

Soul Refreshment from Psalm 1

Psalm 1:1-6, ESV

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;

² but his delight is in the law of the Lord, and on his law he meditates day and night.

³ He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does
not wither. In all that he does, he prospers.

⁴ The wicked are not so, but are like chaff that the wind drives away.

⁵ Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the
righteous;

⁶ for the Lord knows the way of the righteous, but the way of the wicked will perish.

Additional Notes:

Psalm 1:1-6, NLT

¹ Oh, the joys of those who do not follow the advice of the wicked, or stand around with
sinners, or join in with mockers.

² But they delight in the law of the Lord, meditating on it day and night.

³ They are like trees planted along the riverbank, bearing fruit each season.
Their leaves never wither, and they prosper in all they do.

⁴ But not the wicked! They are like worthless chaff, scattered by the wind.

⁵ They will be condemned at the time of judgment. Sinners will have no place among the godly.

⁶ For the Lord watches over the path of the godly, but the path of the wicked leads to
destruction.