

July 6, 2025

Series: Summer in the Psalms

Title: Blessed, not Stressed! (Rooted in the Word)

Text: Psalms 1:1-3

Psalm 1:1-6 (NIV) - Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, 2) but whose delight is in the law of the Lord, and who meditates on his law day and night. 3) That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—**whatever they do prospers**. 4) Not so the wicked! They are like chaff that the wind blows away. 5) Therefore, the wicked will not stand in the judgment, nor sinners in the assembly of the righteous. **6)For the Lord watches over the way of the righteous, but the way of the wicked leads to destruction.**

The **Gold** verse is verse 2: *“whose delight is in the law of the Lord and who meditates in his law day and night.”*

Obviously, the prelude to that is verse 1, the blessed (favored, happy) man does not **walk, stand, or sit** in the counsel of the “bad counsel,” they are **NOT** influenced by the noise and what people think they ought to be doing.

Facts about Life in the Psalms (Lyrics: Facts of Life)

1. Life is Crazy
2. Life is _____
3. Life is Crowded

Delight – reference is to “take pleasure in something or someone” or “bend towards something.” **In the Law of the Lord...** the whole law of God ... everything God teaches.

Here’s the Key for all mankind, to all of life, to living the blessed (favored) life: **“finding delight” in the right something and someone. More importantly, valuing the Word of God helps us grow in our relationship with God.**

Colossians 3:16 NKJV - *Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.*

1. **We have to fight for Delight** - (the right delight, because there is so much vying for our attention, desire, pleasure, and our eyes. **(Hebrews 12:1-2)**)
2. **We have to be intentional about our Delight**
Colossians 3:1-2 NIV - *If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. ²Set your mind on things above, not on things on the earth.*
3. **We must develop a desire for delight.** We develop this desire through daily discipline.
 - **Psalms 40:8** *“I delight (take joy) in doing your will, my God, for your instructions are written on my heart.”*
 - **Psalms 37:4** – *“Delight yourself in the Lord...”*
 - **Philippians 2:13** – *For it is God who works in you to will and to act on behalf of His good pleasure. (Berean Study Bible)*

S.O.A.P. Journaling Method for Studying the Bible

Scripture: (Which scripture(s) stand out to me in this passage?):

Observation: (What truth is revealed for me?)

Application: (How will I apply this to my life?)

Prayer: (Respond to God in prayer through adoration, confession, thanksgiving, or request)