

WALK, DON'T SIT

- 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.

The History

- The book of Psalms is a collection of lyrical poems and one of only two Old Testament books to be a composite of works (which means having multiple authors)
- David wrote 70 of the Psalms, Moses wrote Psalm 90, Solomon wrote one or two, there a few other known authors and then many that are unknown.
- It was originally titled *Tehillim*, which means “praise songs” in Hebrew.
- We get the title Psalm from the greek word *Psalmoi*, which means “songs of praise”.
- As previously stated, Moses authored Psalm 90, and other Psalms were written in the time of the Babylonian captivity, which means the entire collection of Psalms was written over the course of a thousand years.
- They were often set to music, but not always
- There are Psalms of lament, crying out to God in difficult circumstance. Psalms of praise, offering direct admiration towards God, Psalms of thanksgiving, pilgrimage Psalms, wisdom Psalms, royal Psalms, victory Psalms, even law Psalms

- The portrayal of worship through Psalms offers us glimpse after glimpse of hearts devoted to God, individuals repentant before Him, and lives changed by encounters with Him.
- There is a Psalm for every situation we might encounter in life
- Encourage people to read a psalm every day...

The Do's and the Don'ts

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.

The first two verses of Psalm 1 set the stage for the way in which we can be most satisfied and successful in life. Describing what we should and should not do. These are the Do's and the Don'ts.

- Do not walk in the counsel of the ungodly. That is to say do not seek advice and counsel from those that don't seek God for wisdom, or draw upon themselves for wisdom, I found an article on google offering 16 tips to a happier life. These are a few,
 - Be grateful everyday (good)
 - Take action (good)
 - Money can't buy happiness (good)
 - Have a backup plan - make sure to save plenty of money (?) (marriage)
 - Improve social skills - to get more money (?)
 - Travel \$\$ (?)
 - Live in the moment (?) (see backup plan)
 - When seeking advice, what are you actually looking for? Truth or affirmation?
 - Christian advice comes with prayer, and seeking truth from God
 - Worldly advice comes with thinking about only yourself

- The next part of this psalm says do not stand in the path of sinners. That is to say don't engage in the activities of sinners
 - Does not mean stand against or in the way but rather stand with or for.
 Meaning that you may agree with their activities
 - Popular things today, Take a stand for this cause
 - As christians we have a moral compass directed by God. Values defined by His Holy Word.
 - If you call yourself a christian you should be able to discern what is sin.
 - Matthew 12:30 "Whoever is not with me is against me"

- The last 'don't' is this, do not sit in the seat of the scornful.
 - To take a seat is to get comfortable. If we are constantly getting comfortable with the sinners, the scoffers and their way of life, we may eventually find a seat reserved for us amongst them.
 - This is not saying that we are not to seek those that are lost, it's saying don't partake in their way of life. Maintain your desire for the Lord as you evangelize to others. Don't let yourself fall into the trap of worldly comfort.

Watch out for these dangers. Notice the progression.

1. Walking in the counsel of the ungodly. Accepting advice.
2. Standing in the way of sinners: being a party to its ways.
3. Sitting in the seat of the mockers adopting its attitudes.

We start to partake, there is a natural progression of a sinful path. First you start walking away, then with, then standing, then partaking and sitting with sinners. In a christian life we never talk about sitting until heaven... we are always supposed to be walking and actively progressing towards the goal of Heaven. Christian life is a walking active life, sinners walk away, stand and sit in the sin.

The Do's

- Delight in the law of the Lord. That is the Word, the bible.
 - Delight in His word.
 - The bible offers wisdom and counsel and answers for all lifes problems and situations.
 - It is the directly inspired Word of our Heavenly Father
 - Our regard for the Bible should be one of joy and gratitude, we should take great pleasure in knowing that our God has a desire to communicate with us.

- The second point, he meditates on the law.
 - That's not your typical meditation.
 - Today we hear the word meditating and think about sitting cross legged on a pillow saying "ohm, ohm". That type of meditating will not get you any closer to Jesus. It'll only get you joint and back pain. The meditating we're looking for is really the study of His word.
 - Cow chewing cud. What is cud? Small pieces of food already partly digested. Expand - happy cow is cud chewing cow
 - Think about act of chewing
 - Story about Graham in boot camp telling people to come to church because they'd get food. (communion)

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.

- Set roots deep, rare, typical to grow outward on the surface (pic)

- The rivers of water in this verse mean the Holy Spirit. If we plant ourselves near the Holy Spirit and root ourselves in the living waters we shall not fail.
- Notice fruit is brought forth in season, but also the leaves do not wither or die. Like an evergreen that produces apples. The leaves never wither
- Bringing fruit forth in its season - The fruit of the Spirit **Gal. 5:22-23 But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, 23 gentleness, self-control. Against such there is no law.**
- Fruit in it's season, God knows that we are fallible. We cannot possibly produce fruit always, despite how we might try, we experience lows (valleys) that might disrupt our production. But these moment should cause us to look upon Jesus and seek after Him. For only with His help and guidance and counsel can we get out of the rut we find ourselves in. Like a nasty new england winter, the trees are wind battered, limbs broken, but a tree planted near the waters of life, with roots deep, will not be blown over. (pic of my tree)
- Finally, as a deep rooted, Spirit centered, fruit bearing, never withering Christian, whatever you do, you will prosper. **Rom. 8:28 And we know that all things work together for good to those who love God, to those who are the called according to His purpose.**

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.

So after describing how we are to live, the do's and the don'ts, we see that the world, or the ungodly, will not be blessed.

- They are like chaff, *Chaff is the dry, scaly protective casings of the seeds of cereal grain, or similar fine, dry, scaly plant material such as scaly parts of flowers, or finely chopped straw. Chaff is indigestible by humans, but livestock*

can eat it and in agriculture it is used as livestock fodder, or is a waste material ploughed into the soil or burnt.

- Chaff is so light that farmers can throw the grains into the air and the wind will remove the chaff from the grain.
- The ungodly will not *withstand* the judgement. They will fall.
- **Ecc. 11:9, 10 9 Rejoice, O young man, in your youth,
And let your heart cheer you in the days of your youth;
10 Walk in the ways of your heart, And in the sight of your eyes;
But know that for all these God will bring you into judgment.**
- The ungodly, the sinners, the world, walk in the way of their own hearts, and the sight of their eyes. Following their own path without concern for what God wants for them.
- The christian walk is with a heart for Jesus, Godly sight, set forth looking upon heaven as the goal.
- Sinners will not congregate with the righteous in the end.
- God defines the path of righteousness, he can separate the wheat from the chaff, those made holy by Jesus from those that sit in sin.

The important question that this psalm asks is, "Which path will we walk on?" It's a picture that Jesus picked up in the gospels. He taught in Matthew 7, during the Sermon on the Mount, that there are only two kinds of builders in life and only two kinds of trees bearing fruit--either good trees or bad trees. But He also taught that there are only two gates and ways to live on in life. He said, **"Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it."**

(Matthew 6:13,14)

What path are you on? Remember earlier i mentioned, the life of a christian is a walking, active life; while the life of the ungodly, is seated? We see here that we are to

enter through the narrow gate, the gate that leads to life. The longer you are seated at the table of sinners the fatter you get. The harder it is to go through that narrow gate.

This Psalm started out with the BLESSED man. Now it's saying do these things and you will prosper. What does this mean? Could we really follow these instructions and really be satisfied and prosperous? Not by the worlds standards, but definitely by God's. Walking with Jesus, believing in Him and not the world can give you real, pure joy. That's not to say you won't be poor, or experience difficulty or pain. But it is not to last. Just as this world is not. **1 John 2:16-17, 16 For all that is in the world—the desires of the flesh, the desires of the eyes, and the pride of life—is not from the Father but from the world. 17 The world is passing away along with its desires, but whoever does the will of God remains forever.**

This is not a prosperity sermon. Blessing here does not mean a house, vacation trips, 2 ½ kids, and sports on the weekend. When this psalm talks about blessing it's using a Biblical definition. It means wholeness, harmony, joy, and peace with God and others. It's something much deeper. I find myself falling into the trap of worldly aspirations too often. I'm always trying to improve my circumstances according to what I think is important. Do I have the job I want? Am I making enough money? What can I do to make my house better? My lawn is not green enough. Instead of...have I prayed with my wife today? Or taken time to talk to my boys about Jesus love for them, or even my love for them? Have I read my bible? Have I spoken into a friends life that needs Jesus? Am I a good witness and example of Christ's love?

But how many of us do all these things successfully? Do you always delight in the Bible? Have you ever taken advice from someone that is not a christian? How about agreeing with someone in sin, *about sin*. Have you ever found yourself seated with and encouraging the behavior of sinners? We have all failed in these commands, we fall short of the Glory of God. So then how can we ever be blessed, how can we have

prosperity in God? Are we doomed to suffer? According to this I cannot be included with the righteous. I am the chaff, removed by a gust of wind.

The answer is Jesus of course. He is the righteous man this scripture speaks of. He always delights in the word of the Father, He always meditated on the Word. He did not take counsel from sinners nor stand with them nor sit with the scornful. He preached to them, He witnessed to them, but He never accepted their lifestyle or endorsed their behavior. John 14:6 **Jesus said to him, "I am the way, the truth, and the life. No one comes to the Father except through Me.** "I am the way", Psalm 1 is literally capturing the essence of who Christ is. The first two verses are Jesus.

Psalm 1 defines two paths, that of the righteous, following Jesus and that of the wicked, following the world. And we are expected to choose. What path are you walking on? Are you walking at all? Or are you standing or sitting at the worlds table? If you cannot say that you are on the move for Christ, then I would encourage you right now, get prayed for. Don't sit in your seat with your head in your lap, get up and walk to the sides of the room where our prayer teams are. If you find yourself seated at the sinners table, get up from there, and walk towards Jesus. It's not going to be easy, the enemy is deceptive and his tentacles grip firmly. But with Jesus Christ anything is possible. **I believe that because I've experienced His blessing and power.** There is power in prayer. **I believe that because God has answered my prayers and shown me how He answers others prayer.** How can you be the blessed man or woman of Psalm 1? By relying and trusting in Jesus. Let Him be your righteousness. Make Him your hope. May He be your joy and delight. May your response to God's saving power in Jesus be that you do not sit in the ways of the wicked but instead walk with Jesus.