



How Life Really Works

Psalm 1:1-6

#1 in a series on the Psalms

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Theme: **Only The Way Of The Word Brings True Happiness.**

The Way Of The World.

1. The nature of this way.
 - a. Wicked. (1; cf. 10:1-11; 75:4; 119:155; Proverbs 10:11, 32; 11:18; 21:4)
 - b. Sinners. (1; cf. Proverbs 13:6, 21)
 - c. Scoffers. 1; cf. 123:4; Proverbs 9:7, 8; 13:1; 14:6, 9; 15:12; 22:10; 24:9)
2. The end of this way. (4-6; cf. 10:11, 13; 37:10; Proverbs 11:23; 14:12; 19:29; 23:7; 24:19-20; Isaiah 1:28; Matthew 7:13; Romans 3:23; 6:23; 1 Corinthians 6:9; Ephesians 4:18-19)

The Way Of The Word.

1. What to avoid.
 - a. Walking in the counsel of the wicked. (1; cf. 64:2; 1 Kings 12:1-24; Job 21:16; Proverbs 23:7; 1 Corinthians 15:33)
 - b. Standing in the path of sinners. (1; cf. 119:101-102; Proverbs 1:10, 15; 4:14)
 - c. Sitting in the seat of scoffers. (1; cf. 26:4-5)
2. What to pursue.
 - a. Delighting in God's instruction. (2; cf. 40:8; 119:14, 16, 24, 35, 47, 70, 72, 77, 97, 101-103, 111, 127, 131, 143, 159, 162, 174)
 - b. Meditating continually on God's instruction. (2; cf. 119:11, 48, 78, 148)
3. The end of this way. (1, 3, 6; cf. 19:7-14; 37:18; 90:17; 119:1-4, 105; 139:2-5; Joshua 1:8; Proverbs 21:1; Jeremiah 17:5-11; John 15:5, 8, 16; 6; Romans 7:15-25; 8:29-30; 12:1-2; 2 Timothy 3:16-17; 1 Peter 5:107)

In My Life This Week

(As you use this daily guide, write out your observations and responses on a separate piece of paper and save them with this sheet for reference.)

Monday. Read through Psalm 1 several times slowly to review the overall picture. In what ways is this Psalm a good opening to the book? What aspect or truth of the Psalm made the greatest impression on you as we walked through it yesterday? Did you have some unanswered questions? If so, what were they and how are you going to work toward answering them?

Tuesday. This Psalm tells us how life really works. In the final analysis there are only two roads or ways on which we can and do travel—the way of the world or the way of the Word. What are some of the basic implications of this truth? The way of the world is presented in verse 1 as a contrast to the *blessed* or truly happy person. Review the three descriptions of wicked, sinners, scoffers. The descriptions may sound harsh, but they are true of everyone who is on the way of the world. The end of this way is described in verses 4-6. Check these verses and the others noted on the outline and then write your own brief description of the end of this way.

Wednesday. The way of the Word is the only option to the way of the world. It is God's way because it is about Him and His Word and also because He graciously provides it for us. Walking in the way of the Word means avoiding some things (see verse 1 and the other references noted on the outline). While this truth is concerned with salvation, believers can be caught up by and follow the way of the world that is described in verse 1. How consistent are you in *not walking, not standing, not sitting* in the way of the world?

Do you see yourself pictured in verse 3? God provides this for all of his children who are delighting and meditating in His instruction, including you! While Proverbs 23:7a speaks directly about the selfish person (the immediate context is 23:6-8), it applies to everyone. What does it tell you about yourself and the way of the Word versus the way of the world

Thursday. Read Psalm 1, reflecting on the truths we have covered and particularly about those the Holy Spirit has been impressing on you this week. What does this Psalm tell you about all the people you know who do not yet know Jesus Christ as Savior? What does it tell you about yourself and the ongoing spiritual tension and battle (see Paul's testimony in Romans 7:15-25)?

Friday–Saturday. On Sunday we plan to look at Psalm 2. Read and think through this Psalm as you prepare to worship together.