

Profiles of a Blessed Man

Chapter 7

Audio Lesson: Old Testament #52



Objective: To understand what kind of person God promises to bless.



Blessed is the man who does not walk in the counsel of the wicked or stand in the way or sit in the seat of mockers. His delight is in the law of the LORD, and on his law he day and night. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.

—Psalm 1:1-3

Psalm 1, like many blessed man psalms, presents both positive and negative truths. We learn what blessed people do *not* do, and then what they do. Then we learn how the godly are blessed and the ungodly are not. The theme of the “blessed man” psalms is that our convictions and our choices in life have a lot to do with how our life turns out and how God establishes us.

What are the blessings of the blessed person? Like a flourishing tree, a blessed person is stable because of deep roots, bears fruit because of his love for God’s Word, lives long and well, prospers in whatever he does, and remains secure in his relationship with God. When we read psalms that describe those who will receive these blessings and those who will not, it is important to ask ourselves this question: Which one am I?



1. True or false? It is possible to have a very personal relationship with God.
2. True or false? Sheep survive pretty well without a shepherd.
3. True or false? Psalm 23 is a good outline for our worship.
4. True or false? The blessings we receive are directly related to our relationship with God.

Unless otherwise noted, choose one answer for each question.

5. In what ways do shepherds take care of sheep? (*choose all that apply*)
 - a. They lead them to water they can drink.
 - b. They train them to take care of themselves.
 - c. They set them on their feet when they fall.
 - d. They make them lie down in submission.
 - e. They lead them to safe pastures.
 - f. They make them hunt for their food.
 - g. They protect them.
 - h. They lead them away from any kind of hardship.
 - i. They provide for them.
6. What does Psalm 1 explain?
 - a. Why righteous people and sinners reap the same rewards
 - b. Why wicked people prosper
 - c. How righteous people earn their salvation
 - d. How God blesses the righteous and lets the wicked perish
7. What does the blessed person do?
 - a. Spends most of his time with wicked people
 - b. Listens to ungodly counsel
 - c. Loves God's law and meditates on it
 - d. Pursues fame and wealth
8. What did God's law require Israel's kings to do?
 - a. Copy God's law and read it daily
 - b. Take a census every five years
 - c. Become a priest before ruling as king
 - d. Plant a tree near a stream
9. What benefits does a blessed man receive? (*choose all that apply*)
 - a. He becomes rich.
 - b. He never has any problems.
 - c. He bears God's fruit in God's time.
 - d. He wins every argument and defeats every enemy.
 - e. He lives a long time.
 - f. He prospers in everything he does.

10. What is the Bible's primary emphasis when it uses the word "prosperity"?

- a. Success in business
- b. Spiritual richness
- c. Many servants
- d. Importance in society

11. What are the consequences of being unrighteous?

- a. An easy life of comfort
- b. True happiness and peace
- c. Many friends and few enemies
- d. An unsatisfying and unstable life



Have you ever sought for things that did not lead to contentment and lasting satisfaction? What were they? Why were they not successful? What can you do to experience God's blessings?



Thank God for His Word. Ask Him to help you hunger for His Word and to delight in His ways. Pray that you will be obedient and follow where He leads you, to a blessed life.



Going Deeper

1. How does the blessed man, delighting in God's Word and meditating on it day and night, relate to the metaphor of him being like a tree planted *by streams of water*? _____

2. What positive characteristic of the blessed man is profiled for us by the negative statement that he does not walk in the counsel of the ungodly or the wicked? _____

3. In the same way, what are we being told about this man when we read that he does not stand in the way of the sinner? _____

4. What does it mean when we read that he does not sit in the seat of mockers? _____

5. What is the connection between the fact that he does not sit in the seat of the mockers and all the blessings he enjoys? _____

6. Give four examples of how the blessings of this man are not a coincidence but a banquet of consequences. _____

7. In what way is the First Psalm a pattern for all the blessed man psalms that will follow? _____
