

Psalm 1 – Sit, Stand, and Walk in the Word

Michael Silva / April 28, 2019

Announcements:

- Michael Knight visiting

Opening: Kayaking or Stand-up Paddle-boarding

- What's your preference? Do you want to sit or stand?
- ❖ Our passage today challenges us to consider what we are contemplating in our hearts while we sit, stand and walk through this life we live.

Introduction: The Book of Psalms

1. This is one of the books of Poetry... those books include: Job, Psalms, Proverbs, Ecclesiastes, Song of Solomon, and Lamentations.
 - a) This book is often called the Hymnbook of the Bible.
2. It was **written** by a variety of authors to include Kings David and Solomon, the sons of Korah, Asaph, Hezekiah, and a number of others, some who are anonymous.
3. Setting/Time Period: Ancient times from Moses through the period of the kings in Israel.

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4. **Key Themes:** Living real life in the real world (MacArthur).

a) Sin and the sovereignty of God.

b) Expressing human emotion in the midst of difficulties and trials.

c) Prophecies of Jesus's first and second comings can be found throughout the Psalms.

d) The Hebrew word **Psalms** means "**praises.**"

i) What's remarkable about this book is that the different authors face intense struggles, yet they found a way to **praise and worship** God in the midst of those struggles.

ii) Jon **Courson** says this about the book of Psalms, "It's a book that gives not only exhortation to praise and inspiration for praise, but instruction about praise. Psalms is the definitive workbook on worship. Therefore, if you desire to know how to worship the Lord, this book is custom-made for you... So I challenge you to apply the psalms directly to your own life. When you see the psalmist shout to the Lord, do the same. When he stands in awe of the Lord, stand with him. When he bows down before the Lord, join him. In other words, I challenge you to be a doer of the Word rather than a hearer only. As you have your devotions with the Lord, you might find yourself bending your knee, uplifting your hand, or shouting for joy and you might find yourself being enlarged and expanded as you understand how the Lord desires to be worshiped."

5. Common **words:** Praise (to praise) x164, Hear x88, Sing x77, Bless x74

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6. Key Chapters:

- a) Ps 22 – A Messianic Psalm.
- b) Ps 23 – The Lord is my Shepherd.
- c) Ps 119 – The Excellences of the Word of God.
- d) Ps 150 – Praise the Lord.

Let's begin by reading: Psalm 1 (NKJV)ⁱ

1. I've summarized our passage today **Sit, Stand, and Walk in the Word**.

Psalm 1:1-2 ¹ Blessed *is* the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful; ² But his delight *is* in the law of the LORD, And in His law he meditates day and night.

1. The word **Blessed** comes from the Hebrew word אָשַׁר [**ashar**] which means to **go straight, make progress**.
 - a) The idea here is the man who follows the straight path of the Lord is **exceedingly happy and content**.
 - b) Jesus began His Sermon on the Mount in a similar way, “**Blessed are the poor in spirit...**” (9x)
2. Notice the actions described; the blessed does not **walk, stand** or **sit...** with the ungodly, sinners, or the scornful.

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a) Sin is progressive.

i) In one sense,

- (1) You might begin by sitting near it, but not participating in it.
- (2) Next you stand beside it.
- (3) Soon you will find yourself walking in it.

ii) In another sense,

- (1) You might walk near sin but not walk in it.
- (2) Next you stand in the path of sinners.
- (3) Followed by sitting fully in the seat of scornful and sinful activities.

3. The blessed man does **not** walk in the counsel of the ungodly.

a) The blessed man must **discern** what **counsel** is **ungodly**.

i) If you are receiving **life advice** from those who are not Christians, **beware**.

ii) It's been commonly said that "**All truth is God's truth.**" But the challenge is discerning truth for *persuasive opinion*.

iii) Many things can sound true, especially if they sound "*spiritual*."

- (1) For example: "*God helps those who help themselves.*"

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(i) **Romans 5:8** But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.

(ii) **Ephesians 2:8–9** ⁸ For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, ⁹ not of works, lest anyone should boast.

1. God helps those who cannot help themselves – that’s grace at work!

(b) *“I love Jesus, but I don’t go to church because I don’t have to go to church to have a relationship with Jesus.”*

(i) **Hebrews 10:25** not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching.

1. Jesus died for the church; He loves the church and so should we.

(c) *“God won’t give you more than you can handle.”*

(i) **2 Corinthians 1:8–9** ⁸ For we do not want you to be ignorant, brethren, of our trouble which came to us in Asia: that we were burdened beyond measure, above strength, so that we despaired even of life. ⁹ Yes, we had the sentence of death in ourselves, that we should not trust in ourselves but in God who raises the dead,

1. God allows us to face circumstances larger than ourselves to teach us to trust in Him and not ourselves.

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- (d) *“Your loved one who passed away is an angel in heaven now.”*
 - (i) **Hebrews 1:14** speaking of angels says, *Are they not all ministering spirits sent forth to minister for those who will inherit salvation?*
 - (ii) Read **Romans 8:15-17**.
 1. We are **not** angels; angels are God’s **servants**.
 2. We are **children of God** and **joint heirs** with Christ of the kingdom He will inherit.

- b) The Psalmist declares that the blessed man does **not** stand in the path of sinners.
 - i) A path speaks of a **clear passageway** that has resulted from **repeated travels**.
 - ii) The blessed man does not travel **paths** that have been **pioneered by sinners**.
 - iii) **Matthew 7:13–14** (NIV) ¹³ *“Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. ¹⁴ But small is the gate and narrow the road that leads to life, and only a few find it.*

- c) The blessed man does not sit in the seat of the scornful.
 - i) The **scornful** are those who are **critical** and **cynical**.
 - ii) Their thoughts and words are **harsh** and **unloving**.
 - iii) Their words have **no** love because they haven’t experienced the forgiving love of God.

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4. Instead, the Christians *delight is in the law of the LORD*.

a) David **Guzik** asks this question... What makes you happy? What gets you excited? This is a good way to see what is important to you. If personal pleasure is the only thing that makes you happy, then you are a selfish, self-centered person. If being with your family or friends delights you, that can be better, but it still falls short. The righteous man finds his delight ... in the law of the LORD.

b) After the death of Moses **God spoke** to Israel's next leader **Joshua** saying...

i) **Joshua 1:8** ⁸ This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

c) The blessed man *meditates day and night on the law of the Lord*.

i) To meditate on the word is like when a **cow chews the cud**, over and over again so it can be fully digested.

ii) Opening your Bible and reading God's word **shouldn't** be something that only happens on **Sunday**.

(1) **Morning devos** help prepare you for the day ahead.

(2) Reflecting on those words **throughout the day** and into the night only helps to strengthen your **heart, soul and will**.

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- iii) The goal in Christian meditation is **not to empty the mind**, but rather to **fill your mind** with the word of God.
- iv) Spurgeon, “Meditation chews the cud, and gets the sweetness and nutritive virtue of the Word into the heart and life: this is the way the godly bring forth much fruit.”

Psalm 1:3

³ 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.

1. A river is used to embody **abundance**.
 - a) A tree by the river is **constantly fed**, not just water, but **nutrients** as well through the river.
 - i) Those trees are **stable** and **strong with deep roots**.
 - b) Fruit is naturally produced when the tree is well fed.
 - i) The Galatians 5:22-23 make known what fruit is in the life of a Christian.
 - ii) **Galatians 5:22–23** ²² But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, ²³ gentleness, self-control. Against such there is no law.
2. Note, the fruit will come **in its season**. This means sometimes we have to **wait** to see that fruit just as a **farmer** must wait for his fruit tree to produce their fruit.

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3. I love **fall colors** but if you really think about it, it's a **celebration of death**, because the leaves are dying.

a) The leaves are beautiful, but then they **wither** and die.

i) Not so with the blessed in Christ, our works and life in Christ will not **wither**, but **whatever he does shall prosper**.

(1) Remember this promise of prospering is first in a spiritual sense, this is not a promise of health and wealth.

Anonymous Poemⁱⁱ:

I asked for strength that I might achieve;
I was made weak that I might learn humbly to obey.

I asked for health that I might do greater things;
I was given infirmity that I might do better things.

I asked for riches that I might be happy;
I was given poverty that I might be wise.

I asked for power that I might have the praise of men;
I was given weakness that I might feel the need of God.

I asked for all things that I might enjoy life;
I was given life that I might enjoy all things.

I got nothing that I asked for
but everything that I had hoped for.

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Almost despite myself my unspoken prayers were answered,
I am, among all men, most richly blessed.

Psalm 1:4

⁴ The ungodly *are* not so, But *are* like the chaff which the wind drives away.

1. The **chaff** is like the kernel on the head of wheat.

- a) There were dedicated places to “thresh the wheat” to remove the **chaff** before they would grind the wheat.
 - i) The harvested grain would be thrown in the air and the **chaff** would come off in the air, especially on a windy day.
 - ii) The **chaff** is worthless, it has no value or substance, and is easily carried away.
- b) Because the ungodly are easily blown about by the changing winds of culture and sinful desire, Christians are commanded here to walk a different path.

Psalm 1:5-6

⁵ Therefore the ungodly shall not stand in the judgment, Nor sinners in the congregation of the righteous. ⁶ For the LORD knows the way of the righteous, But the way of the ungodly shall perish.

1. There are two ways and only two ways...

- a) The **way of the righteous** and **way of the ungodly**.
- b) The **way of the righteous** are the blessed whose delight *is* in the law of the LORD, And in His law he meditates day and night.
 - i) Contrast that with those walking down the **way of the ungodly**, they shall perish.

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ii) They cannot stand in the **judgment** for their eternal condemnation has already been determined.

Conclusion: What's the big take away from this passage?

1. How will you sit, stand and walk?

a) Will it be in the way of the righteous or the way of the ungodly?

2. There's power in the Word... **Isaiah 55:11** So shall My word be that goes forth from My mouth; It shall not return to Me void, But it shall accomplish what I please, And it shall prosper in the thing for which I sent it.

3. Jesus's plans for our life... **John 10:10** The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.

Invitation: Revelation 3:20 Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me.

ⁱ All scripture references, unless otherwise noted, are taken from The New King James Version. (1982). Nashville: Thomas Nelson.

ⁱⁱ <https://www.thecotas.com/2006/06/prayer-of-unknown-confederate-soldier/>