

Rhema Christian Center  
Tuesday Evening Virtual Bible Study –May 18, 2021  
Bible Teacher: Sarah Twitty  
PSALMS 1 - NOTES

1. Psalm 1 is a wisdom Psalm and focuses on:
  - God’s word,
  - God’s blessing on those who obey it and meditate on it, and
  - God’s ultimate judgment on those who rebel.
  
2. Psalm 1 is divided into two sections:
  - Verses 1-3 The path of the godly
  - Verses 4-6 The path of the ungodly

Section I - Path of the Godly (VERSES 1-3)

3. Who Is the Blessed Man?
  - BLESSED in this scripture means happy. Happiness is a deep-seated joy and CONTENTMENT IN GOD.
    - ✓ It has nothing to do with material goods, prosperity or anything EXTERNAL. The rich young ruler can vouch for that. He had worldly goods but not peace with God.
    - ✓ The therapist office is filled with people who are looking for joy, happiness and peace in all the wrong places.
    - ✓ THE ONLY PLACE we can find REAL HAPPINESS, REAL JOY AND PEACE IS IN JESUS CHRIST.
  
4. The blessed person does not:
  - LISTEN TO THE COUNSEL of the ungodly OR TAKE BAD ADVICE— they LOOK to God first AND USE HIS WORD as their compass for life.
  - “IF YOU WALK IN THE FOOTSTEPS OF BAD ADVICE, YOU WILL SOON STAND AMONG THOSE WHO GIVE IT.” (Skip Heitzig)
  - The BLESSED MAN IS ONE WHO DOES NOT SIT in the seat of the scornful— This produces action.



SEPARATION IS NOT ISOLATION BUT IT’S CONTACT  
WITHOUT CONTAMINATION. (unknown)

5. The blessed person:
  - Delights in God's Word
  - Meditates in God's Word day and night (anytime and anywhere)

THERE ARE DIFFERENT TYPES OF MEDITATION.

- The EASTERN FORM of meditation is where you empty your mind.
- The BIBLICAL form of MEDITATION is where YOU FILL YOUR MIND with the WORD OF GOD.

*To meditate using the Bible requires the act of clearing one's consciousness of secular thoughts and focusing on the words found within the passages of the Holy Scriptures.*

- *Meditation is more than just reading the Bible.*
- *You can't read the Bible like a novel.*
- *You read it deliberately and allow the Spirit of God within you to DIGEST it.*
- *It's like a masticating cow (chewing the cud). You think on it over and over again until it takes root.*



MEDITATION IS TO THE SOUL WHAT  
DIGESTION IS TO THE BODY. (Warren Weirsbe)

6. Psalm 1 gives us the formula for success and the kind of KIND OF ENVIRONMENT WE NEED FOR GROWTH.
  - Delight Yourself in the Lord
  - Meditate on God's Word
  - Be situated by the rivers of water - YOU ARE THE TREE AND THE WATER IS GOD'S WORD.

### Section 2 – The Path of the Ungodly (VERSES 4-6)

7. The way of the ungodly shall perish.
  - The ungodly are like chaff.
  - CHAFF DOES NOT HAVE A ROOT SYSTEM, PRODUCES NO FRUIT AND IS BLOWN ABOUT by the slightest wind.
  - Chaff and wheat grow together until separation at harvest time. The wheat is the godly and the chaff is the ungodly.
  - At harvest time the chaff is destroyed, and the wheat is carried into the barn.
  - This word picture is made clearer in Matt. 25 in the parable of the goat and sheep.

- In the day of judgment, the WICKED WILL NOT BE LEFT STANDING WITH THOSE WHO LOVE GOD AND STRIVE TO OBEY HIM; they will be separated and sentenced to eternal punishment.