

PSALM 1
“Blessed”

LET’S PRAY -

AS YOU SETTLE IN PLEASE TURN TO PSALM 1...

- I’ve titled tonight’s message: **“Blessed”**

INTRO -

WELL LAST WEEK PASTOR JEFF TAUGHT ON THE BOOK OF JOB

- On this 6 month season of Job’s life he went through Hell!
 - Job 42:5 NKJV

FOLLOWING AFTER THE BOOK OF JOB WE HAVE PSALM 1

- ‘Blessed’ directly translates to ‘Exceedingly and Abundantly Happy’
 - If you were to ask the average person what they want in life...
 - We see things through the lens of the American Dream
 - “We hold these truths to be self-evident... Life, Liberty and the pursuit of Happiness.”
 - And so many are chasing after happiness and never find it and here is why...
 - Happiness is never found by direct pursuit, Happiness is a byproduct of another pursuit

(READ V.1-2)

IDEA 1 - Don’t Kill Forward Progress

SO FAR EVERYTHING SEEM PRETTY NEGATIVE

- It’s like saying happy is the person who is marked by what he does not do, the people he does not hang out with, the places he does not go.
 - Happy is the person who understands that NO is the first step many times to YES

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THIS WALK IS OUR WAY OF LIFE AND WE HAVE A CHOICE

- Will you listen and obey the Word of God or will you default to the world
 - The righteous man must be able to discern good and bad counsel
 - There is 2 quick ways for disaster:
 - 1. Take no one advice
 - 2. Take everyone's advice

“NOR STANDS IN THE PATH OF SINNERS”

- If you walk in the footsteps of bad advice you'll soon stand among those who give bad advice
 - 1 cor 15:33 NLT
 - When you do this you stop all forward motion
 - Principle: When you embrace sin in your life you become unable to make forward progress

“NOR SITS IN THE SEAT OF THE SCORNFUL”

- highly critical of others who are pressing on in their spiritual walk
 - points out the problems but never do anything to offer solutions
 - The action of walking, standing and sitting can be understood as the way we think, the way we behave and to whom we belonging

NOW NOTICE HOW THERE IS A GRADUAL DIGRESSION

- First from walking then to standing and lastly sitting
 - It speaks to growing more and more comfortable with the world
 - Hebrews 12:1 NKJV
 - The expectation of the Christian...
 - And in Psalm 1 we see this picture of sin getting into our lives causing us to slow down
 - And as you digress you start to become more and more comfortable
 - Blessed is the man who doesn't walk, stand, or sit - this is getting

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comfortable living in the things that
Jesus died for!

(READ V.2)

EASTERN VS BIBLICAL MEDITATION

- But biblical meditation is the opposite, the goal is to fill your mind with the Word of God.
 - Psalm 119:11 NKJV
 - Its his word that will keep you from sin
 - 2 Tim 3:16 NLT
- The idea of meditating is on spending time chewing something over
 - Reading the bible will do you no good If you don't meditate and filter the Word through your mind and heart.
 - Jeremiah 15:16 NKJV
 - The Hebrew word for meditate is ‘Haga’ and the root meaning of the word is the low moaning of an animal especially when they chew upon the cud

[Cow Digestion Illustration]

IDEA 2 - A Tale of 2 Plants

(READ V.3)

THE BLESSED MAN IS COMPARED TO THIS TREE

- There are a couple of things that we can break down here:
 - This tree is planted; meaning that you are set firmly in a place where you can be nourished
 - Phil 4:8 NKJV

IT PRODUCES FRUIT NOT FOR ITSELF BUT FOR OTHERS TO ENJOY

- So the principle is that When you live in the blessings of God you naturally become a blessing to others

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- There is no benefit for the tree to produce fruit other than to germinate its seed and multiply itself
 - Does that sound familiar for the christian life?
 - And the fruit becomes a blessing for others
 - 2 Cor 5:15 NKJV

FLIP WITH ME TO JEREMIAH 17:5-8 NKJV

- The tree “Spreads out its roots by the River”
 - [ILLUSTRATION: Hardscape bushes]
 - Colossians 2:7 NLT
 - Christianity is a team sport.
 - When we grow together we collectively and individually become stronger and more fruitful

LET'S READ VERSE 8 AGAIN

- Regardless of the season these trees will always stay green
 - Seasons of life are all natural things to walk through
 - This is because they are firmly rooted in the the Lord
 - DL Moody put it, “All of the Lord’s trees are evergreens”
 - And this is because they are tended to and strengthened by the Lord!
 - It's an expectation that a Christian should bear fruit

IDEA 3 - DRIVEN BY THE WIND

(READ V.4-6)

NOW THE PSALMIST CONTRAST THIS TREE WITH CHAFF

- Well what exactly is Chaff?
 - Chaff is the husk or the outer shell of grain that is separated from the seed during threshing
 - The chaff has no substance; it's so light weight that it blows away in the wind leaving you with just the grain.

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- John the Baptist used this description of Jesus In **Matthew 3:12 NLT**
 - So understand that the biblical symbolism for Chaff...
 - May we be men and women of substance

THE PSALMIST CHOOSE TO COMPAIR A LARGE TREE WITH CHAFF

- They both started off as pretty much the same size but one had tremendous amount of growth while the other did not
 - The chaff is just moved wherever the wind takes it while the tree stays firm and endures the storm.
 - Yes branches may break and fruit may fall in the storm...

TAKE A LOOK AT THE NEXT VERSE V5

- The ungodly are unable to stand in the judgement
 - This is because it's a choice they have already made
 - They moved from this place of walking to then standing and finally sitting

THE GOOD NEWS IS THAT THE LORD WANTS YOU TO LIVE A BLESSED LIFE AND WANTS YOU TO BE FILLED WITH JOY

- V6 in the NLT it says the Lord watches over the path of the Godly.
 - He is there to sustain you as you run your race and grow
 - But the choice is ours to make on if we follow him or not.

CALL WORSHIP UP

APPLICATION

GOD’S DESIRE FOR YOU IS TO BLESS YOU

- But there is a requirement for us to receive a blessed life.
 - Not to get comfortable with the things the Jesus died for

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- But to keep his Word close to our hearts and obey it

I WANT TO LEAVE YOU WITH THIS

- Psalm 16:11 NLT

PRAY