

“Deep Roots of Delight”

Psalm 1
Grace Lutheran Church
April 28th, 2024

Two paths lie before us ...

1. **It is possible to have a _____ life.**

Psalm 1:1a – *Blessed is the man*

2. **This blessedness is rooted in our _____.**

Psalm 1:1 – *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.*

3. **The question before us is where do we focus our head and our heart for happiness?**

- a. **What does your heart _____ in?**

Psalm 1:2a – *but this delight is in the law of the LORD.*

Psalm 119:97 – *Oh how I love your law! It is my meditation all the day.*

- b. **What does your _____ dwell on?**

Psalm 1:2b – *And on his law he meditates day and night.*

Psalm 119:18 – *Open my eyes, that I may behold wondrous things out of your law.*

Lamentations 3:21-24 – *But this I call to mind, and therefore I have hope. The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness. “The LORD is my portion,” says my soul, “therefore I will hope in him.”*

4. **A tree firmly planted is:**

5. **A tree firmly planted is: _____, _____ and _____.**

Psalm 1:3 – *He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither.*

Jeremiah 17:7-8 – *“Blessed is the man who trusts in the LORD, whose trust is the LORD. He is like a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit.”*

Some thoughts on meditating and delighting:

Psalm 63:6 – *When I remember you upon my bed, and meditate on you in the watches of the night.*

Philippians 4:8 – *Finally brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.*

Psalm 119:11 – *I have stored up your word in my heart, that I might not sin against you.*

Luke 2:19 – *But Mary treasured up all these things, pondering them in her heart.*

Some thoughts on praying the Psalms:

“The richness of the Word of God ought to determine our prayer, not the poverty of our heart.” – Dietrich Bonhoeffer