

Theme: The Psalms are given to instruct us in how we can live a blessed, abundant life.

I. Intro – First Impressions

- A. First impressions most important
- B. True in life and literature
- C. The first part of book is important
- D. Hooks us, and guides later reading
- E. Psalm 1 & 2 intro to Psalms

II. Psalm 1 – Intro to Psalms

- A. Stand at beginning of Psalter – first read!
- B. No superscription – different than 3-42
 - 1. Only Psalm 10 & 33 lack superscription
 - 2. Psalm 10 – possibly part of 9?
 - a. Continuing acrostic
 - b. LXX has as one psalm
- C. Common terms in 1 & 2 – next week
- D. Opinion of scholars on this point

III. Psalm 1 – The Blessed Life

- A. Key idea – blessing or perishing opposed

- 1. First & last word of Psalm
- 2. First and last letter of alphabet
- 3. Opposing titles for blessed and perishing
 - a. Blessed – righteous (color text in PP)
 - b. Perishing – wicked; sinners; mockers
- 4. Opposing metaphors
 - a. Blessed – stable, fruitful tree
 - b. Perishing – wind driven chaff
- B. Difference between blessed and perishing
 - 1. Blessed – stable tree, bearing fruit
 - 2. Perishing – Unfruitful chaff, blown away
- C. Blessed in every area – (v 3b; Psalm 112 table)
 - 1. Psalm 112 – acrostic of blessed life
 - 2. Begins and ends with same words as Ps 1
 - 3. Every area of life is included in blessing
 - 4. Does not mean no tough times – laments!
 - 5. Does mean a stable, fruitful life

IV. The Key – Meditating on Torah

A. The different outcomes from different lifestyles

1. Righteous are blessed
2. Wicked, sinful, mockers will perish

B. The key issue: response to Torah

1. Blessed man delights in Torah (2)
2. The meaning of Torah: teaching
 - a. Often translated as “law”
 - b. Key idea: teaching (BDB; Pro 1:8; 3:1; Ps 78:1)
 - c. Opposite of counsel/advice of wicked (v 1)
 - d. Blessed man open to God’s instruction
3. Blessed man meditates on Torah (2)
 - a. To meditate is to mumble, think, mull over
 - b. Leads to prosperity (2-3; Joshua 1:8)

C. God’s Torah for us: His Word

V. Conclusion: The Place of Blessing

A. Psalms teach us on the blessed life

1. Psalm 1 – Psalms as manual for blessed life
2. If you want a blessed life – read & follow!

3. Does not remove all trouble; does show blessing

B. The blessed life & our choices

1. Not tit-for-tat reward
2. Natural outcome – tree planted by water
3. Each day we choose blessing or perishing

C. The blessed life & the Word

1. Key issue: open to Word; meditate on Word
2. Are you in the Word?
3. Does it shape your life?
4. Come enjoy the blessed life of the Word!

The Psalms As Instruction: The Abundant Life

Psalm 1
October 19, 2003

1 A psalm of David. When he fled from his son Absalom. O LORD, how many are my foes! How many rise up against me!
Psalm 3:1

1 For the director of music. With stringed instruments. A psalm of David. Answer me when I call to you, O my righteous God. Give me relief from my distress; be merciful to me and hear my prayer.
Psalm 4:1

1 For the director of music. For flutes. A psalm of David. Give ear to my words, O LORD, consider my sighing.
Psalm 5:1

[Psalm 1] forms an introduction to the Psalter as a whole and has been placed in its present position by the editor or compiler of the Psalter for that purpose.
Peter Craigie, *Psalms 1-50, WBC*, 59.

This opening beatitude also serves as an introduction to the book. Its location as the first psalm is not accidental; the psalm is there to invite us to read and use the entire book as a guide to a blessed life.
David Mays, *Psalms*, 40.

1 Praise the LORD. Blessed is the man who fears the LORD, who finds great delight in his commands.... the longings of the wicked will come to nothing.
Psalm 112:1,10

1 My son, do not forget my **teaching (torah)**, but keep my commands in your heart,
Proverbs 3:1

1 O my people, hear my **teaching (torah)**; listen to the words of my mouth.
Psalm 78:1

8 Do not let this Book of the **Law** depart from your mouth; **meditate on it day and night**, so that you may be careful to do everything written in it. Then you will be **prosperous** and successful.
Joshua 1:8

Table of blessing from Psalm 112

Vs	Category	Phrase
2	Family	His children will be mighty
3	Finances	Wealth and riches are in his house
3	Spiritual	His righteousness endures forever
4	Provision/protection	Even in darkness light dawns for the upright
6	Lasting legacy	A righteous man will be remembered forever
7	Emotions	He will have no fear of bad news; his heart is steadfast
8		His heart is secure; he will have no fear

8 Listen, my son, to your father's instruction and do not forsake your mother's **teaching (torah)**.
Proverbs 1:8