



## PSALM 1

**Blessed is the one who walks not in the counsel of the ungodly, nor stands in the way of sinners, or sits in the seat of the scornful; But his delight is in the law of the LORD, and in His law, he meditates day and night.**

**And he shall be like a tree planted by the rivers of water, that brings forth fruit in its season.**

**The ungodly are not so but are like the chaff which the wind drives away. Therefore, the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous. For the Lord knows the way of the righteous,  
But the way of the ungodly shall perish.**

**PSALM ONE** is the first in the category of Wisdom Psalms. It focuses on the “free-will” choice we have been given by God to follow good or evil. It addresses the blessings or curses that come as a result of our choices. Psalm One can be a powerful tool in teaching children the importance of making the right decisions at an early age. It can also help adults reevaluate their life choices and make changes for the better.

### Verse 1A

(New King James Bible) *Blessed is the one who walks not in the counsel of the ungodly.*

(The Living Bible) *Do not follow the advice of evil people.*

Have you ever followed someone’s bad advice only to find out it was a decision that you lived to regret? Perhaps your bad advice came from something you read online or viewed on a popular TV show. When we make regrettable decisions, we soon learn that ungodly counsel can block our blessings.

**Question:** Why do you think evil people want to give advice?

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### Verse 1B

(New King James Version) *Nor stands in the path of sinners, nor sits in the seat of the scornful.*

(The Living Bible) *Do not hang around with sinners, scoffing at the things of God.*

Sinners rarely have anything good to say about God, the Bible, Christians, churches or anything connected to genuine spiritual life. Whether at work, school or social events, you will always encounter sinners who spew out bitterness and have nothing good to say about anything or anybody. It is almost impossible to avoid cussing, fussing, back-biting sinners, but Psalm One warns us not to hang out with them, lest we become like them and block our blessings. Encounters with sinners should be a quick “hello and goodbye.”

**Question:** Have you ever found yourself influenced by an ungodly person? What steps did you take to end the relationship?

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### Verse 2

(New King James Version) *But his delight is in the law of the LORD, and in His law he meditates day and night.*

(The Living Bible) *But they delight in doing everything God wants them to, and day and night are always meditating on his laws and thinking about ways to follow him more closely.*

To “delight” in God’s law implies that there is a love-relationship between God and the one who follows his laws. Any other approach to following God’s law would end in frustration and unhappiness. The delight comes when obedience produces peace in our heart, joy and prosperity in our lives. Athletes who train for the Olympics may not see any immediate rewards, but the love for what they are doing triggers their devotion and discipline. The student who is determined to graduate, does not look at the hard work of the present circumstances, but the benefits and blessings that lie ahead. The Law of God was not meant hinder us, but to help us avoid the pitfalls that can block our success.

**Question:** Name something in God’s law (His Word) that helped you find peace, joy, and/or helped you to achieve your goals in life?

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### Verse 3

(New King James Version) *He shall be like a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper.*

(The Living Bible) *They are like trees along a riverbank bearing luscious fruit each season without fail. Their leaves shall never wither, and all they that do shall prosper.*

In nature, trees that grow near a riverbank don't have to depend on rain for their nourishment and refreshing. Their roots are linked to a never-ending supply of water. For this reason, they are productive and fruitful. In the same way, the promise of Psalm One is to all who stay close to the never-ending flow Of God's blessings. They will overcome every challenge. They will be in good health and live fruitful, prosperous lives.

**Task 1:** Write your name (or the name of a loved one) in Psalm One's promise of fruitfulness and prosperity.

Name \_\_\_\_\_ shall be like a tree planted by the rivers of water, that brings forth its fruit

in its season, Name \_\_\_\_\_ leaf also shall not wither; and whatever – Name \_\_\_\_\_

does shall prosper. **Note:** I strongly recommend that you and your family memorize Psalm One.

**Task 2:** Write down the areas of your life where you desire to be blessed. Make your petition known to God.

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### Verse 4-6

(New King James Version) *The ungodly are not so, but are like the chaff which the wind drives away. Therefore, the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous. The Lord knows the way of the righteous, but the way of the ungodly shall perish.*

*(The Living Bible) But for sinners, what a different story! They blow away like chaff before the wind. They are not safe on Judgment Day; they shall not stand among the godly. For the Lord watches over all the plans and paths of godly men, but the paths of the godless lead to doom.*

The ungodly (those who living in opposition to God's law) may appear to prosper for a season. They may experience wealth and good health for a season. However, there is no longevity to their success or their peace and joy. They may experience public success but private failure. Psalm One confirms that blessings follow those who **walk** in the ways of God; **stand** in the congregation of the righteous and **sit** together to study and pray. Please remember that those who walk in the light, are not called to condemn those who live in darkness. We are called to bring encouragement and hope to the lost and to demonstrate by example, the joy that comes with salvation.


**Task:** Take a few moments to write a prayer for someone who may be on a path destruction. Pray for God's mercy. Pray that God will turn their hearts away from making ungodly choices. Pray for their salvation, deliverance, and restoration.

Prayer:

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**Additional Scriptures Related to Psalm One: Walking – Standing – Sitting**  
**Please complete scripture.**

Walk not in the counsel of the ungodly: Psalm 119:105

Your Word is a lamp

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Stand not in the way of sinner: Ephesians 6:11

Put on the full armor of God

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Sit not among mockers. Who's sitting with you? Acts 8:30-31

Then Philip (the Evangelist) ran up to the chariot and heard the man reading Isaiah the prophet. “\_\_\_\_\_” Philip asked. 31 “How can I,” he said, “unless someone explains it to me?” So, he invited Philip to come up and **sit** with him.

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Note: For permission to reproduce this lesson, contact Terri McFaddin Solomon at [Terrimesol@gmail.com](mailto:Terrimesol@gmail.com)

