

Psalm 1

The Psalms: Drawing Near to God

I. Introduction to the book of Psalms

- Structure: divided into 5 separate books and written over 1,000 years
- Writing style: wisdom literature consisting of hymns, lament, and thanksgiving
- Important features: raw emotion with honest words to God

II. Two types of people (Psalm 1:1-2)

- The disobedient person (1:1)
 - Someone who is intimately connected to that which is opposed to God.
 - There is no neutral zone in our relationship with God. We are either citizens in God's kingdom or His enemies.
- The obedient person (1:2)
 - Delighting in the law of the Lord means taking joy in knowing God more intimately through His Word.
 - Meditating on the law of the Lord means saturating your mind with the truths of Scripture.

III. Two conclusions (Psalm 1:3-5)

- The obedient one is blessed (1:3)
 - God grows those who are rooted in Him so that they can bear fruit and contribute to His purpose.
- The disobedient one is condemned (1:4-5)
 - Constant rejection of God in this life bears eternal consequences

Discussion Questions

1. Have you ever read through Psalms before? Why is it important to read a book like Psalms?
2. At the end of our lesson, we asked two important questions: 1) “Do you desire to be blessed by God?” and 2) “Do you delight in God’s Word?” How did you answer each of these questions?
3. Of the two types of people described in Psalm 1, which do you identify with most? Why?
4. The Psalmist tells us that those who are blessed by God both delight in and meditate on God’s instruction (law). Between delighting and meditating on God’s Word, which do you struggle with most?
5. In Psalm 1:4-6, we have a warning that those opposed to God will suffer eternal condemnation. How can we, as sinful and imperfect human beings, move from being condemned by God to being favored by God? Hint: read Romans 5:6-11.