

I. The Key to the Blessed Life (1:1-2)

A. Not Among the Godless (1:1; Pro 13:20; 1 Cor 15:33)

B. Delight In and Meditation on God's Law (1:1-2; Josh 1:8; Matt 5:48; 19:16-26)

II. The Nature of the Blessed Life (1:3)

A. Planted and Deeply Rooted by the Water (Col 2:6-7; Matt 13:5-6)

B. Bearing Fruit in Season (1:3; Jer 17:7-9; Gal 5:22-23; John 15:1-7)

III. The Contrast to the Blessed Life: The Wicked (1:4-6; Ps 73)

“I have been accustomed to call this book, I think not inappropriately, ‘An Anatomy of all the Parts of the Soul;’ for there is not an emotion of which any one can be conscious that is not here represented as in a mirror. Or rather, the Holy Spirit has here drawn to the life all the griefs, sorrows, fears, doubts, hopes, cares, perplexities, in short, all the distracting emotions with which the minds of men are wont to be agitated.” —John Calvin

Reflection and Application Questions (for personal reflection and family conversation):

1. What does it mean to be blessed in a biblical sense?
2. What is Christian meditation? How does it contrast with eastern meditation? How does it relate to prayer?
3. How is this Psalm fulfilled by Christ?