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GROUP STUDY GUIDE

Studies in Psalms: The Way of the Righteous (Psalm 1)

TEACHING SUMMARY

Psalm 1 sets out two ways of life: righteousness leading to blessing and wickedness leading to destruction. The teaching presents Psalms 1 and 2 as an introduction to the collection. Together they emphasize delight in the Torah and hope in God's promised Messianic King.

The five sections of Psalms correspond to the five books of Moses. The teaching describes the collection as a prayer book and wisdom guide for those following God's instruction. Psalm 1 functions like a gatekeeper, calling readers to identify with the way of righteousness.

The blessed person refuses the counsel of the wicked, the way of sinners, and the seat of scoffers. The progression from walking to standing to sitting may describe increasingly settled involvement with evil. Righteous living therefore includes deliberately rejecting evil and its influence.

The righteous also delight in YHWH's Torah and meditate on it day and night. The teaching understands this as diligent, continual attention rather than uninterrupted study without sleep. Studying Scripture, thinking about God's ways, and remembering his commandments shape both thought and conduct.

A person rooted in God's Word resembles a tree beside a life-giving stream, producing fruit in season. The wicked resemble rootless chaff blown away by the wind. These pictures point toward different outcomes: God knows the righteous, while the way of the wicked perishes under judgment.

The teaching connects Psalm 1 with Yeshua's call to righteousness in the Sermon on the Mount. He affirms God's commandments and calls for obedience beyond outward religious appearances. His narrow and wide ways, and his houses on rock and sand, likewise show why hearing God's instruction must lead to doing it.

SUMMARY POINTS

- Psalm 1 contrasts the way of righteousness with the way of wickedness.
- Psalms 1 and 2 introduce the themes of Torah and Messiah.
- The five sections of Psalms correspond to the five books of Moses.
- Walking, standing, and sitting may picture a gradual descent into evil.
- The blessed person rejects evil and delights in God's instruction.
- Meditation day and night means diligent, ongoing attention to God's ways.
- The teaching names tzitzit as a reminder of God's commandments.
- The righteous resemble fruitful trees supplied by water.
- The wicked resemble chaff and will not stand in judgment.
- Yeshua calls disciples to obey God's instruction rather than merely appear righteous.

FILL-IN-THE-BLANK

Basic

1. The righteous person delights in the _____ of YHWH.
2. He meditates on God's instruction day and _____.
3. The righteous person is compared to a _____ planted by streams of water.
4. The tree yields its _____ in its season.
5. The wicked are compared to _____ driven away by the wind.
6. The way of the wicked will _____.

Challenging

1. The Book of Psalms is organized into _____ sections corresponding to the books of Moses.
2. Psalm 2 reflects on God's promised Messianic _____.
3. The teaching compares Psalm 1 to a _____ of a literary sanctuary.
4. The sequence walking, standing, and sitting may describe a gradual _____ into evil.
5. The teaching identifies _____, or tassels, as reminders of God's commandments.
6. Yeshua compares those who obey his teachings to a house built upon the _____.

GROUP DISCUSSION QUESTIONS

1. How do Psalms 1 and 2 prepare readers for the rest of the Book of Psalms?
2. What warning does the possible progression from walking to sitting give about involvement with evil?
3. How can a person take meditation day and night seriously while carrying out daily responsibilities?
4. What do the tree and chaff pictures reveal about the two ways of life?
5. How does the teaching connect Psalm 1 with Yeshua's instruction about true righteousness?
6. What does it mean to let studying God's commandments transform both thinking and conduct?

ANSWER KEY – GROUP GUIDE

Basic

1. law
2. night
3. tree
4. fruit
5. chaff
6. perish

Challenging

1. five
2. King
3. gatekeeper
4. descent
5. tzitzit
6. rock