

# Praying through the Psalms

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# Chapter 1

## Psalm 1

Psalm 1 is the first psalm in the book of Psalms because it forms the foundation of every believer's life. Why is this psalm so critical to the Christian life? Because it identifies what must be the distinguishing characteristic of every Christian—a delight for God's word (v. 3).

### **1.1 The separation of the righteous and the ungodly**

The first truth we must understand from Psalm 1 is that there are only two kinds of people on earth: the righteous and the ungodly. Every human being is either a righteous or an ungodly person. Every human is either in the category of the righteous or else must be in the category of the ungodly; no one can be in both categories at the same time, and there is no third category that anyone can belong to.

#### **1.1.1 The general identification of the ungodly**

We know this to be true, first, because of the very general description of the ungodly in Psalm 1. The ungodly are very simply described

in verse 4 in this way, *The ungodly are not so*; which simply means that the ungodly man is not like the righteous man (who is described in verses 1-3)!

This means that the psalmist is not referring to some kind of extreme sinner when he uses the terms *ungodly*, *sinner*, or *scoffer*. Instead, the psalmist is simply referring to *those who are not righteous!* An equally valid translation for the word *ungodly* would be the word *unrighteous*.

This is why every human belongs to one and only one of these two groups, because every human must either be righteous or else, must not.

### **1.1.2 The divine separation of the righteous and the ungodly**

The second reason why we can know that everyone is either righteous or ungodly is because these two groups are divinely separated by God's judgment. Verse 5 reads,

Therefore the ungodly shall not stand in the judgement,  
Nor sinners in the congregation of the righteous.

## **1.2 The distinguishing characteristic of the righteous**

### **1.3 The blessing of the righteous**