

The Blessed Psalms  
Lesson 1: Intro & Psalm 1

**Period covered by the writing of the Psalms** via Bob Waldron:

- The earliest Psalm by inscription is one attributed to \_\_\_\_\_(90). This would place the writing of the Psalm sometime around 1400 B.C.
- Clearly Psalm 137 was written during the \_\_\_\_\_, thus some time after 586 B.C.
- The latest Psalm may be 126, which appears to be \_\_\_\_\_, thus some time after 536 B.C.
  - Thus from around 1400 to sometime after 536 B.C.

**Purpose and Use of the Psalms** via Bob Waldron:

- Various writers have made similar comments on the Book of Psalms, that it is a \_\_\_\_\_ of the soul.
  - Athanasius, an early church father said, *“To me it seems that the Psalms are to him who sings them as a mirror, wherein he may see himself and the motions of his soul and with like feelings utter them.”*
- Herein lies one of the most valuable uses of the Psalms. Sometimes as a child of God we have feelings that surprise us. Things happen that we did not anticipate (Psa 46:2-3) and we may have trouble expressing our feelings about these things.
  - Virtually every human experience is recorded in the Psalms. By surveying the Psalms we can find one that gives voice to our emotions and thoughts.
    - But not only can we find towards in the Psalms that make us say, “Now that’s how I feel,” but we can also see in the Psalms what we can do about the feeling or situation. In other words the Psalms do not just tell us where we are, but also \_\_\_\_\_ (James 1:22-25).

**Approach for Quarter 1:**

- We will be using “The Man In The Mirror” theme as we look at the Blessed Psalms.
  - Psalm 1, 32, 41, 112, 128, 119, 40, 115, 34, 84, 94, 106
    - “Proclamation of the relationship between God and man in the living covenant of grace...” (TWOT, Vol 1, p 448)
- We will ask several questions when discussing the Psalm:
  - Why & How is this person blessed?
  - Do any Biblical people illustrate this Psalm?
  - Do I see myself in this Psalm today or has this ever described me before?
  - How can I be the type of person described in this Psalm?

### Psalm 1 NKJV

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.

Circle: Why is this man blessed?

Underline: How is this man blessed?

Square: What will happen to the ungodly?

Do any biblical people illustrate this Psalm?

- The Blessed Man
  - \_\_\_\_\_ (39:3,20-23; 41:39-41,51-52)
  - \_\_\_\_\_ (1, 2:48-49, 3:30, 6:3,10-11)
- The Ungodly
  - \_\_\_\_\_ (Num 16:20-35)
  - \_\_\_\_\_ (Num 16:41-50)

#### The Man In The Mirror:

- Where do I see myself?
  
  
  
  
  
  
  
  
  
  
- What do I need to do in order to be blessed like this man?