

DAY 1

Psalm 1 - "THE BLESSINGS OF DELIGHTING IN GOD'S WORD"

Psalm 1 according to Bible scholars is called the "DOOR" or the "KEY" to the understanding of the Book of Psalms. From this psalm, we get to know the answers to the following questions: "Who is the truly blessed person?" "When do we delight in God's Word?" and "Why delight ourselves in God's Word?"

A. WHO IS THE TRULY BLESSED PERSON?

This psalm summarizes to us the whole of life. It classifies man into two categories – the godly or righteous person and the ungodly or wicked person. It tells us of two kinds of lifestyles – the one that delights in the Word of God and the one that delights in scorning/mocking the Word of God. And finally, it tells us of two man's eternal destinies – one is the presence of God (assembly of the righteous) and the other is separation from God (the way of the wicked will perish). Thus, the truly blessed person is the godly person. But who is the godly person?

1) *He who distances himself from sinful men (v.1).*

According to the psalmist, the truly blessed or happy person is the one who distances himself from sins. In other words, he avoids sins and sinful men. Let me make it clear that the Bible does not teach that we, believers, are to separate ourselves from sinful men or not to mingle with sinners. That's impossible. We are all sinful people! What the Bible teaches is that we are not to follow or indulge in the same sinful ways of the ungodly.

2) *He who delights in God's Law or Word (v.2).*

Secondly, according to the psalmist, a truly happy person delights in God's Law or God's Word. To "delight," says Webster's Dictionary, is to **"take pleasure" or "to give keen enjoyment" or to "give joy or satisfaction to."** Therefore, to delight in God's Law/Word is to **"take pleasure in the Word of God."** In simple words, it means ***we enjoy the Word***. It is like your favorite desert or food. It has an alluring effect on you that you could not resist but eat it! Do you enjoy the Word?

B. WHEN DO WE DELIGHT IN GOD'S WORD?

According to the Psalmist, we delight in the Word when...

1) *When we meditate on God's Word (v. 2b).*

First is when we meditate on the Word of God. To "meditate" is to **"engage in reflection or contemplation."** It is to "engage in mental exercise for the purpose of reaching a heightened level of spiritual awareness." ***It is to "ponder" or to "focus one's thoughts on something."*** Thus, meditating the Word involves several things. One is reading the Word. Another is studying or analyzing the Word. Another is thinking or reflecting on the Word. Another is memorizing the Word. This is the idea that we get from the Psalmist when he said, ***"I have hidden your word in my heart that I may not sin against You."*** (Ps. 119: 11).

2) *When we obey God's Word (v.2b; Joshua 1:8).*

It is not explicitly given in the text but we know it is there. In other words, it is expected from God's People. In fact, if we look at Joshua 1:8 from which the Psalmist derived his inspiration, this is what we read: ***"Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it."***

C. WHY DELIGHT IN GOD'S WORD?

The Psalmist teaches at least three very important reasons why we need to delight in God's Word.

1) It will PRODUCE fruits in our life (v.3). First, you will be fruitful or productive. *“He is like a tree planted by streams of water, which yields its fruit in season...”* I want my life to be fruitful or productive. I’m sure you do too? Can you see the picture or analogy that the author used? He compares the person who meditates God’s Word as a fruit-bearing tree. It is well-watered and nourished. God wants you and me to produce fruit in this life and a vital tool for this to happen is God’s Word.

2) It will PROSPER our life (v.3b). Now, according to the Psalmist we will not only be productive but also, it will prosper us. Let us turn to Joshua 1 again and look at verse 6 - *“Be strong and courageous, because you will lead these people to inherit the land I swore to their forefathers to give them.”* ⁷ *Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go.* ⁸ ***Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.***

3) It will PRESERVE us from God’s judgment (vv. 4-6).

The Psalmist assures us that to delight in the Word qualifies us to the assembly of the righteous BUT those ungodly who mocks/ignores the Word of God lives an EMPTY LIFE! Verse 4 compares the wicked to a chaff or “IPA.” And that it will disqualify us from the assembly of the righteous and that we will perish! (v. 6) - SEPERATED FROM THE LORD!

To delight in the Word is to delight in the LORD! In fact, this is the only way we could best demonstrate our love for the Lord. Listen to what our Lord Jesus said in John 14: *“If anyone loves me, he will obey my teaching. My Father will love him, and we will come to him and make our home with him.”* ²⁴ *He who does not love me will not obey my teaching. These words you hear are not my own; they belong to the Father who sent me”* (John 14: 23, 24).

LET’S US ALL LEARN FROM THE PSALMIST TODAY - LET’S DELIGHT OURSELVES IN THE WORD FOR WHEN WE DO, IT PROVES CLEARLY THAT WE DELIGHT IN THE LORD!

PRAYER:

“Father, teach me to delight in Your Word for You only desire my highest & eternal good in this life. Give me a great hunger and thirst for Your Word and fill me with Your Holy Spirit to understand Your Word in order to obey it in my daily living. In Jesus’ Name, AMEN!”