

Following the “Right” Way

- **Day One. Evaluating my counselors**

Read Psalm 1:1; Proverbs 13:20; 2Chronicles 22:2-5; Hebrews 10:24

Make a list of the main people with whom you associate. What is the level of influence each has in your life? Who gives you godly, wise counsel? Who gives you ungodly, foolish counsel? Are there any of your associations that should change? What kind of “counselor” are you?

Pray. Ask God to guide you to wise counselors. Ask God to help you be one.

- **Day Two. Practicing meditation**

Read Psalm 1:2; Joshua 1:8; Psalm 63:6; Philippians 4:8

Practice meditating on Scripture this week. Choose a verse (e.g. Psalm 1:2). Memorize it. Then repeat it over and over. Try emphasizing a different word each time and thinking about the implications. Try this for several verses this week. How do you find that meditating this way affects your thinking and practice?

Pray. Ask God to guide you to specific passages that you should think about. Ask him to give you personal insight into these passages. Ask him to show you how to “be careful to do them” (Joshua 1:8)

- **Day Three. Expression**

Read Psalm 1

Read this Psalm with an emotional perspective. What are the feelings that you sense as you read? Where are the “feeling” words? How do your feelings differ when you think about the righteous and the wicked?

Pray. Express your personal thoughts and feelings regarding this Psalm. Express them regarding your current situation in life. What do you sense God saying to you?

The Way of the Righteous

Expressions #1 • Psalm 1

Psalm 1

1. Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers.
2. But his delight is in the law of the LORD, and on his law he meditates day and night.
3. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.
4. Not so the wicked! They are like chaff that the wind blows away.
5. Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous.
6. For the LORD watches over the way of the righteous, but the way of the wicked will perish.

The Psalms

“The moods of the Psalms embrace the whole range of human experience from exuberant praise (145) to despair (42); from intense anger (137) and doubt about God’s care (73) to hope for a future based precisely on God’s care (23). They can help us express emotions that otherwise we might not have words for, or feel right about. Psalms catch the reality of our up-and-down-relationship to God, but they also move us steadily along the path of knowing God.” [*Serendipity Bible*, (Grand Rapids, MI: Zondervan Publishing, 1988), p. 756]

Order	Five books of the Law Five books of Psalms
Writers	David (73), Asaph (12), Sons of Korah (9), Solomon (2), Hemen, Ethan, Moses (1 each), Anonymous (51)
Poetry	English: Meter Rhyme Hebrew: Redundancy Parallelism Imagery

Finding the “Right” Way

1. Consider your state of mind.

Psalm 1:1 (NIV) ¹ Blessed is the man... Matthew 5:3-11

Hebrew: אֲשֶׁר | ‘*esher* | level, right, happy, go forward, prosper

2. Evaluate your circle of influence.

Psalm 1:1 (NIV) ¹ ...who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers.

Progression of...

Association	Walk	Stand	Sit
Commitment	Counsel	Way	Seat
Evil	Wicked	Sinner	Mocker

Psalm 1:2 (NIV) ² But his delight is in the law of the LORD, and on his law he meditates day and night.

Delight:

Meditation:

3. Observe your character portrait.

The Righteous: A Tree

Psalm 1:3 (NIV) ³ He is like a **tree** planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prosper. John 15:5, 7

Planted:

Fruitful:

Healthy:

Prosperous:

Hebrew: תָּלָא | *tsalach* | advance, prosper, progress, succeed

The wicked: Chaff

Psalm 1:4 (NIV) ⁴ Not so the wicked! They are like **chaff** that the wind blows away.

Daniel 2:35 (NIV) ³⁵ Then the iron, the clay, the bronze, the silver and the gold were broken to pieces at the same time and became like chaff on a threshing floor in the summer. The wind swept them away without leaving a trace.

Matthew 3:12 (NIV) ¹² “His winnowing fork is in his hand, and he will clear his threshing floor, gathering his wheat into the barn and burning up the chaff with unquenchable fire.”

4. Anticipate your ultimate destiny.

Psalm 1:5 (NIV) ⁵ Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous.

Psalm 1:6 (NIV) ⁶ For the LORD watches over the way of the righteous, but the way of the wicked will perish.

Matthew 7:13-14 (NKJV) ¹³ “Enter by the narrow gate; for wide is the gate and broad is the way that leads to destruction, and there are many who go in by it. ¹⁴ Because narrow is the gate and difficult is the way which leads to life, and there are few who find it.”