



THE BOOK OF PSALMS

PSALM 1

- ¹ Blessed indeed is the man
who follows not the counsel of the wicked,
nor stands in the path with sinners,
nor abides in the company of scorners,
² but whose delight is the law of the LORD,
and who ponders his law day and night.
- ³ He is like a tree that is planted
beside the flowing waters,
that yields its fruit in due season,
and whose leaves shall never fade;
and all that he does shall prosper.
- ⁴ Not so are the wicked, not so!
For they, like winnowed chaff,
shall be driven away by the wind.
- ⁵ When the wicked are judged they shall not rise,
nor shall sinners in the council of the righteous;
⁶ for the LORD knows the way of the righteous,
but the way of the wicked will perish.

Questions on Psalm 1

1. Psalm 1 states that there are two kinds of people in the world, the Blessed and the Wicked. What do the words “blessed” and “wicked” mean? How would you define the difference between the two?
2. Notice that the Psalmist defines Blessed Man by what he “does not do,” thus starting with the original condition of Man. What does the Psalmist say is the default condition of Man?
3. Notice that there is a progression in the life of the wicked man who walks, stands, and sits? What are the implications of this progression in the wicked man’s life? What is the ultimate result of living that lifestyle?
4. The lifestyle of the Blessed Man is in direct opposition to that of the Wicked Man. What is the resulting fruit of that lifestyle found in verses 2 and 3? What is the ultimate result of living that lifestyle?
5. In Reflections on the Psalms C.S. Lewis describes how at first, he found the psalmist’s delight in God’s law “utterly bewildering” and “mysterious.” Lewis said he could understand how one could delight in God’s mercies, visitations, and attributes, but not how one could delight in God’s law. What are your thoughts on this and how would you answer Lewis’ question?
6. In verses 5 and 6, what are the ultimate consequences and eternal destiny of the two types of lifestyles pictured in this Psalm?

7. Rephrase the Psalm in your own words.