



TWO WAYS TO WALK

My Favorite Psalm | Week 1

This is a study about "My Favorite Psalm." Yet, we're starting with Psalm 1! The next man who teaches will not be preaching or teaching from Psalm 2. And, even if he does, we won't be dedicating the next three years of Wednesday nights to attempting to give each Psalm its own in-depth breakdown. Further, no one asked me or anyone else to pick Psalm 1. But I did. Why?

Beginnings are important, and this Psalm begins the book of Psalms. In *How to Study the Bible*, we talk about the Law of First Mentions. The Bible, as a self-defining book and as the mind of Christ, tells us about itself perfectly through the inspiration of the Holy Spirit.

A wiser man than me once observed that shorter books and chapters in the Bible tend to be concise enough for a child to comfortably wade while having enough depth that an elephant could swim without reaching the bottom. We see this principle in Psalm 1: It's a small book with only six verses that contains a lifetime of wisdom.

Let's begin!

I. THE WAY OF A RIGHTEOUS MAN

Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.

- This verse, and the verses that follow, promise a _____ to a man who can *avoid* what's described.
- He *does not* use secular or ungodly counsel to lead his life or primarily direct his decisions.
- He *does not* halt between two opinions. [1 Kings 18:21](#)
- He *does not* look down on others with pride and contempt, shunning the _____ attitude that comes naturally to the ungodly man.
- Notice the progression: **walketh → standeth → sitteth**. These illustrate three relationships with sin, from casual to comfortable.

Scripture: Proverbs 3:5–8 • Romans 1:28–32

But his delight is in the law of the LORD; and in his law doth he meditate day and night.

- His _____ is in God's law. What delights you? What occupies your thoughts in the quiet moments between work and rest?
- He meditates, in the *Biblical sense*. The world's definition of meditation threatens to keep us from Biblical meditation altogether.

Scripture: Psalm 19:7–11 • Joshua 1:8 • Philippians 4:8

And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

- Believers are compared to trees all throughout the Bible. We're even said to be known by our _____ — the visible evidence of a grounded, rooted life.
- Jesus expected fruit from the fig tree even out of season. [Matthew 21:18–22](#)
- A tree planted by water doesn't strain for its needs; it has them at hand constantly.

Scripture: Matthew 7:15–20 • Galatians 5:22–23 • Jeremiah 17:7–8

II. THE PERIL OF THE UNGODLY

The ungodly are not so: but are like the chaff which the wind driveth away.

- Everything promised to the righteous man in verse 3 is negated here. He has no roots and no stability.
- _____ is worthless husk. Think about the outer layer of corn that we peel away. It has no substance of its own.
- The ungodly are tossed by "every wind of doctrine" (*Ephesians 4:14*), chasing whatever is newest or most pleasing rather than what is true.

Scripture: *Ephesians 4:14 • Matthew 3:12 • Psalm 35:5*

Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous.

- "Therefore" ties this directly to what came before. An ungodly, unsaved man on the day of Judgment is like a tree with no root facing down a tempest.
- This is what we've been talking about for the last several weeks! Do we act like the unsaved people in our lives will be facing God's judgment without His help to stand?

Scripture: *Revelation 20:11–15 • Matthew 25:31–33 • 2 Corinthians 5:10 • Hebrews 9:27*

For the LORD knoweth the way of the righteous: but the way of the ungodly shall perish.

- Our God knows the end from the beginning. Amen! To walk "the way of the righteous" is to be closer to Him. *John 10:27* – "My sheep hear my voice, **and I know them**, and they follow me:
- We must make this warning a mission. The way of the ungodly _____. We are the ones called to show them God's way.

Scripture: *2 Peter 3:9 • Ezekiel 33:11 • Romans 10:14–15*

CLOSING THOUGHTS

Beginnings are important. This first Psalm promises a blessing to the man who *keeps from* the way of the ungodly and promises destruction to the man who *remains on it*. The righteous man is planted, fruitful, and secure. The ungodly man is rootless, and his way perishes.

Reflect and discuss:

- Which of the three postures in verse 1 (walking, standing, sitting) is hardest for you to avoid right now?
- Who is one person in your life walking "the way of the ungodly"? What is one step you can take this week to point them toward the way of the righteous?

Notes:

Addendum: Definitions from Noah Webster's 1828 American Dictionary of the English Language

- COUNSEL, noun – Advice; opinion, or instruction, given upon request or otherwise, for directing the judgment or conduct of another; opinion given upon deliberation or consultation.
- SCORN, noun – Extreme contempt; that disdain which springs from a person's opinion of the meanness of an object, and a consciousness or belief of his own superiority or worth.
- MEDITATE, verb intransitive – To dwell on any thing in thought; to contemplate; to study; to turn or revolve any subject in the mind; appropriately but not exclusively used of pious contemplation, or a consideration of the great truths of religion.