



lessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord.

(PSALM 1:1-2A)

## STRUCTURE

- v. 1-2** The status of the believer who walks in the way of the Lord.
- v. 3** That believer's life before God: firmly rooted and bearing fruit.
- v. 4** The contrasting situation of the unbeliever: unrooted and fruitless.
- v. 5** The final destination of the unbeliever will be instability on Judgment Day.
- v. 6** The final destination of the believer is eternal life with God.

## AT A GLANCE

- "BLESSED"** The first word of the psalter, Psalm 119 and Jesus' Sermon on the Mount.
- "SCOFFERS"** A disposition of mockery and derision held by unbelievers.
- "MEDITATES"** Unlike the meditation of eastern religions, the purpose of biblical meditation is not to empty oneself, but to be filled with God's Word and wisdom.

## CHRIST IS HERE

Christ is the Man who has perfectly walked in the Law of the Lord, the greater David to whom the psalter testifies.



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Christ is the Man who has perfectly walked in the Law of the Lord, the greater David to whom the psalter testifies.



**The psalter begins** with a description of the faithful man and an encouragement to continue praying the next 150 psalms, promising such a person will be blessed. In these psalms, we will learn not to take counsel from the wicked, but to take in the whole counsel of God. We will learn not to stand in the way of sinners, but to be followers of “the Way” (ACTS 9:2). Prayer that makes use of the Word of God is a way of delighting in the instruction of the Lord and meditating on it. His Word is our faith and life’s foundation. While this psalm speaks such sweet gospel to the faithful, it also speaks equally stern law to the unbeliever. At the last day, the wicked who have not stood in the Lord’s Word will have no standing or place and will perish. Christians seek the blessed life described here, rooted and fruitful in the Lord’s way, but Christ Himself, truly and fully, is the blessed man who meets this description. He brings us with Himself, then rooted in His righteousness by faith, to follow in His way and pray after His example and in His Name.

## USE IN THE CHURCH

**Antiphon:** v. 2b

**In the Daily Office:** Sundays at Matins; Matins for Martyrs; Matins for Confessors

**At the Divine Service:**

**Three-Year:**

Introit for Epiphany 4A (ant: v. 6); introit antiphon for Lent 3C (v. 6)

Psalm for Epiphany 6C (ant: v. 2); Easter 7B, Proper 6B and Proper 18C (ant: v. 6); and Proper 25A (ant: v. 1a)

**Hymn:** LSB 705, “The Man Is Ever Blessed”

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### SPIRITUAL CARE

- Before instruction.
- At Confirmation.
- At the ordination or installation of pastors.
- To increase faith in the face of evil.
- For true preaching and faith.
- In thanksgiving for the Word.

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## PSALM PRAYER

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O Lord God, with You there is full salvation and perfect blessedness. Grant that we may pass our time, by day and by night, in the meditation of Your law, that like a fruitful tree planted by the rivers of Your grace, we may bring forth fruit here, and be crowned with glory hereafter; through Jesus Christ, our Lord. **Amen.**

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