

# ROADMAP FOR LIFE

*Psalms 1-41: The Genesis Psalms*

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## PSALM 1: AN OPENING BLESSING

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“Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, Nor sitteth in the seat of the scornful. But his delight is in the law of the LORD; And in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, That bringeth forth his fruit in his season; His leaf also shall not	wither; And whatsoever he doeth shall prosper. The ungodly are not so: But are like the chaff which the wind driveth away. Therefore the ungodly shall not stand in the judgment, Nor sinners in the congregation of the righteous. For the LORD knoweth the way of the righteous: But the way of the ungodly shall perish.”
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Psalms 1 is only six verses long, but it reaches all the way to eternity.

There are famous psalms, such as Psalm 23, “*The LORD is my shepherd.*” And there are many favorite psalms. But the first Psalm is a foundational one - a beautiful entry point into the book and into the blessing of God. It begins with the word “blessed.” Isn’t that what we all want?

In our world many people are looking for a shortcut to a blessed life. People want the product, without the process. Only God’s way brings true blessing.

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The psalm begins with, *"Blessed is the man,"* but it ends with, *"For the LORD knoweth."* Psalm 1 brings us not just to blessings, but to the BLESSER. It brings us to God. It is significant that the first of the Genesis Psalms begins exactly where the creation of man began. *"So God created man in his own image, in the image of God created he him; male and female created he them. And God blessed them..."* (Genesis 1:27-28). It has always been God's desire to bless His people.

Luther called the Psalms "the little Bible." Jerome called it "the Bible within the Bible." The message of the Psalms is the emphasis of the entire Word of God: the revelation of God. Psalm 1 is a good place for us to start our study because it is where God begins. Not only is it arranged first in the order of the Psalms, it also lays the foundation for all of the truth that follows.

President George Washington had Psalm 1 read at his first inauguration. He was a man who wanted divine blessing and who wanted everyone to know the Source of the blessing.

### THE PSALM'S PLACE IN SCRIPTURE

Psalm 1 is a fitting preface to the Psalms. Some have assumed that it was written by David, but there is no designation of this in Scripture. Others have suggested that it was written by Ezra the scribe when he compiled the final book of Psalms. It does seem to fit historically into the 13th chapter of Nehemiah.

#### NEHEMIAH 13:1-3

"On that day they read in the book of Moses in the audience of the people; and therein was found written, that the Ammonite and the Moabite should not come into the congregation of God for ever; because they met not the children of Israel with bread and with water,	but hired Balaam against them, that he should curse them: howbeit our God turned the curse into a blessing. Now it came to pass, when they had heard the law, that they separated from Israel all the mixed multitude"
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The people wanted the blessing of God, but needed the God of blessing. Only God can turn the curse to a blessing! God's people separated themselves to God and from the mixed multitude.

Psalm 1 begins with a separation: *"Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, Nor sitteth in the seat of the scornful."* If you truly desire God's blessing, then you must be willing to take a step away from sin and toward God — away from something and toward the One who is the God of all blessing.

### THE PSALM'S PERSPECTIVE OF THE LORD

Remember that Scripture is God's self-revelation. What does He reveal about Himself in Psalm 1?

- **He is the fountain of all blessings.** If you are rooted in God and His Word, you are firmly planted and able to draw on the divine resources needed to bring forth good fruit. We all grow stale, but God is perennially fresh. The Lord is all-sufficient and able to supply all that you need. Compare Psalm 1 with Jeremiah 17:7-8. Those who depend on the Lord will always find that He is enough.
- **He is the judge of all men.** As surely as He will bless the godly, He will deal with the ungodly. He is the judge of all the earth, and He will do right (Genesis 18:25).
- **He is the Lord of all knowledge.** I love the way the psalm ends with verse 6: *"For the LORD knoweth the way of the righteous: But the way of the ungodly shall perish."* God knows everything and God knows those who belong to Him (2 Timothy 2:19).

What does the Lord know? He knows everything. God knows you today, my friend, and he knows the deepest need in your life. And if you will let him, He will meet that need.

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### THE PSALM'S PERSONAL APPLICATION

In each psalm we should consider how the psalm relates to the whole of Scripture, how it reveals God, and how it relates to us. An initial look at the first psalm suggests some simple, personal applications.

**We must guard who influences us.** It is so easy to walk in the counsel of the ungodly; so easy to stand in the way of sinners; so easy to sit in the seat of the scornful. In life, you have both influences and choices. Choose carefully who influences you. "He that walketh with wise men shall be wise: but a companion of fools shall be destroyed" (Proverbs 13:20).

**We must love and live in Scripture.** Verse 2 says, *"But his delight is in the law of the LORD; And in his law doth he meditate day and night."*

Spend some time every day meditating on Scripture. Carry it with you through the day - think on it and talk about it. This will help you to stay rooted in the Lord and in truth.

Psalm 1 offers an opening blessing to those who will obey it. God has many more blessings for us along the journey and much to teach us as we walk through the Psalms. Let us begin by recommitting ourselves to obey the Lord. Take a moment to talk to God and dedicate yourself afresh to His Word. This is the way to blessing.