

# “The Way of the Righteous”

*Expressions #1 • Psalm 1*

## INTRODUCTION

Our summer sermon series, titled “Expressions”, is a reflection on selected psalms. The book of Psalms expresses a wide range of emotions, from praise to despair to anger and doubt. At times when we find it difficult to express our own feelings, the Psalms give us the voice we need as well as the wisdom of God. This week we examine Psalm 1. In it we will find guidance to live in the way of the righteous that leads to blessing and Heaven.

### ***Ice Breaker (Optional):***

What do you like to do when you just want to feel happy?

## Study Questions (45 MIN)

### **Consider your state of mind.**

#### **Q1. Read Psalm 1:1; Luke 11:28; John 13:17**

The Hebrew word used for “blessed” in this Psalm is also translated “happy” in other verses. The Holman Christian Standard Bible translates this verse as “How happy is the man who does not follow the advice of the wicked or take the path of sinners or join a group of mockers!” What does this infer about someone who is on the wrong path? How accurately does this describe your own experience? Have you found your state of mind to be an indicator of your spiritual condition? What is one clue for you personally that alerts you that you need to adjust your course?

### **Evaluate your circle of influence.**

#### **Q2. Read 1 Corinthians 15:33; Psalm 1:1-2**

As Paul told the Corinthians, bad company ruins good morals (1 Corinthians 15:33). In this Psalm we see the progression of how listening to the wrong friends and advisors can lead to our downfall. Have any of your friends ever made “harmless suggestions” that could start you down the wrong path (e.g. little white lies or questionable entertainment choices)? What are the two actions in Psalm 1:1-2 that can help keep you on the right path?

### **Observe your character portrait.**

#### **Q3. Read Psalm 1:3; John 15:5-8**

Psalm 1:2 introduced the practices of a person who is blessed and traveling down the righteous path. In Psalm 1:3 we see the portrait of their character. How is that person described? What kind of “fruit” would you expect in this person’s life? What does John 15:5-8 reveal as essential in order to bear such fruit? What kind of fruit would you like to see increase in your own life?

### **Anticipate your ultimate destiny.**

#### **Q4. Read Psalm 1:4-6; Matthew 7:13-14**

Walking the righteous path yields even greater rewards than happiness in this life. What is the eternal destiny of the wicked (Psalm 1:5-6)? What is the reward for those who follow the “narrow” way? (Matthew 7:14) Unfortunately making the right choices and following the narrow way is not always easy. What are some things we can do to remind ourselves to keep a heavenly perspective as we walk this path?

## Wrap-Up

In Psalm 1, the Psalmist pictured two “ways”—the way of the wicked and the way of the righteous. Along life’s path we all have choices to make. If we listen to unwise counsel, we can end up on the path to destruction. But delighting in God’s law and meditating on His word will keep us on course. Those who keep on the right path we will be fruitful and prosperous, but only if we are drawing from Jesus, the true vine as our source and strength. Our goal is beyond the blessings of this life. It is knowing our eternal reward that helps us stay the course in the hard times and enables us to stand before the righteous judge.

### **Memory Verse**

*For the LORD watches over the way of the righteous, but the way of the wicked leads to destruction.*  
*Psalm 1:6 NIV*

## Prayer (20 MIN)

*Ask your group to pray for you regarding one area where you can apply this study in your life:* \_\_\_\_\_

*Pray for your group members’ needs:* \_\_\_\_\_

*Challenge: Practice meditating on Scripture this week. Memorize a verse from Psalm 1, asking God to give you new insights as you ponder its meaning and application to your life.*

**Q1**

Psalm 1:1 ESV - 1 Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers;

Luke 11:28 ESV - 28 But he said, "Blessed rather are those who hear the word of God and keep it!"

John 13:17 ESV - 17 If you know these things, blessed are you if you do them.

## Q2

1 Corinthians 15:33 ESV - 33 Do not be deceived: "Bad company ruins good morals."

Psalm 1:1-2 ESV - 1 Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; 2 but his delight is in the law of the LORD, and on his law he meditates day and night.

### Q3

Psalm 1:3 ESV - 3 He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.

Read John 15:5-8 in your Bible

## Q4

Psalm 1:4-6 ESV - 4 The wicked are not so, but are like chaff that the wind drives away. 5 Therefore the wicked will 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 wicked will perish.

Matthew 7:13-14 ESV - 13 "Enter by the narrow gate. For the gate is wide and the way is easy that leads to destruction, and those who enter by it are many. 14 For the gate is narrow and the way is hard that leads to life, and those who find it are few.

Prayers Con't: \_\_\_\_\_

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