

Studies in The Psalms
Psalm 1 – *The Psalm of the Blessed Man...*

PURPOSE: to show us the way of true blessedness—HAPPINESS...

Spurgeon – *‘This Psalm may be regarded as the preface psalm, having in it a notification of the contents of the entire Book. It is the psalmists' desire to **teach us the way to blessedness**, and to warn us of the sure destruction of sinners. This, then, is the matter of the first Psalm, which may be looked upon, in some respects, as the text upon which the whole of the Psalms make up a divine sermon.’*

THEME: Real happiness now—and forevermore...

OUTLINE:

Verses 1-3 – The Truly Happy Man is Described

NEGATIVELY (v.1)

POSITIVELY (v.2)

FIGURATIVELY (v.3)

Verses 4-5 – Contrasting Picture of the Ungodly Man

Verse 6 – The Consequences of Both



LESSONS: we should learn from the 1st Psalm

1st – The Lesson of A Happy Life (v.1)

John Piper – *‘Nothing shows the direction of the deep winds of the soul like the demand for radical, sin-destroying, Christ-exalting joy in God.’* – *When I Don't Desire God: How to Fight For Joy*

Jeremiah 15:10...15-16

2nd – The Lesson of Holy Meditation (v.2) – Joshua 1:8