



Journalling Psalm 1

Based on Paula Gooder's book: Journalling the Psalms

Read the Psalm slowly. What words or phrases jump out at you?

¹ Blessed is the one
who does not walk in step
with the wicked
or stand in the way
that sinners take
or sit in the company of mockers,
² but whose delight
is in the law of the LORD,
and who meditates on his law
day and night.
³ That person is like a tree
planted by streams of water,
which yields its fruit in season
and whose leaf does not wither –
whatever they do prospers.
⁴ Not so the wicked!
They are like chaff
that the wind blows away.
⁵ Therefore the wicked will not
stand in the judgment,
nor sinners in the assembly
of the righteous.
⁶ For the LORD watches
over the way of the righteous,
but the way of the wicked
leads to destruction.



A large rectangular box containing 15 horizontal lines for writing. A small green thought bubble icon is located in the top right corner of the box.

Blessed (verse 1)

There are two words for 'blessed' in Hebrew; the one used here (asre) and the one used to describe what priests do in the temple (baruk). People often translate the word used here as 'happy', to make it clear it is not the blessing that priests give in the temple. The problem is that 'happy' is not big or satisfying enough to convey all that is meant by asre. 'Happy' implies a somewhat superficial contentment with a life that goes well.

To think about.....

Think about the word 'blessed' – jot down all the different words that 'blessed' suggests to you

The one (verse 1)

Although it is harder to see in English, it is important to notice that the Psalm refers to the person who is blessed in the singular ('the one'; the Hebrew actually says 'the man') but the wicked in the plural ('they'). This suggests that 'the righteous' may feel overwhelmed and outnumbered by 'the wicked' that surround them.

To think about.....

Have you ever felt overwhelmed/outnumbered by those who have different values or morals from you? What did it feel like? Then think about the image of being a tree with deep roots. Does this change anything?

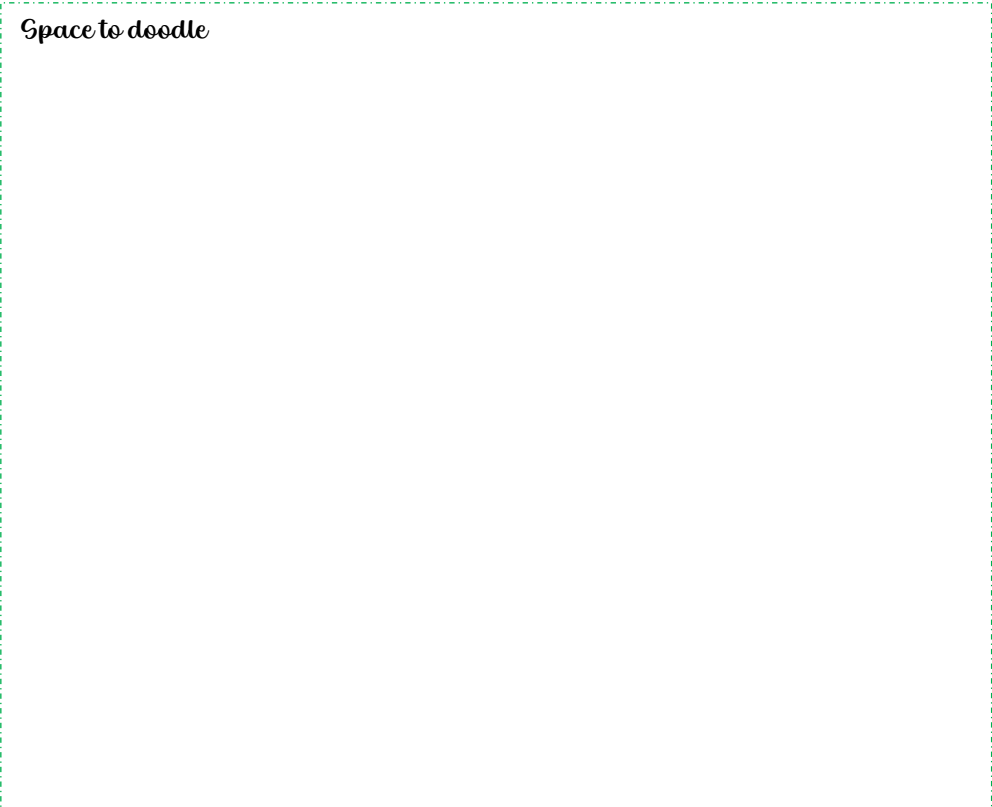


Walk....stand.....sit (verse 1)

Notice the verbs used to describe what a righteous person does not do. The suggestion seems to be one of progression: first you try it out by walking it, then you get used to it and stand in it and finally you sit down in it and it becomes a habit.

Think about the image of walking, standing and sitting in the way of the wicked/sinners/mockers – does this ring a bell for you in any way?

Space to doodle





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