



# DISCIPLE

**Desire Determination Discipline Diligence Delight Doer**

**Course:** A Survey of the Bible: Genesis to Revelation

**Lesson:** 21\_1 - **PSALMS**

**Passage:** Introduction and Psalm 1

**For whatever things were written before were written for our learning,  
that we through the patience and comfort of the Scriptures might have  
hope.**

(Romans 15:4)

## **Introduction**

- In Hebrew - “book of praises”
- The Psalms included themes of jubilation, war, peace, worship, judgment, thanksgiving, messianic prophecy, praise, and lament.

## **Structure: Five Books**

### **• Book I**

- Chief Author: David
- Psalm 1-41 (41)
- Closing Doxology: Psalm 41:13
- Possible Compiler: David
- Possible Time of Complication: 1020-970 BC

### **• Book II**

- Chief Author: David and Korah
- Psalm 42-72 (31)
- Closing Doxology: Psalm 72:18-19
- Possible Compiler: Hezekiah or Josiah
- Possible Time of Complication: 970-610 BC

### **• Book III**

- Chief Author: Asaph
- Psalm 73-89 (17)
- Closing Doxology: Psalm 89:52
- Possible Compiler: Hezekiah or Josiah
- Possible Time of Complication: 1020-970 BC



- **Book IV**

- Chief Author: Anonymous
- Psalm 90-106 (17)
- Closing Doxology: Psalm 106:48
- Possible Compiler: Ezra or Nehemiah
- Possible Time of Complication: Until 430 BC

- **Book V**

- Chief Author: David and Anonymous
- Psalm 107-150 (44)
- Closing Doxology: Psalm 150:1-6
- Possible Compiler: Ezra or Nehemiah
- Possible Time of Complication: 1020-970 BC

## **Time**

- About 1000 years!
- Moses to Ezra and Nehemiah (1410 BC - 430 BC)

## **Authors**

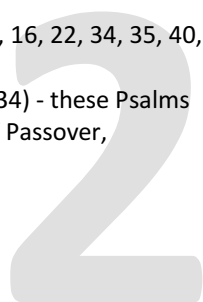
- David (king, shepherd, musician, warrior) - 75 Psalms
- Asaph ("Collector"; priest in charge of music) - 12 Psalms
- Sons of Korah (a guild of singers/composers) - 10 Psalms
- Solomon (king) - 2 Psalms
- Moses (prince, herdsman, deliverer) - 1 Psalm
- Heman (a wise man) - 1 Psalm
- Ethan (a wise man) - 1 Psalm
- Anonymous - 50 Psalms (some attributed to Ezra)

## **Audience**

- Because of the long range of time and thematic range the Psalms were written to a variety of people in all kinds of situations.

## **Special Psalms**

- **Messianic Psalms** - Psalms that point to Christ - 2, 8, 16, 22, 34, 35, 40, 41, 45, 68, 69, 109, 110, 118 - to list only a few.
- **Accent Psalms** (Psalms 43; 46; 48; 76; 84; 87; 120-134) - these Psalms were sung by pilgrims on the way to the feasts of Passover, Pentecost, and Tabernacles.



- **Imprecatory Psalms** - “to call down a curse”

→ See 7; 35; 40; 55; 58; 59; 69; 79; 109; 137; 139; 144.

► Things to remember:

- ① These psalms call of divine justice rather than human vengeance.
- ② These psalms ask GOD to punish the wicked and thus vindicate His righteousness.
- ③ They condemn sin. NOTE: In Hebrew thought there is no sharp distinction between sin and sinner.
- ④ Even Christ taught His disciples to call down a curse on cities that would not accept the Gospel. (Matthew 10:14-15)

## Inscriptions

- Editorial superscriptions were added to 116 Psalms. These point to historical events and/or instructions. These superscriptions are to be taken into consideration for a more fuller understanding of the Psalm.

## “Praise the LORD” - “Hallelujah”

- The verb to “praise the LORD” or “Hallelujah” is found 35 times in the Psalms.
- The stem of the verb is PIEL (intensive; intentional action).
- The mood is IMPERATIVE (command).
- “Hallelujah” is not sung to the LORD! It is a command shouted to others to praise the LORD.

# LEARNING TO MEDITATE

DISCIPLES MEDITATE ON GOD’S WORD and WORKS  
(Psalm 119:15, 23, 27, 48, 78, 97, 99, 148; 143:5; 145:5)

## Blessed . . . (Psalm 1:1)

- “blessed” - **PLURAL!!!!!!** - NET: “refers to the happiness that God-given security and prosperity produce.”
- The blessed person in the Psalms:
  - (Psalm 2:12) **Blessed** are all those who put their trust in Him.
  - (Psalm 32:1) **Blessed** is he whose transgression is forgiven, whose sin is covered.
  - (Psalm 32:2) **Blessed** is the man to whom the LORD does not impute iniquity, and in whose spirit there is no deceit.

- (Psalm 37:22) For those **blessed** by Him shall inherit the earth, but those cursed by Him shall be cut off.
- (Psalm 65:4) **Blessed** is the man You choose, and cause to approach You, that he may dwell in Your courts.
- (Psalm 84:4) **Blessed** are those who dwell in Your house.
- (Psalm 84:5) **Blessed** is the man whose strength is in You, whose heart is set on pilgrimage.
- (Psalm 89:15) **Blessed** are the people who know the joyful sound! They walk, O LORD, in the light of Your countenance.
- (Psalm 94:12) **Blessed** is the man whom You instruct, O LORD, and teach out of Your Law.
- (Psalm 112:1) **Blessed** is the man who fears the LORD, who delights **greatly** in His commandments.
- (Psalm 119:1) **Blessed** are the undefiled in the way, who walk in the Law of the LORD.
- (Psalm 119:2) **Blessed** are those who keep His testimonies, who seek Him with the whole heart.

### **Blessed: Born from Above (Doctrine of Regeneration)**

- Regeneration is a supernatural work of God that He performs on ALL He has elected to be His special people.
- ★ Being “born-again” is the work of God and God alone. By HIS WILL, and not man’s, a person is born-again. (James 1:18; John 1:13)
- Since it is a work of God it cannot fail. God does not **try** to save anyone - HE SAVES! **ALL** . . .
  - **ALL** that God has chosen WILL BE conformed into the image of His Son - this is the work of sanctification that GOD WORKS in every one of His elected ones. God has so predestined it and **He will do it.** (Romans 8:29; Philippians 2:13; Isaiah 46:9-11; 14:24-27; 2 Corinthians 3:18)
  - **ALL** that God has chosen **HE CALLS with an irresistible call.** (Romans 8:28-30) Everyone God gave Christ in eternity WILL COME to Christ and Christ will raise up EVERY ONE of them. (John 6:38-39)
  - **ALL** that God calls HE JUSTIFIES (has justified) because of Christ fulfilling His part of the everlasting covenant. (Romans 3:24-26; 4:25; 5:9; 8:28-30, 33)
  - **ALL** that God saves are GIVEN:
    - ① A **NEW HEART** that loves God and God’s Law. (Ezekiel 36:26-27; Deuteronomy 30:6; Hebrews 8:10; Psalm 119:97, 113, 163, 165; John 14:15, 21, 23-24; 1 John 5:3)

- ② **GOD's SPIRIT** to cause them to obey God's Law. (Ezekiel 36:26-27; Jeremiah 31:33; Philippians 2:12-13)
- ③ A **NEW NATURE** being re-created into the image of God. (2 Corinthians 5:17; John 3:1-8; Galatians 6:15; Ephesians 2:10; 2 Peter 1:3-4)
- ④ The **FEAR of GOD** - so that they will not depart from Him. (Jeremiah 32:39-40)
- **Every one** that God saves **HE ADDS to a LOCAL CHURCH** where he will grow and mature. (Ephesians 4:11-16; 1 Corinthians 12:11, 18, 24)
- **Every one** that God chose, called, and justified **HE HAS ALREADY GLORIFIED**. (Romans 8:30)
- **ALL** whom God glorified are **ALREADY SEATED "IN CHRIST"** in heaven. (Ephesians 2:6)
- ★ **ALL** that God has saved are **"blessed with every spiritual blessing"** and **"as His divine power has given to us all things that pertain to life and godliness"**. (Eph 1:3; 2 Peter 1:3-4)
- ★ Those who have been saved by God's powerful grace **are** **BLESSED!**

## A Look at Psalm 1

- Two (only two) kinds of people in the world: The Blessed of God (vv. 1-3) and the Wicked (ungodly) (vv. 4-6). Either you are blessed or you are cursed.
- "Blessed" - **NOT will be blessed BUT ALREADY BLESSED!**
- The same holds true with the Beatitudes in Matthew 5. A person does not become "blessed" by avoiding sinners or being poor in spirit he avoids sin and is poor in spirit **because** he is blessed by God.

## The Blessed: What He Does Not Do

- One who "walks not in the counsel of the ungodly, nor stands in the path of the sinner, nor sits in the seat of the scornful."
- **NOTICE** the progression **DOWNWARD**:
  - ① Walking the counsel (listening to) of the ungodly (wicked) - those who are proud, practical atheists (Psalm 10:2, 4, 11) who hate God's commands, commit sinful deeds, speak lies and slander (Psalm 50:16-20) and cheat others (Psalm 37:21)
  - ★ The blessed one listens to the counsel of the Lord. (Psalm 16:7; 19:11; 33:11; 73:24; 119:24, 97-100, 104-105; 2 Timothy 3:16-17)

- ② Standing around in the path of sinners - closely associating with them and their sinful behaviour.
- ③ Seated with the scornful (mockers, scoffers). (Psalm 26:4-5)
- ALL verbs are in the PRESENT TENSE. This is a lifestyle of the one who has been blessed.
- The blessed one . . .
  - ★ Avoids and stays clear of the path of the wicked (Proverbs 4:14-15)
  - ★ keeps his heart with all diligence, puts perverse lips far from him, “looks” straight ahead, ponders his steps, does not turn to the right or the left, removes his foot from evil. (Proverbs 4:23-27)
- This is one who “practices righteousness”. (1 John 3:4-10)
- The “blessed one” knows that bad company CORRUPTS. ( 1 Cor 15:33; Proverbs 13:20; 2 Peter 2:2, 18-20)
- Job is an example of the “blessed one” who is blameless, upright, one who fears God and **shuns** evil. (Job 1:1, 8)
- TAKE THIS VERSE AS A WARNING! **READ Hebrews 3:12-14.**
- The deceitfulness of sin:
  - ① Friendship with the world (James 4:4)
  - ② Spotted by the world (James 1:27)
  - ③ Love of the world (1 John 2:15-17)
  - ④ Conformed to the world (Romans 12:1-2)
  - ⑤ If we do not repent, condemned with the world. (1 Cor 11:32; Luke 13:1-5)
- Lot - a warning to heed:
  - ① Looked toward Sodom (Genesis 13:10)
  - ② Pitched his tent toward Sodom (Genesis 13:12-13)
  - ③ Moved into Sodom (Genesis 14:12)
  - ④ As a result, Lot lost everything when God destroyed Sodom and the surrounding cities.
- Peter - a warning to heed:
  - ① (Matthew 26:31; John 16:32; 18:8) Peter did not heed Christ’s warning.
  - ② (John 18:15-18) Peter stood with the enemy (the ungodly).
  - ③ (Luke 22:54-55) Finally, Peter sat with the enemy.
  - ④ As a result, Peter denied Christ three times.

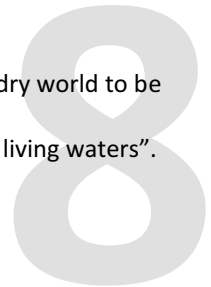
## Blessed: What He Does Do (Psalm 1:2)

- BUT . . .
- His **delight** is in the **meditating** (not just reading it) on the **LAW** of the **LORD**. (“meditate” - Psalm 119:15, 23, 27, 48, 78, 97, 99, 148; 143:5; 145:5) (“delight” - Psalm 37:4; 40:8; **112:1**; 119:16, 24, **35**, **47**, 70, 77, 92, 143, 174)
  - The reading, studying, memorizing, meditating on the LAW of the LORD is **NOT a burden BUT a delight**.
  - (Psalm 40:8) “I will delight to do Your will, O my God, and Your Law is written on my heart.” (See Hebrews 8:10)
  - Thoughts of the LAW of the LORD fill his mind throughout the entire day.
  - His thoughts are **saturated** with the LAW of the LORD.
  - Meditating (not just reading) leads to obedience. (Joshua 1:8)
- **THINK HARD ABOUT THIS!** How little of God’s written Word did David have? Maybe the books of Moses!! How much do we have????
  - ★ Meditate on Luke 12:48.
- The blessed one uses the Law of the LORD as the LAMP to his feet and the LIGHT to his path/life. (Psalm 119:105; **43:3**; **Proverbs 6:23**)  
**NOT TO USE GOD’S WORD TO DIRECT YOUR STEPS IS TO WALK IN DARKNESS.** (Psalm 17:5; 119:133; **1 John 1:6-7**)
- With his mind saturated with God’s Word he is ABLE to “cast down arguments and every high thing that exalts itself against the knowledge of God, bringing **every** thought into captivity to the obedience of Christ.” (2 Corinthians 10:5)
- The LAW of the LORD is the disciples food.
- (2 Timothy 3:16-17) The LAW of the LORD is the WORD of God and is PROFITABLE for:
  - ① DOCTRINE: Telling us what is RIGHT.
  - ② REPROOF: Telling us what is NOT RIGHT.
  - ③ CORRECTION: Telling us HOW to GET RIGHT.
  - ④ INSTRUCTION: Telling us HOW to STAY RIGHT.
  - ⑤ EQUIPPING: Equipping us for the good works that God foreordained for us to do. (Ephesians 2:10)



## Blessed: A Tree Planted by God

- NOT “he shall be” BUT he “is” like a tree planted .  
...
- “planted” is **passive**. The blessed one does not plant himself but he is planted by another by which we can conclude  
...
  - He is not a wild tree but one that is **OWNED**. (1 Cor 6:19-20) He is the property of God.
  - He is a **CHOSEN** tree. God planted him specially. Not all trees are “planted” by God.
  - He is **CULTIVATED** (see 2 Corinthians 3:18 and Proverbs 4:18). God has predestined him to bear much fruit (John 15:8, 16).
    - ★ God **prepares the “soil”** so that the tree will bear fruit to HIM! (Matthew 13:18-23; Luke 8:9-15; Ezekiel 36:26)
    - ★ (John 15:2) GOD “**prunes**” His trees so that they will bear much fruit for Him.
  - He is **PRESERVED** by God. He cannot be UPROOTED! (John 10:27-30)
- (Psalm 92:12-14) The righteous (see 1 John 2:28; 3:7, 10) are like a **palm** tree, he shall grow like a **cedar**. They shall flourish! (**See Psalm 104:16**)
  - They are **PLANTED** (passive) in the house of the LORD and shall flourish (grow/mature) in the courts of our God - inside a local church - see Ephesians 4:13-16; 1 Corinthians 12:18, 24.
  - They shall bear fruit in old age; they shall be fresh and flourishing.
  - TO DECLARE THAT THE LORD IS UPRIGHT . . .
  - **See Jeremiah 17:7-8**
- “planted by rivers of waters” - uprooted out of the dry world to be planted by the source of life.
  - ★ See Jeremiah 2:13-14 - God is “the fountain of living waters”. (see also Jeremiah 17:13)

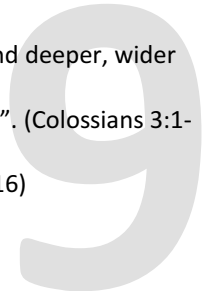




- ★ (Psalm 36:7-9) “. . . they are **abundantly satisfied** (“saturated”) with the fullness of Your house, and You give them to drink from the **rivers** of Your **pleasures**, for with You is the fountain of life.” (READ Isaiah 58:11)
- ★ This tree is not dependent on circumstances for its growth - it has been planted right next to the source of life.
- ★ (John 7:37-38) Those who are “thirsty” (a dead person never thirsts) continually come to Christ to drink. (See also John 4:10)
- ★ (John 6:44) One cannot plant themselves nor bring themselves to be planted by a “river” - BUT GOD BRINGS HIS PEOPLE TO THE CHRIST - THE LIVING WATER!
- “that brings forth his fruit (Galatians 5:22-23; Philippians 1:11; Romans 6:22) in his season” - He bears “much fruit” for the Vinedresser! (John 15:8)
  - ★ (Psalm 92:14) Even in their old age!! (See Psalm 71:17-18)
    - Promise from God: Isaiah 46:4.
- **THE ULTIMATE PURPOSE OF THE TREES PLANTED BY GOD:** “that they may be called trees of righteousness, the planting of the LORD, *that He may be glorified.*” (Isaiah 61:3; 60:21)
- **MEDITATE:** Fruit bear seeds.

## Blessed: They Grow Like Trees

- Trees grow by the miracle of God. Christians grow, like trees, by the miracle of God. (Ephesians 4:13-16)
- This “tree” is planted by the rivers of waters - it has what it needs to grow.
- When planted the tree is rooted where the Owners wishes – God roots His people in Christ. (Colossians 2:7)
- Trees grow **from within!** (Philippians 2:13; Hebrews 13:20-21) The rings of the tree show growth through its whole life. Trees grow slowly **and** progressively.
- Trees grow **outward**.
- Trees grow **downward** - its roots growing deeper and deeper, wider and wider. (Colossians 2:7)
- Trees grow **upward** - “reaching toward the heavens”. (Colossians 3:1-3; Isaiah 26:3-4)
- ★ **GROWTH IS VISIBLE TO OTHERS!** (1 Timothy 4:13-16)



- Trees tell the world what kind of tree they are by their leaves!  
Christians openly tell the world who they are just by being who God made them! MEDITATE!
- All this is true when it comes to the disciple of Christ.

### **Blessed: They Prosper**

- This promise is only for those not walking in the ways of the world and walking in the light as Christ is in the light. (Ephesians 2:1-3; 1 John 1:6-7)
- This promise is only for those who are walking the difficult path of the narrow way. (Matthew 7:13-14)
- **This promise of prospering is for those works which God foreordained for us to do.** (Ephesians 2:10; Joshua 1:7-9)
- This is the same promise that God gave to Joshua – see Joshua 1:7-9.

### **NOT SO for the UNGODLY (Psalm 1:4-5)**

- The ungodly are contrasted with those who have been blessed by God.
- “ungodly” - bad person, condemned, guilty, ungodly, wicked.
- The wicked are enemies of GOD! (Psalm 37:20)
- (Proverbs 15:8) The sacrifice of the wicked is an abomination to the LORD, but the prayer of the upright is His delight.
- (Proverbs 15:9) The way of the wicked is an abomination to the LORD, but He loves him who follows righteousness.
- **IN GOD’S EYES YOU ARE EITHER BLESSED or WICKED.**
- They are NOT trees but only chaff that is easily swept into the fire.
- The wicked, in Christ’s parable of the soil and seeds, are like those who:
  - ① Hear but disregard God’s Word. (Matthew 13:19)
  - ② Hear it with joy but because of tribulation or persecution they turn away – they have no **roots**. (Matthew 13:20-21)
  - ③ Hear it but because of the cares of the world and the deceitfulness of riches they turn away.
- ★ ALL three groups produce NO FRUIT.
- (Isaiah 48:22) There is NO PEACE for the wicked.
- **HOPE for the wicked:** “Seek the LORD while He may be found, call upon Him while He is near. Let the wicked forsake his way, and the unrighteous man his thoughts; Let him return to the LORD, and He will have mercy on him; and to our God, for He will abundantly pardon.” (Isaiah 55:6-7)

## **The Blessed Are Warned in Verse 6**

- (2 Chronicles 7:14) - "My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land."

## **The LORD Knows the Way of the Righteous** (Psalm 1:6)

- The LORD KNOWS who are His and He knows their way.
- (Amos 3:2) This is an intimate knowledge - likened to "choosing".
- (2 Timothy 2:19) The Lord knows those who are His.
- (John 10:14, 27) The Lord knows His sheep.
- ✕ (Matthew 7:21-23) In contrast, Christ tells the wicked, "I NEVER KNEW YOU!"



