

# MONTHLY BIBLE STUDY



## GO FOR THE BLESSING!

Psalm 1 (NIV)

“Blessed is the one  
    who does not walk in step with the wicked  
or stand in the way that sinners take  
    or sit in the company of mockers,  
but whose delight is in the law of the Lord,  
    and who meditates on his law day and night.  
That person is like a tree planted by streams of water,  
    which yields its fruit in season  
and whose leaf does not wither –  
    whatever they do prospers.  
Not so the wicked!  
    They are like chaff  
    that the wind blows away.  
Therefore, the wicked will not stand in the judgment,  
    nor sinners in the assembly of the righteous.  
For the Lord watches over the way of the righteous,  
    but the way of the wicked leads to destruction.”

As we reflect on this Psalm, let me challenge you to seek the blessing that is mentioned here. Remember, it's not about perfection but direction. Walking with Jesus is about setting a trajectory of life that continues into eternity.

Sometimes to find the right direction we need to know the wrong direction so we can avoid it. Do not *walk...stand...or sit* in the direction of those who would lead you away from the Word of God and the things of God. (Could have brief discussion on some of those wrong directions.)

Instead, head in the direction of the one who delights and meditates on the Word of God. Make the Bible your source of truth for life and living. Notice the blessing that comes from this:

- *like a tree planted* - you will be able to stand firm thru life's struggles.
- *yields its fruit in season* - your life will be beneficial and helpful to others.
- *whose leaf does not wither* - you can finish strong and your life will be meaningful.

Questions for consideration and discussion: (Bible dictionary would be helpful here to define terms.)

- What does it mean to *delight* in the law of the Lord?
- How do we *meditate* on his law day and night?
- Who are the ones the Lord *watches* over?

What are some lifestyle takeaways from this passage of Scripture?

- Make the Word of God a daily priority. (Set aside a specific time.)
- Notice how the Word is changing your thinking. (Seeing life from God's point of view.)
- Walk (live out) in the ways you now see the Bible leading you in. (Put Word into practice.)

This is one of those Psalms we should frequent often to help us keep our focus, direction and trajectory on track through this life of trials and tests.

I close with that great Aaronic blessing from Numbers 6:24-26 (NKJV), "The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face towards you and give you peace."