Two Paths:** Psalm 1 sets the tone for the Book of Psalms by offering two ways of living: the way of righteousness, leading to life and prosperity, and the way of wickedness, leading to destruction.

**Spiritual Nourishment:** The image of the tree by the water emphasizes the importance of spiritual nourishment through meditating on God's word, highlighting how essential it is for growth and endurance.

**Guidance for Godly Living:** This psalm encourages believers to seek their joy in God's law, rejecting ungodly advice or lifestyles, and trusting in God's ultimate judgment and care.

Psalm 1 holds significant theological depth and spiritual influence, shaping the understanding of the righteous life in biblical thought. It serves as a guide for personal conduct, a reflection on divine justice, and a roadmap for spiritual formation, presenting foundational themes central to both Jewish and Christian theology.

Theological Thought

The Doctrine of the Two Ways:

At the heart of Psalm 1 is the doctrine of the "two ways"—the way of the righteous and the way of the wicked. This binary choice reflects a major biblical theme of moral dualism, which resonates throughout the Bible (e.g., Deuteronomy 30:19; Matthew 7:13-14). It teaches that there are only two possible paths in life: one leads to blessing and eternal life, while the other leads to destruction. This duality emphasizes the importance of moral responsibility and individual choice.

The Righteousness of God:

Psalm 1 reflects the righteousness of God, who not only sets the standard of justice but also actively rewards the righteous and punishes the wicked. The psalm does not merely present a passive cosmic order, but a personal, active God who “knows the way of the righteous” (v.6). In theological terms, this points to God's omniscience and divine involvement in human affairs, particularly the ethical conduct of individuals.

#### Divine Judgment:

The contrast between the flourishing of the righteous and the destruction of the wicked is a theological assertion of divine justice. The fate of the ungodly is ultimately one of perishing (v.6), underscoring the belief that God will execute judgment. This reflects the biblical understanding of God's sovereignty over the moral order and the inevitable divine judgment for those who reject His ways.

#### The Law (Torah) as Central to Life:

In the Old Testament context, “the law of the Lord” (v.2) refers not only to the legal codes found in Scripture but to the entire divine revelation in the Torah. Psalm 1 extols meditation on this law as the key to blessedness. Theologically, it suggests that God's revelation—through Scripture—provides the blueprint for a righteous life, acting as a guide for moral and spiritual conduct.

#### Spiritual Influence

##### Spiritual Formation Through Meditation:

The spiritual influence of Psalm 1 is evident in its emphasis on meditating on God's law “day and night” (v.2). This practice of meditation fosters a deep, transformative relationship with God. It is not just intellectual reflection but a form of spiritual discipline where the believer's inner life is shaped by continuous reflection on divine truth. This meditation brings alignment with God's will, leading to spiritual growth and wisdom.

##### The Symbolism of the Tree:

The imagery of the righteous person as a tree planted by streams of water (v.3) has profound spiritual significance. Trees symbolize life, strength, stability, and fruitfulness—all of which characterize the life of someone rooted in God's word. This metaphor speaks to spiritual vitality, where continuous spiritual nourishment results in a fruitful life, marked by good works, resilience, and lasting impact.

##### Warning and Encouragement for Believers:

For both personal and communal spiritual life, Psalm 1 offers encouragement to follow the path of righteousness and a warning against falling into wickedness. The psalm instills a sense of spiritual vigilance, urging believers to avoid ungodly counsel, the ways of sinners, and the scoffing attitude of cynics. This spiritual guidance has influenced countless believers to seek holiness and purity in their personal lives.

Connection to Jesus and Christian Thought:

For Christians, Psalm 1 is often interpreted through the lens of Christ. Jesus is seen as the ultimate fulfillment of the righteous man described in the psalm. He perfectly embodies the delight in God's law, and through Him, believers find their righteousness. In Christian thought, the "way of the righteous" is identified with following Christ, who is the true source of life, like the tree planted by the waters.

Moral Responsibility and Spiritual Consequence:

The psalm's contrast between the destiny of the righteous and the wicked conveys that there are spiritual consequences to one's actions. This resonates deeply in spiritual life, reminding believers that their choices have eternal significance. The path of righteousness is one of continuous growth, while the path of wickedness leads to spiritual barrenness and separation from God.

Broader Spiritual Influence

Psalm 1's influence extends into various spiritual practices:

**Liturgical Use:** It is frequently used in both Jewish and Christian worship, particularly as a call to spiritual attentiveness and moral integrity.

**Ethical Teachings:** The principles in Psalm 1 have been foundational in Jewish wisdom literature and Christian moral teachings. It has been a source of guidance for living a life aligned with God's will.

**Personal Reflection:** Believers across centuries have turned to Psalm 1 for personal reflection and spiritual encouragement, using it as a meditation on how to live a fruitful, blessed life in harmony with God.

Conclusion

Psalm 1 stands as a profound theological and spiritual text that lays out the path of the righteous and the fate of the wicked. It emphasizes the importance of meditating on God's word, living in accordance with divine law, and trusting in the ultimate justice of God. Its influence on spiritual life and theological thought continues to resonate deeply in Jewish and Christian communities, offering timeless wisdom for living a life that honors God.



