

SONGS FOR THE JOURNEY

A Study of The Psalms of Ascents

Lesson 1— Psalm 1

- I. Introduction
 - A. We live in **turbulent** times
 1. **Turbulence** in our culture
 2. **Turbulence** in our personal lives
 - B. The difference between **tourists** and **pilgrims**
 1. The **tourist** mindset
 2. The **pilgrim** mindset
 - a. The description of a **disciple**
 - b. The description of a **pilgrim**
 - C. What are we to do?
Fredrich Nietzsche “...the essential thing is
long
obedience in the same direction.”
- II. Psalm 1: Two Portraits
 - A. What a “blessed” man should not do
 1. **Listen** to the counsel of the ungodly
 2. **Stand** in the path of sinners
 3. **Sit** in the **seat** of the scornful
 - B. What a “blessed” man should do
 1. **Delight** in the law of the Lord
 2. **Meditate** on the law of the Lord
 - C. The results
 1. He is **planted**
 2. He is **fruitful**
 3. He **remains healthy**
 4. He will **prosper**
 - D. What God will do