

*Welcome to the Eden Summer Series of Bible Studies in the psalms!*

The psalms are **a gift of response to God given by God himself.**

They train us to join together and engage our whole humanity with all the emotional range we possess in godly response to God and his word.

The New Testament unashamedly applies multiple psalms directly to Jesus.

They are also repeatedly found on his lips in Scripture, and beyond this, we are invited in our minds-eye to see Jesus himself learning the psalms and using them to praise his Father.

Ultimately, Jesus is the primary singer of the Psalms, and it is through him that we can sing them. Often, we can only sing a psalm about him (and not ourselves), at other times, the reason we can sing a psalm about ourselves is because we sing as those united with him

Over the coming weeks, we will study various psalms together, reflecting especially on how they point us forward to Jesus, and how he fulfils the themes and messages of each:

Psalm 1: Blessed in the Blessed One

Psalm 2: The Royal Son

Psalm 8: The Ruling Man

Psalm 16: The Resurrected Man

Psalm 22: The Godforsaken Innocent

Psalm 31: The True Believer

Psalm 40: The Perfect Sacrifice

Psalm 69: The Suffering One

Psalm 110: Great David's Greater Son

## Psalm 1: Blessed in The Blessed One

If you were told of a collection of 150 songs and prayers, God's hymn-book for God's people, how would you expect it to start?

With a powerful call to worship?  
A deep cry of "Hallelujah, Praise the LORD"?

Instead, with Psalm 1 we get a short sermon. Before we are called to worship, we are *taught*

### Structure

v1-3: The Security of the Blessed One  
v4-5: The Fate of the wicked  
v6: The two-ways to Live!

### Themes

**Contrasts:** The Blessed One vs The Wicked.

- Begins immediately: the Blessed One is described in contrast to the wicked (v1-2)
- Governs the whole structure: Picture of security (v3) vs picture of insecurity (v4)  
The final choice laid before us (v6)

The major message: **Blessing comes to (through) the One who delights in God's Word**

**Blessing:** What does this word really mean?!

It has become so vacuous today: attached to wretch-inducing social media posts (#blessed!)  
*Or* used in pseudo-spiritually to mean very little of substance!

In fact: it is related to the term 'Asherah' – the goddess of fortune and happiness.  
The term refers to a 'wholeness' of life: 'Happy is the One...' or 'O the fortune of the one...!'

What is the source of this blessing: it is the security given through delight in God's Word

**Delight:** God's word is the source and focus of delight for the Blessed One.

They meditate on it: reflect and memorise and internalise it. As they do they are secure...

*This psalm is apparently instructing us to delight in God's word and so receive blessing...*

So how does that avoid becoming a moralistic message of works?!

**The Blessed One:** The most important Question: *Who* is this blessed one?

- The ESV rightly translates the psalm "Blessed is the *man* who..."
- Jesus is the only one who fully lives this Psalm out, delighting in God's Word
- Blessing comes *to* him and we can that same blessing *through* him.

Suggested Questions for Study

- Why does the Bible often present us with a choice between 2 ways of living?  
What examples are there? (*E.g. Deut 30:15-20, Josh 24:14-15, Matt 7:13-27 etc*)
- How would you describe the different people we meet in Psalm 1?
- Why can it be tempting to walk/stand/sit with the wicked?
- What are the consequences of delighting in God or rebelling against him?
- How does the Blessed/Righteous One of Psalm 1 point us to Jesus?
- How do the Blessings of Psalm 1 come to us in Jesus?