

Mt. Pleasant Baptist Church
Alexandria, Va 22312
Thursday Night Bible Study
15 July 2026



INTRODUCTION

Psalm 1 serves as an introduction to the entire Book of Psalms, contrasting the paths of the righteous and the wicked. It emphasizes the blessings that come from delighting in God's law and the ultimate fate of those who reject it. It is our decision which of those ways we choose, but we can be certain that God will hold us accountable for our decision.

Psalm 1 (NKJV)

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.

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.

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

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.

Psalm 1:1 - 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;

- Blessed means spiritually fulfilled and favored by God, not merely happy due to external events. This blessing is rooted in alignment with God's will, not in following the crowd.
- This verse describes a downward spiral:
 - Walking – listening to or following the advice of the wicked
 - Standing – identifying with or participating in sinful behavior
 - Sitting – joining those who mock God's truth
- By refusing to walk, stand, or sit with the ungodly, the righteous person sets themselves apart. This is a deliberate choice to follow God's counsel, which is the opposite of sin.

Psalm 1:2 - But his delight is in the law of the Lord, and in His law he meditates day and night.

- Delight refers to a profound sense of joy, pleasure, and satisfaction that arises from a relationship with God, His Word, and His Creation. It is both emotional response and a spiritual state that reflects one's alignment with God's will and purposes. It's all about relationship with God.
- Meditation is internalizing the Word of God so that it can be automatically lived out on a daily basis. It has to be imprinted in our heart, mind, and spirit, to become an automatic part of our daily actions. (Psa 19:14, Psa 63:6, Psa 77:12, Psa 143:5)

Psalm 1:3 - 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.

This scripture describes the results of the blessed man who follows in the path of righteous living.

- This person may start off small and frail, but is designed to grow strong and profitable.
- This tree was planted. It was not by chance but it was intentional.
- The planter also provides the nourishment the tree needs most for growth... water... in abundance

Because of this nourishment, the Lord promises 3 things.

1. This tree yields it's fruit.

- Four forms of fruit
 - Character (Gal 5:22-23; 2 Peter 1:5-8)

- Conduct (Titus 3:14; Philippians 1:11, 22; Col 1:10).
- Conversation (Herb 13-15)

Fruit production will occur in its season

2. It's leaf does not wither.

- In the fall leaves will wither but the tree remains alive it just goes dormant until the spring.
- God promises that as we drink of His Word, life-giving sap will flow through our lives and the leave will not be drained.
- We may go through a period of ups and downs, but He will sustain us through it all.

3. We will prosper.

- "Prosper in all that he does" refers to a holistic well-being – spiritual, moral, and relational – rather than solely material wealth. It means living in alignment with God's will, experiencing His protection, and accomplishing His purposes.

Psalm 1:4 - The ungodly are not so, but are like the chaff which the wind drives away.

- Winnowing is an agricultural process mentioned frequently in the Bible, symbolizing separation and purification. It involves the separation of grain from chaff using wind.**
- In this verse, the fate of the godless is contrasted with that of the blessed man. The godless are compared to chaff, which is easily blown away by the wind and has no roots.
- There is nothing in the life of the ungodly of enough weight to keep them from being blown away in a storm.

Psalm 1:5 - Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous.

- These are people who are not in a covenant relationship with God.
- They will suffer the wrath of God's judgement.
- Just as the useless chaff is separated from the wheat, so are the sinners in the congregation of the righteous.
- God makes it clear that, for the ungodly, spending time in church or hanging out with Godly people will not offer you a place of refuge.

SOMETHING TO KEEP IN MIND

- The wicked are not necessarily always horrible people. From an eternal standpoint they are those who don't follow God.
- On the other hand, the righteous are not necessarily always wonderful people (although they should be). They are righteous as a result of God's response to their faith.

RIGHTEOUSNESS: OT vs. NT

- Old Testament: Righteousness by faith was expressed through obedience and the sacrificial system. (James 2:20-24)
- New Testament: Righteousness by faith is expressed by believing in the sacrificial death of Jesus Christ as a payment for our sin. (Eph 2:8-9)

Psalms 1:6 - For the LORD knows the way of the righteous, but the way of the ungodly shall perish

- The Lord "knows" means more than a mental understanding. It's about a personal relation (John 10:14-15; Matt 7:23)
- He knows the way of the righteous. God has planned it and marked it out. (Eph 2:10)
- The life of the Godly person rests in the eternal plan of God

A CHALLENGE FOR YOU!!!!

- Look down at your feet with your spiritual eyes and say:
 - Where are we at?
 - Where are we walking?
 - Where are we standing?
 - Where are we sitting?

Because where you should be **walking** is towards God

Where you should be **standing** or **dwelling** is in His presence

And where you should be **sitting** and **resting** is in the finished work of Christ because that is the only thing that can redeem and save us before a Perfect, Righteous and Holy God