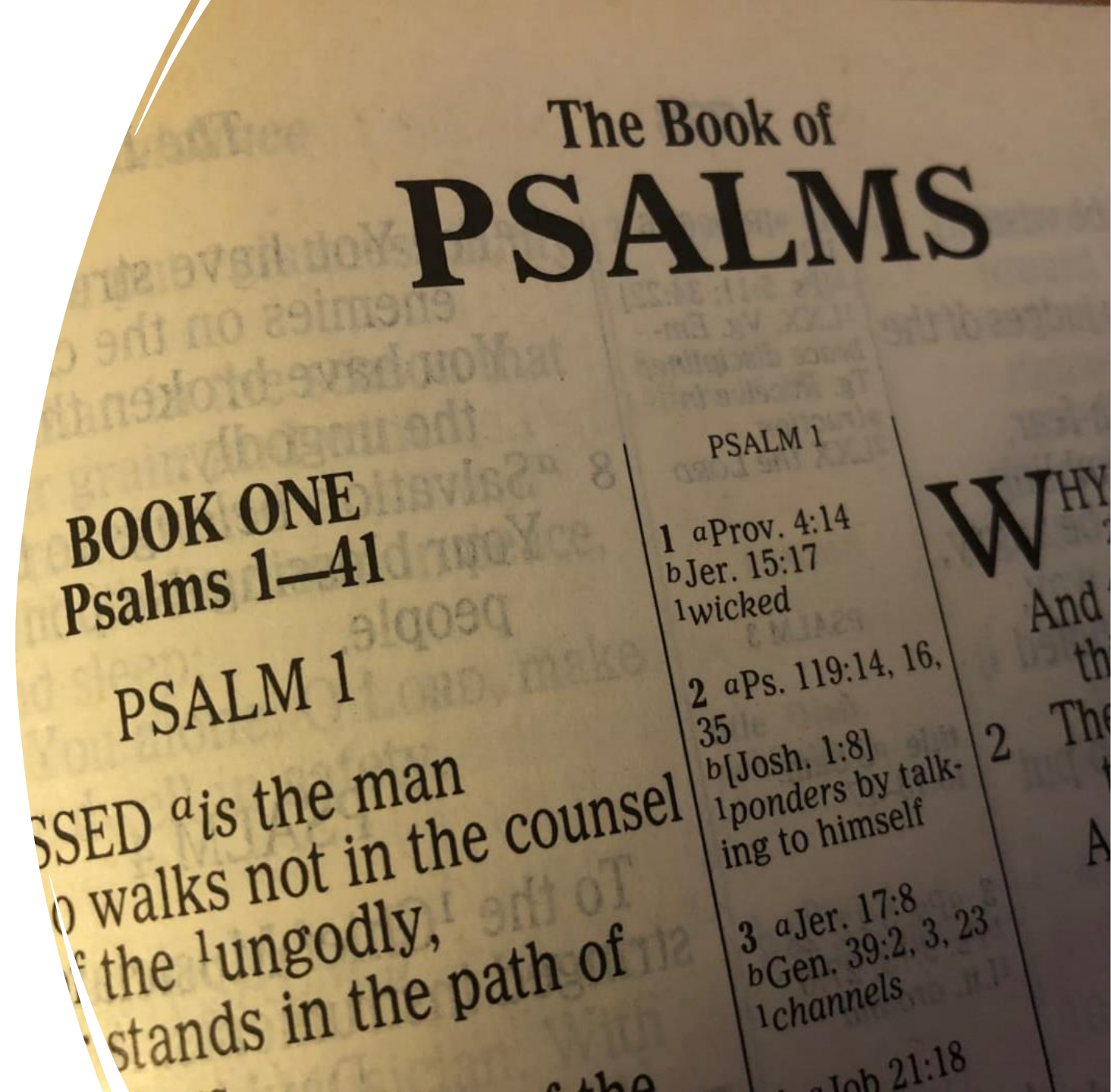


Introduction

- In the first session, we had an overview of the Book and the Spirit of the Psalms.
- We will now be going deeper as we start with the first Psalm as a lesson and introduction to the whole book.
- It is imperative that we approach with prayerful hearts and submitted minds to what the Spirit is saying as we read and meditate.



Blessed....

- 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;
- . **Blessed is the man:** The Hebrew word *esher* is here translated **blessed**, which has the idea of happiness or contentment.
- *Esher* is a form of the Hebrew word *ashar*, which in its root means “to be straight” or “to be right.”



Blessed....

- **Blessed is the man** speaks of the happiness, the blessedness, the contentment in the life of the man or woman who is right or “straight” with God.
- The righteous man will be a **blessed** man, a happy man.



Blessed...

- “*Blessed* means supremely happy or fulfilled.
- In fact, in Hebrew the word is actually a plural, which denotes either a multiplicity of blessings or an intensification of them.” (Boice)
- “It is not ‘Blessed is the king, blessed is the scholar, blessed is the rich,’ but, ‘Blessed is the man.’
- This blessedness is as attainable by the poor, the forgotten and the obscure, as by those whose names figure in history, and are trumpeted by fame.” (Spurgeon)



Does Not...

- **Walks not...nor stands...nor sits:** The blessed man does *not* do certain things.
- There is a way he will *not* walk, a path he will *not* stand in, and a seat he will *not* sit in.
- This attitude links in with Romans 12:2
- *And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.*



Does Not...

- We can say these speak of *thinking, behaving, and belonging*.
- The righteous man and the ungodly man are different in how they *think*, how they *behave*, and to whom they *belong*.
- Others have also seen in this a progression of sin.
- “The great lesson to be learned from the whole is, sin is *progressive*;
- one evil propensity or act leads to another. He who acts by *bad counsel* may soon do *evil deeds*;
- and he who abandons himself to *evil doings* may end his life in *total apostasy* from God.” (Clarke)



Walks Not...

- **Walks not in the counsel of the ungodly:**
- The ungodly have **counsel**, and the righteous man will not walk in it.
- With all the advice that comes to us, from so many different sources, the righteous man knows how to stay away from the **counsel of the ungodly**.
- First, it means the righteous man knows how to *discern* the **counsel of the ungodly**.
- Many fail at this point. They do not even consider if **counsel** is godly or **ungodly**.
- They hear advice, or theories about their problems, and they find themselves agreeing or disagreeing without considering, “Is this godly or ungodly counsel?”



Stands Not...

- **Nor stands in the path of sinners:**
- Sinners have a **path** where they stand, and the righteous man knows he does not belong on that path.
- **Path** speaks of a way, a road, a direction — and the righteous man is not traveling in the same direction as sinners.
- The righteous man is not afraid to take a less-traveled road, because he knows it leads to blessing, happiness, and eternal life.
- *Enter by the narrow gate; for wide is the gate and broad is the way that leads to destruction, and there are many who go in by it (Matthew 7:13).*



Seats Not...

- **Nor sits in the seat of the scornful:**
- The scornful love to sit and criticize the people of God and the things of God.
- The righteous man will not sit in that **seat!**
- Do not develop a 'critical spirit'
- When others are putting down Christians, it is easy to sit with them and criticize them.
- It is easy because there are many things to criticize about Christians. But it is wrong, because we are then sitting **in the seat of the scornful.**



His Delight...

- **But his delight *is* in the law of the LORD,**
- **His delight is in the law of the LORD:** Throughout Psalms, the phrase **law of the LORD** is used to describe God's entire word,
- not only the "law" portion of the first five books of the Bible. The righteous man is delighted with the word of God!
- What makes you happy? What gets you excited?
- This is a good way to see what is important to you. If personal pleasure is the only thing that makes you happy, then you are a selfish, self-centered person.
- If being with your family or friends delights you, that can be better, but it still falls short. The righteous man finds **his delight...in the law of the LORD.**



His Delight...

- **And in His law, he meditates day and night.**
- This is DAILY DEVOTION
- Now some Christians would argue against anything that seems legalistic or Law-bound.
- So let us allow the Scriptures themselves speak to us about this very crucial matter.



Everyday...

- *But his delight is in the law of the LORD, And in His law, he meditates day and night.*
Psalm 1:2
- *My voice You shall hear in the morning, O LORD; In the morning I will direct it to You, And I will look up.*
Psalm 5:3
- *As for me, I will call upon God, And the LORD shall save me. Evening and morning and at noon I will pray, and cry aloud, And He shall hear my voice.*
Psalm 55:16-18



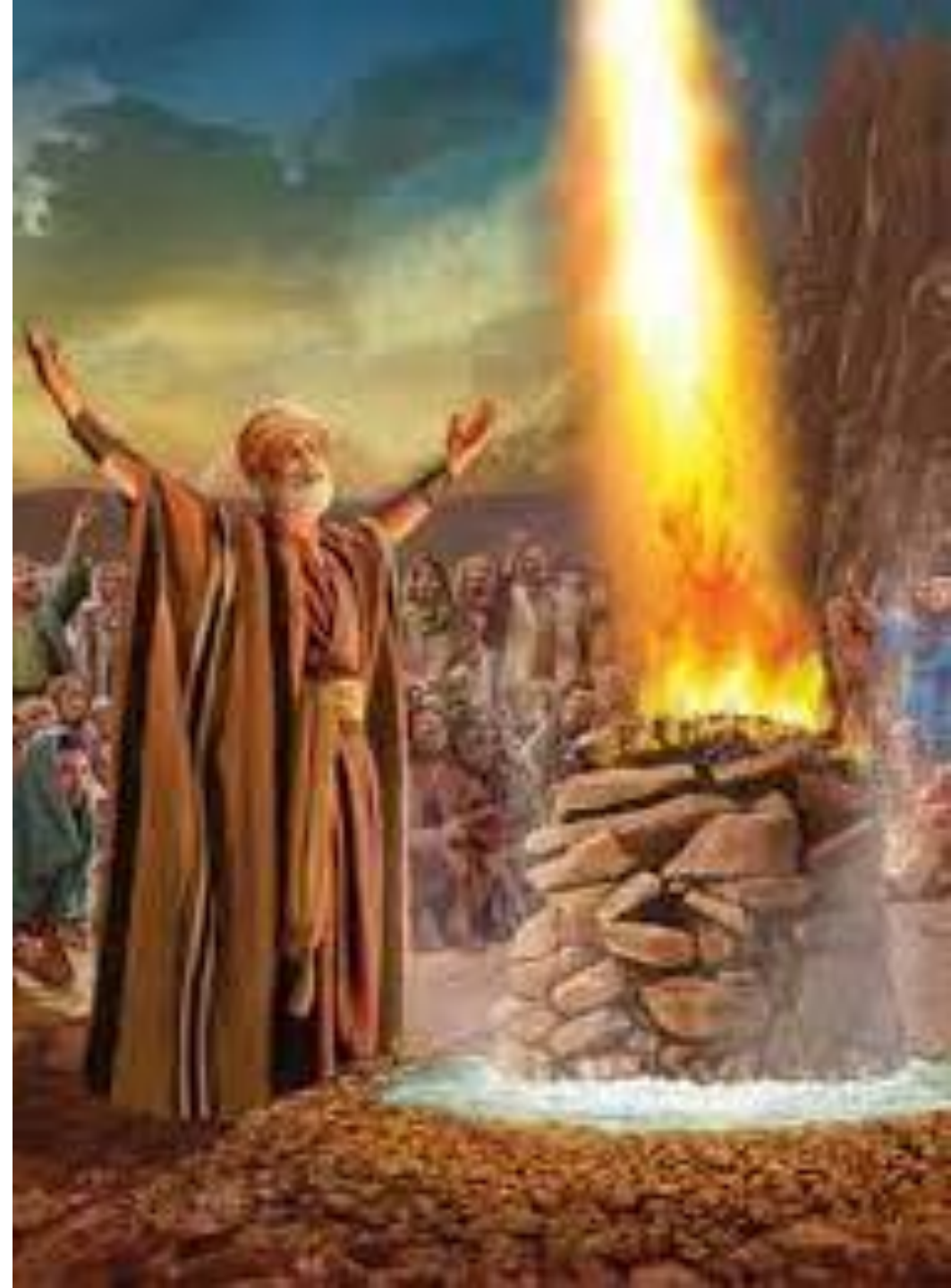
Daily...

- *O LORD, God of my salvation,
I have cried out day and night before You. Let my
prayer come before You; Incline Your ear to my cry.
Psalm 88:1*
- *Now when Daniel knew that the writing was signed,
he went home. And in his upper room,
with his windows open toward Jerusalem, he knelt
down on his knees three times that day,
and prayed and gave thanks before his God, as was
his custom since early days.
Daniel 6:10*



Daily Devotion

- From these scriptures alone and there are many more, we deduce that daily prayer and communion with God is biblical.
- Your 'ALTAR' is your 'FIRE'
- And the priest shall burn wood on it every morning and lay the burnt offering in order on it;
- and he shall burn on it the fat of the peace offerings.
- ¹³ A fire shall always be burning on the altar; it shall never go out.
Leviticus 6:12-13



Daily Devotion...

- So, He humbled you, allowed you to hunger, and fed you with **manna** which you did not know nor did your fathers know,
- that He might make you know that **man shall** not live by **bread alone**; but **man** lives by every *word* that proceeds from the mouth of the LORD.
- The manna that came from Heaven every day except the Sabbath was a metaphor for the Word of God.
- *⁴⁸ I am the bread of life. ⁴⁹ Your fathers ate the manna in the wilderness and are dead. ⁵⁰ This is the bread which comes down from heaven, that one may eat of it and not die. ⁵¹ I am the living bread which came down from heaven*
John 6:48-51



Daily Devotion...

- *Give us this day our daily bread.*
Matthew 6:11
- If we are going to truly live and be sustained, we need the living manna that comes from God on a daily basis.
- It was sent daily, so we are to seek God daily.
- Jesus is the Bread of Life. We are to taste of that life on a daily cycle.
- Bread talks of strength to live in the physical. This is the same for the spiritual realm.
- The Holy Spirit impressed upon me to share this principle with you because He says too many Christians are weak and out of sync with His perfect Will for their lives!



In Summary...

- The Psalms nudge us towards direct continuous communion with God.
- We are to have strong altars that come from a regular daily rhythm in His Presence.
- Daily Devotion is not legalistic but a living, loving and flowing relationship with the Father.
- If we are to thrive and flourish in these dark last days, then we have to cultivate good spiritual habits that immunize us against the darkness!

