

***Psalms 1:1*** *Blessed is the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful; 2 But his delight is in the law of the LORD, And in His law he meditates day and night. 3 He shall be like a tree Planted by the rivers of water, That brings forth its fruit in its season, Whose leaf also shall not wither; And whatever he does shall prosper. 4 The ungodly are not so, But are like the chaff which the wind drives away. 5 Therefore the ungodly shall not stand in the judgment, Nor sinners in the congregation of the righteous. 6 For the LORD knows the way of the righteous, But the way of the ungodly shall perish.*

**I) I Got to Thinking of This Passage While Working Out**

- A. Sunday's sermon**
- B. Our children and how they have been affected**
- C. Those who are grieving the loss of a love one.**
- D. Before I knew it my exercise was over. I had done my routine while thinking about of those things. It dawned on me the benefit of exercise while thinking about really important things.**

**II) Meditate – to get lost in our thoughts**

- A. Have you ever been thinking so hard about something that everything else melts into the background?**
- B. There are times it can be dangerous – driving, piloting a plane, surgery, etc.**
- C. There are times we need to think and dwell on God's word.**

- D. ***Philippians 4:8*** Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy--meditate on these things. 9 The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.
- E. ***2 Timothy 2:15*** Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth.

III) Taking Another Look at ***Ps. 1***

- A. ***Psalms 1:2*** But his delight is in the law of the LORD, And in His law he meditates day and night.
1. This person delights, values, takes pleasure in, the Law of the Lord.
  2. His meditation of God's word is not just on Sunday or Wednesday night but day and night.
- B. ***Psalms 1:3*** He shall be like a tree Planted by the rivers of water, That brings forth its fruit in its season, Whose leaf also shall not wither; And whatever he does shall prosper.
1. Like a tree- produce fruit in its season – godliness is the fruit of God's word when applied.
  2. Leaf shall not wither – durability – a tree planted by a river can withstand a drought. There will be trials in life. Those who trust in God, use His word, will not fade away.

3. And whatever he does shall prosper – spiritual prosperity – you will grow, you will be better.

**C. *Psalms 1:6* For the LORD knows the way of the righteous, But the way of the ungodly shall perish.**

1. You will be approved by God.

2. ***2 Timothy 2:19*** Nevertheless the solid foundation of God stands, having this seal: "The Lord knows those who are His," and, "Let everyone who names the name of Christ depart from iniquity."

### **Conclusion:**

If ever there was a time and need for God's word, it is now.