

**PSALM 1**  
**March 2015**

“Blessed (1) is the man (2) who does not walk (3) in the counsel of the wicked or stand (3) in the way of sinners or sit (3) in the seat of mockers.

But his delight (4) is in the law (5) of the LORD, and on his law he meditates (4) day and night. (6)

He is like a tree (7) planted by streams of water (8), which yields its fruit (7) in season and whose leaf (7) does not wither. Whatever he does prospers.(9)

Not so the wicked! They are like chaff that the wind blows away. (10)

Therefore the wicked will not stand in the judgment (11), nor sinners in the assembly of the righteous.(12)

For the LORD watches (13) over the way of the righteous, but the way of the wicked will perish. (14)”

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(1) Blessed, the same word Jesus uses in his alternative decalogue, in Mat 5

(2) The man, the only one to whom this Psalm naturally applies is Jesus Christ, but as He is the perfect man, our model, what is written here is also the goal of the Church (the one mature man whose head is Jesus Christ), and of all Christians individually.

(3) Walk, stand, sit, seems to indicate an increasing acceptance of sin

(4) The secret to the godly lifestyle of this Man is that he delights in the laws of God and he meditates on it all the time; Jesus Christ is the perfect embodiment of the Word of God; as Christians we follow in his footsteps by reading and studying the laws of God, and also by meditating on these laws. Meditating on the laws will also increase our delight.

(5) Law of God, this means in the first place his commands, but it does not exclude anything God says in his Holy Scriptures. It is important to notice that the value of the Law of God is not only in the directions man gets out of the direct commands, but that the true value only comes out by meditation on them. This suggests that more is knowledge and value hidden in the laws than the direct commands only.

(6) Day and night, we should find days in our busy schedules to think of God’s Word beyond just reading it every now and then. The issue is regular mediation.

(7) A tree, with permanent leaves and seasonal fruit, is what the blessed man is compared with. Always green suggests that he is always internally fed by the streams of waters; he is spiritually never dry. The fruits in season suggest that he also produces visible, external, impact on others around him. He is a blessing for others.

(8) Streams of water, the law is compared here with something very important in the life of people in a desert. Not the law in a book, their the law being read, but the law as our delight and the law meditated upon, becomes a stream of water inside us. Jesus Himself, the embodiment of the Word, and the perfect expression of God’s law himself, told his followers that if people believe in him, the Holy Spirit will be in his life like streams of living water. By delighting in the Word of God and meditating upon it - or rather, on Him, the Holy Spirit is enabled to work in our lives to make us fruitful for ourselves and others.

(9) Whatever he does prospers, this was true of Jesus and it is true of his followers. This is not an open promise, but this must be read in conjunction with the rest of this Psalm: the man who delights in the law of God and who meditates on it, will be able to not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. That is the highest goal in the life of a Christian.

(10) Wicked are like chaff in the wind, an image evoking dryness and worthlessness. This is the result of not being planted beside a river and not delighting in and meditating on the law.

(11) The judgement, not to be feared by righteous people; in general, good people do not need to fear judgement in this life, and certainly not in the final judgement. Wicked people have to fear temporal and eternal judgement. So they should always live in fear.

(12) the assembly of the righteous, think of any general meeting of good people, but also of church, and eventually, of the whole company in heaven: God, the angels, all saints.

(13) God watches, means he sees, but also, he guards. The manner in which God watches over his children, is as a good shepherd who guarantees their welfare.

(14) Way of the wicked will perish, as God does not watch them. As God is unrelated to the wicked, their fate is clear: without God, there is only darkness.