



TWO ROADS OF LIFE

Psalm 1

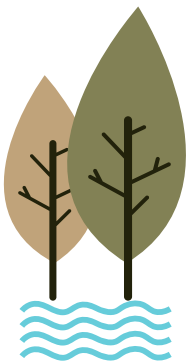


Everyone on the planet will travel down one of two roads. The road we choose will dramatically impact not only our life but our eternity. One road will lead to blessing and salvation; the other to cursing and destruction. We do well to examine our path. Even if we were raised in a Christian family, we can easily be influenced by the world around us. We can be led away from the straight and narrow path. What trajectory are we on?

Psalm 1 is the gateway of the Psalter introducing us to the place we all must begin.

Begin your time with prayer. Pray that the Lord would open your eyes that you may behold wondrous things out of His Word (Psalm 119:18).

Next, read through Psalm 1 in its entirety. Mark words, phrases, or verses that stand out to you. Write them down below.



1 Blessed is the man
who walks not in the counsel of the wicked,
nor stands in the way of sinners,
nor sits in the seat of scoffers;
2 but his delight is in the law of the Lord,
and on his law he meditates day and night.
3 He is like a tree
planted by streams of water
that yields its fruit in its season,
and its leaf does not wither.
In all that he does, he prospers.
4 The wicked are not so,
but are like chaff that the wind drives away.
5 Therefore the wicked will 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 wicked will perish.

FOOD FOR MEDITATION





GOING DEEPER

Psalm 1



READ PSALM 1:1-2

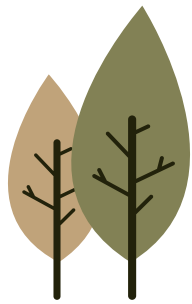
The first word is 'blessed'. There is probably no greater word to describe what we desire from life than to be blessed. The Hebrew word, *esher*, contains the idea of abundant happiness and supreme contentment.

How have you sought the 'blessed' life in the past? Where have you looked to for happiness and contentment?

What does the blessed man avoid?

What does the blessed man love?

How does this challenge you?



What is the difference between merely reading God's word and meditating upon it?

READ PSALM 1:3

What is the result of soaking in the Scriptures?

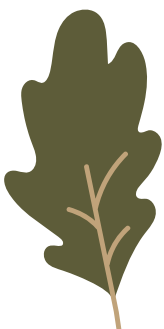
Have you felt parched, exhausted, weary or in need of a reviving work? What is the answer?

READ PSALM 1:4-5

What is the result of going the way of the world?

READ PSALM 1:6

What is the promise for the righteous?



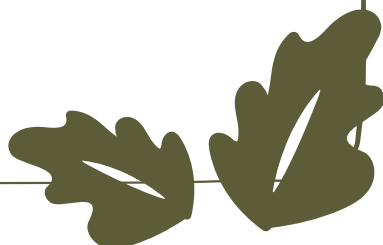
Reflect

The righteous person is not the person who has met God's standard of purity and excellence. The truth is that none of us have. "None is righteous, no, not one; no one understands; no one seeks for God...for all have sinned and fall short of the glory of God" Romans 3:10-11, 23. Because we could not perfectly obey God, we were on the path that led to destruction. Jesus, the truly blessed man of Psalm 1, never went the way of the wicked in thought, word, or deed. He lived the perfect life we could not live. He died the death we deserve. He was raised from the grave with a new body never to die again. By believing in His life, death, and resurrection, a great exchange occurs: He takes all of your sin past, present, and future and he clothes you with His righteousness. Every sin you've ever committed, and every sin ever committed against you, has been washed away by the blood of Christ shed for you. Rejoice! Delight yourself in relationship with your Redeemer by spending time with Him in the Word. True blessing and contentment are found in Him and Him alone.

RESPONSIVE PRAYER



HOW CAN I PRIORITIZE THE WORD?



WHAT CAN I PRAISE GOD FOR TODAY?

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