

## Psalm Meditations – Psalm 1

The column on the right is not a paraphrase or translation, but a possible prayer that generally follows the Scripture provided in the left column. This is designed to model direct engagement with God in your inner being and to be used as a guide to meditate on God's word. Feel free to use your own words, to expound or change what's provided, or write out your own response as you spend time with God each day.

**1** Blessed is the man  
who walks not in the counsel of the  
wicked,  
nor stands in the way of sinners,  
nor sits in the seat of scoffers;  
**2** but his delight is in the law of the Lord,  
and on his law he meditates day and night.  
**3** He is like a tree  
planted by streams of water  
that yields its fruit in its season,  
and its leaf does not wither.  
In all that he does, he prospers.  
**4** The wicked are not so,  
but are like chaff that the wind drives  
away.  
**5** Therefore the wicked will 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 wicked will perish.

I live in the real world. I see those who walk in the counsel of the wicked. I see those who stand in the way of sinners. I see those who sit in the seat of scoffers. I have been one of them, but no longer. I seek your blessing. I want to walk in your light. I want to reject the counsel of the wicked, shun the way of sinners, and rebuff the scoffers. Your law is my delight. How I see life in it. I will meditate and contemplate your word. I will think of your word night and day. I will wake up and have you on my mind. I will lay down to sleep and drift away with your world on my mind. If I base my life on your word and will trust in your word, I will be stronger than an oak, planted in fertile soil, being fed by streams of living water. And your Spirit will produce in me fruits of life. I will have the resources to serve and love those around me. They will come to me for answers and advice because they know that I know your word. I am not wise, but you are wise, and your wisdom and word and law will become what I know. I will prosper because your word is life. Wickedness and those who practice unrighteousness are unstable and unmoored. They have no anchor in life for all they have is this world. And when the winds of the storms of life come, they will be blown away. The wicked cannot stand before you and survive for they have no defense. But you have given Jesus to me! He is my defense. And this once wicked heart that would never have survived judgement now stands before

you with confidence for the life of Jesus  
covers me.

Sinners will not stand in the congregation,  
but I will join them for I am of the righteous  
saved by the blood of the Lamb.

Your way Lord is the way of the righteous,  
and it will never perish, but the way of the  
wicked will never survive the age. Keep me in  
your way that I may have life abundant in  
you.