

## **Week of Monday, June 15, 2026**

### **Psalm 1**

**1** How happy is the one who does not  
walk in the advice of the wicked  
or stand in the pathway with sinners  
or sit in the company of mockers!

**2** Instead, his delight is in the LORD's instruction,  
and he meditates on it day and night.

**3** He is like a tree planted beside flowing streams  
that bears its fruit in its season,  
and its leaf does not wither.  
Whatever he does prospers.

**4** The wicked are not like this;  
instead, they are like chaff that the wind blows away.

**5** Therefore the wicked will not stand up in the judgment,  
nor sinners in the assembly of the righteous.

**6** For the LORD watches over the way of the righteous,  
but the way of the wicked leads to ruin.

### **HOPE Journaling**

H – Highlight what stands out to you

O – Observe what it teaches

P – Practice this in your life

E – Express this in your prayers

## Weekly Devotional

There are some trees that seem to withstand everything. Through storms, droughts, high winds, and changing seasons, they remain standing year after year. The reason is usually not what you can see above the ground, but what is happening below it. Deep roots provide strength, stability, and a constant source of nourishment.

That is the picture Psalm 1 gives us as it opens the book of Psalms. The psalmist describes a blessed person, not by their success, possessions, or accomplishments, but by the direction of their life. He begins by showing what this person avoids. They do not follow the counsel of the wicked, stand with sinners, or settle into the ways of those who mock God. There is a progression here. People rarely drift away from God all at once. It usually happens one small step at a time as we allow other voices, influences, and priorities to shape our thinking.

But Psalm 1 is not primarily about what we avoid. It is about what we pursue. The blessed person delights in the Lord's instruction and meditates on it day and night. God's Word is not merely a duty to them; it has become a source of life, wisdom, and joy.

Because of that, they are like a tree planted beside flowing streams. Their strength comes from a source that does not dry up when circumstances become difficult. They continue to grow, bear fruit, and remain steady because they are rooted in something deeper than their circumstances.

As I think about Father's Day, I cannot help but see how important this truth is for fathers, though it certainly applies to all of us. Every father who is a believer wants to help his children grow, make wise decisions, and follow the Lord. But one of the greatest gifts a father can give his family is not perfection, success, or having all the answers. It is being a man who is deeply rooted in God's Word. Children may not remember every lesson we teach, but they will notice what shapes our lives, where we turn in difficult seasons, and what we truly value.

The same is true for every believer. Our influence on others will never be greater than our own walk with God.

Psalm 1 ultimately asks us a simple question: What is shaping your life? Every day we are being influenced by something. The voices we listen to, the counsel we follow, and the things we delight in are all leading us somewhere.

The blessed life is not found in chasing what the world offers. It is found in being firmly planted in God's Word and drawing daily from Him. Like a tree beside flowing streams, those who do so will find the stability, strength, and fruitfulness that only God can provide.

*-Devotional written by Eric Foster*

**Also Read:**

Psalm 1

Joshua 1:8

Jeremiah 17:7-8

Deuteronomy 30:15-20

Psalm 119:9-16

Matthew 7:13-14

Matthew 7:24-27

John 15:1-8

**Group Discussion Questions**

Psalm 1 begins by describing what the blessed person avoids before describing what he pursues. Why do you think the psalmist starts there, and what are some influences today that can quietly shape our thinking away from God?

Verse 2 says the blessed person "delights" in God's Word. What's the difference between reading the Bible out of duty and delighting in it? Have there been seasons in your life when you've experienced both?

The progression of "walks... stands... sits" suggests a gradual drift. What are some warning signs that someone may be slowly drifting from the Lord, even if they still appear spiritually healthy on the surface?

The righteous person is compared to a tree planted by streams of water. When life's difficulties come, what does it practically look like to have roots deep enough to remain steady?

Fruit doesn't appear overnight on a tree. Looking back over your life, what are some ways God has produced spiritual fruit through long seasons of growth rather than immediate change?

Psalm 1 contrasts two paths that ultimately lead to two very different destinations. Why is it tempting to focus only on our present circumstances and lose sight of where our choices are leading us spiritually?

If the people closest to you, your family, friends, coworkers, or church family, were asked what most shapes your life, what would they say? What does that reveal about where your roots are currently planted?