

## PSALM 1 Study

**Main Idea:** True blessing comes through obeying and delighting in the Word of God.

Lawrence Peter “Yogi” Berra is one of the greatest catchers of all time in Major League Baseball. Elected to the Baseball Hall of Fame in 1972, he was a fifteen-time all-star and a three-time American League MVP. He played in fourteen World Series with the New York Yankees, and he is a member of baseball’s All-Century Team. He also joined the Navy at age eighteen and participated in the D-Day invasion at Omaha Beach in World War II. Yogi Berra is deservedly known as a great baseball player, but he is equally known for his famous “Yogi-isms,” becoming one of the most quoted personalities of the twentieth century. Yogi Berra said,

- It ain’t over ‘til it’s over.
- It’s like déjà vu all over again.
- Never answer an anonymous letter.
- I usually take a two-hour nap from one to four.

And perhaps his best of all:

- When you come to a fork in the road, take it! (“Yogi Berra’s Most Memorable Sayings”)

If you think about that last sentence, it has some truth. When you come to a fork in the road, you must take it. Life confronts us with many forks in the road:

- Where will I go to school?
- Will I marry or remain single?
- Whom will I marry?
- Will we have children?
- How many children will we have?
- Will I put my faith in Jesus Christ as my Lord and Savior?
- When I die, will I go to heaven or hell?

These are important and significant questions; indeed, they are unavoidable forks in the road. Each of us faces different circumstances and situations that confront us with decisions we must make, with forks in the road. Thankfully, in Psalm 1 God gives us a road map that can guide us so that when we come to a fork in the road, we will choose the right road and the wise road.<sup>1</sup>

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<sup>1</sup> J. Josh Smith and Daniel L. Akin, *Exalting Jesus in Psalms 1–50*, ed. David Platt, Daniel L. Akin, and Tony Merida, Christ-Centered Exposition Commentary (Nashville, TN: Holman Reference, 2022), 3–

## Reflect and Discuss

1. How do you normally respond to forks in the road? Are you slow or quick to make decisions? Do you tend to avoid or include input from others? Are you ever overwhelmed by the decisions you must make? Why?
2. In what ways do the people around you shape how you think and what you do? How can Christians be a light to those who do not know God without becoming like them?
3. How does the idea of “blessing” shape the whole psalm? How would the psalm be different if it only said, “Don’t walk in the advice of the wicked”?
4. According to this psalm, what is necessary to have a “happy” life? Do you think the psalmist’s requirements are easy or hard to follow?
5. What will happen if one tries to obey the Word of God without regularly delighting in and meditating on the Word of God?
6. This section says, “What we love, we will spend time with.” Does your time with God’s Word indicate that you love his Word? How can you continue to renew and increase your affection for God’s Word when it feels like a burden or duty?
7. How would thinking about final judgment shape how you make decisions? In what ways can thinking about God’s judgment both frighten and encourage you?
8. Describe how your thinking about a blessed life changed when you became a Christian. In what ways are you tempted now to believe that disobedience to God will bring blessing?
9. Why is it important to remember that Jesus is the ultimate picture of this wise and righteous man?
10. How does Psalm 1 shape how you will read the rest of the book of Psalms?

## For Further Discussion

1. Read 2 Samuel 13. Who offered ungodly advice? Of what did it consist? Who received it? What were the results?
2. Read Revelation 20:11–15. What does this passage teach about the judgment of the wicked?