



Session 3 Wearing the Beautiful Lens of God’s Grace

Introduction to Psalm 1

I. INTRODUCTION TO GRACE – GOD’S NEW COVENANT LENS

A. Today, as a believer in Christ, God gives you a choice of what lens you will wear when you meditate not only on the Psalms but all the Words He has given to you through His Holy Scripture. Your choice between these two lens will dramatically impact every other choice you make in life and ultimately your destiny.

1. The red lens comes from the New Covenant.

John 1:17 For the law was given through Moses, but grace and truth came through Jesus Christ.

2. The black lens comes from Old Covenant.

Hebrews 8:13 In that He says, “A new covenant,” He has made the first obsolete. Now what is becoming obsolete and growing old is ready to vanish away.

B. From God’s perspective, the Good News, of His Son Jesus Christ, the lens of the New Covenant, is “*exceedingly abundantly above all*” that you could ever imagine or think (Eph. 3:18). It is so good that you will be discovering the beauty and goodness of His Son Jesus Christ for all eternity.

II. GRACE – GOD’S NEW COVENANT LENS

A. God has placed such great confidence in the power of Jesus’ blood to cleanse you from all unrighteousness and to transform you into the very likeness of His Son Jesus Christ, along with bringing redemption’s story to all of creation that He Himself is eternally happy.

B. How can you enter into this happiness, the blessed stated embodied in this first word “blessed” found in Psalm 1, which sets the tone for all the other Psalms? It is by putting on these rose colored glasses that Jesus purchased for you with His own blood.

C. It is through this New Covenant lens that you will see Jesus, your beautiful Savior and Lord from a new perspective. You will see all the pain and suffering King Jesus went through on the cross, taking your place and becoming sin, becoming a curse for you, so that you could receive His garments of salvation and His robe of righteousness. (Gal. 3:13, 2 Cor. 5:21, Rom. 5:19)

Isaiah 61:10 I will greatly rejoice in the Lord. My soul shall be joyful in my God for He has clothed me with the garments of salvation. He has covered me with the robe of righteousness...

- D. Where the first Adam sinned, he caused the glory of God, His divine nature, to depart from his spirit man, causing all of mankind to be born according to the first Adam. Jesus Christ, the last Adam, however, has restored His glory back to your spirit man, through Jesus' perfect obedience and your baptism into Christ. Jesus, restored you back to your original design, for you to made in His image. (Gen. 1:27)

Romans 5:19 For as by one man's disobedience many were made sinners, so also by one Man's obedience many will be made righteous.

Galatians 3:27 For all of you who were baptized into Christ have clothed yourselves with Christ.

- E. Come and experience the reality of being clothed in Christ. Experience the power of Jesus' blood pulsating through your veins, causing resurrection life to flow from your head to your toes.

Leviticus 17:11 For the life of the flesh is in the blood, and I have given it to you upon the altar to make atonement for your souls; for it is the blood that makes atonement for the soul.

- F. Watch your sin and all of its ill effects being washed away in the river of His blood, the river of His grace, where He has planted you by just like Psalm 1:2 says.

Hebrews 10:10-12 Our sins are washed away and we are made clean because Christ gave His own body as a gift to God. He did this once for all time. ¹¹All Jewish religious leaders stand every day killing animals and giving gifts on the altar. They give the same gifts over and over again. These gifts cannot take away sins. ¹²But Christ gave Himself once for sins and that is good forever. After that He sat down at the right side of God. (New Life Version)

- G. And there, as you boldly stand in the life of the blood of Jesus Christ, holy as He is holy, you will see that there is absolutely nothing that is separating you from His expansive love for you – for your heart, for your mind, for your body, for your life, and for all that concerns you. (Romans 8:35) Therefore:

Hebrews 4:16 ... come boldly to the throne of grace, that we (you) may obtain mercy and find grace to help in time of need.

- H. There at His throne of grace, experience the superior reality of who God is and who you are in Christ. It is only from this reality that you will be able to fulfill God's call in Psalm 1 to go the way of the Word – the way of Jesus, your salvation.

- I. So, when the ways of the world, cry out for your affection to talk like they talk, to walk like they walk, and to mock like they mock like verse 1 of Psalm 1 says, you will hear God's words of wisdom beckoning you to not go the way of the World, but to go the way of the Word. You will hear Jesus' words from the Sermon on the Mount, speaking directly into your heart.

Matthew 7:13-14 Enter by the narrow gate; for wide is the gate and broad is the way that leads to destruction, and there are many who go in by it. 14 Because narrow is the gate and difficult is the way which leads to life, and there are few who find it.

- J. You have received an invitation in Psalm 1 from the King of Kings – an invitation far better than anything that the world offers. You have been given an invitation to journey with Jesus Christ through life with the “blessed man”. (Ps. 1:1-2; Eph. 1:6)
- K. Psalm 1 presents two choices, two roads you can travel on in this life, the way of the righteous – which is the way of the Righteous One **OR** the way of the unrighteous – which is the way of satan, the epitome of the one who is totally unrighteous.
- L. If you want to enter back into fellowship with Father God, into His Kingdom of love, where the fulness of the blessings of God reside, there is only one way. You can’t travel on two roads and expect to get to your destination, your destiny in life. Remember “Choices Determine Destiny.” Choose Jesus! For His words are “words of eternal life.” (John 6:68) Jesus declares that He is preparing a place for you in heaven. (John 14:2-3) Will you choose the way of life that leads to your eternal destination in Christ? Jesus said:
John 14:6 I am the way, the truth, and the life. No one comes to the Father except through Me.
- M. No matter what the costs are, are you willing to follow Jesus, “***the way, the truth, and the life***”? Jesus knows His way is not the easy road, for He said, “***...the gate is narrow and difficult is the way which leads to life***” ***Matthew 7:14***. But, oh the happiness, the delight in following His instructions, His words and travelling with Him on His road that leads to the abundant life – to eternal life in Jesus. (Psalm 1:1-2)
- N. Its time for you to see God’s immeasurable unfathomable love for you! So, come and spread out your roots by the river of His grace. Become firmly rooted, strengthened and empowered, by His love.
Psalm 1:3 ...planted by the rivers of water...
Jeremiah 17:8 ...which spreads out its root by the river.
Ephesians 3:19 ...that you, being rooted and grounded in love
- O. Jesus loves you so profoundly and so deeply, that Jesus changed the Passover meal script, knowing full well what that meant.
Philippians 2:8 He humbled Himself and became obedient to the point of death, even the death of the cross.
- P. Jesus did not have to change the words and meaning of the Passover script, saying what His Father said, but He went the way of His Father and boldly declared that “This cups is the new covenant in My blood.”
John 12:49 For I have not spoken on My own authority; but the Father who sent Me gave Me a command, what I should say and what I should speak. And I know that His command is everlasting life. Therefore, whatever I speak, just as the Father has told Me, so I speak.”
I Corinthians 11:25 This cup is the new covenant in My blood. This do, as often as you drink it, in remembrance of Me.

- Q. Jesus suffered, died, and rose again, so that you could be given the new and better script for your life – the best script anyone could ever write for your life.
2 Corinthians 5:21 He (Jesus) made Him who knew no sin to be sin for us that we might become the righteousness of God in Christ.
- R. For it is only through this great exchange of the cross, your sin for Jesus' righteousness, that you will become like Him, like the Tree of Life mentioned in Psalm 1:3.
Psalm 1:3 He shall be like a tree...
- S. Hear God's voice, as He calls you to walk and talk with Him. Hear Him call you day and night to meditate on His Word (Psalm 1:2) and abide with Him (John 15:4).
Psalm 1:2 And in His law (His Word), He meditates day and night
Revelation 19:13 His name is called the Word of God.
John 1:1 The Word was God.
- T. As a believer in Jesus Christ, you have Jesus, the Word of God, the "Treasure" dwelling in you.
2 Corinthians 4:7 But we have this treasure in earthen vessels, that the excellence of the power may be of God and not of us.
- U. But if you choose continually to not value the Word of God, by meditating and abiding in it, you may not experience the fulness of this great "Treasure." You may not experience the "Blessed Man" and all the "spiritual blessings in the heavenly places in Christ," all the spiritual blessings contained in this "Blessed Man". (Eph. 1:3)
- V. What would have happened to the two men on the road to Emmaus, if they had not invited Jesus to come and to abide with them? I believe their eyes would not have been opened and that they would have missed out on experiencing everything that Jesus had in His heart for them, the fulness of His blessings. This is what I believe God is saying to you about not experiencing the good when it comes.
Jeremiah 17:6 For he shall be like a shrub in the desert, and shall not see when good comes.
Psalm 1:4 The ungodly are not so, but are like the chaff which the wind drives away.
- W. As you look into the mirror each morning, put on these rose colored glasses, so that you can walk in your true identity in Jesus Christ. Join the apostle Paul as he said:
Galatians 2:20 I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me. I do not set aside the grace of God; for if righteousness comes through the law, then Christ died in vain.

- X. Put on the beautiful lens of God’s grace, as you come before God’s throne of grace, praying and singing Psalm 1. And, remember that God is viewing you through this beautiful lens of His grace that His Son Jesus Christ purchased for you that has made you righteous with Christ’s righteousness.

Hebrews 4:16 Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

- Y. Allow the lens of the New Covenant dramatically impact how you think and feel about God, your life, and the world around you, as you begin your journey through Psalm 1. So, you can be firmly rooted and grounded in His love so “that you may be filled with all the fulness of God.”

Ephesians 3:17-19 that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the width and length and depth and height—to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God.

III. READ PSALM 1 THROUGH THIS BEAUTIFUL LENS OF GOD’S GRACE

A. Psalm 1

1 Blessed is the man

Who walks not in the counsel of the ungodly,

Nor stands in the path of sinners,

Nor sits in the seat of the scornful;

2 But his delight is in the law of the LORD,

And in His law he meditates day and night.

3 He shall be like a tree

Planted by the rivers of water,

That brings forth its fruit in its season,

Whose leaf also shall not wither;

And whatever he does shall prosper.

4 The ungodly are not so,

But are like the chaff which the wind drives away.

5 Therefore, the ungodly shall 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 ungodly shall perish.

IV. THE INFLUENCE OF THE OLD COVENANT LAW ON PSALM 1

- A. Because you may never have worn these rose colored glasses as you have read Psalm 1, it may be hard to understand or internalize all that Jesus is offering to you.
- Matthew 5:6 Blessed are those who hunger and thirst for righteousness, for they shall be filled.*
- B. Because Psalm 1 was written during the time of the Old Covenant, you may have heard and understood Psalm 1 mainly through the lens of the Old Covenant Law.
- C. Therefore without realizing it, you may have questioned if you were qualified or not to “be blessed,” according to the qualifications you understood from reading Psalm 1 through the lens of the Law.
- D. The redactor, the one who compiled all of the Psalms, seems to have made a conscious effort for the Psalter to be understood in a similar fashion to the “law books”, the five books of Moses - Genesis, Exodus, Leviticus, Numbers, and Deuteronomy.
- E. The collection of Psalms is divided into five books just like the Pentateuch, the five law books of MOSES. Book 1 Psalm 1-41; Book 2 Psalm 42-73; Book 3 Psalm 74-89; Book 4 Psalm 90-106; Book 5 Psalm 107-150
- F. Therefore, when Psalm 1:2 speaks about “delighting in the law of the Lord” and meditating on His law day and night, the redactor more than likely was referring not only to the 5 books of Moses, known as the “law” books, but also to the 5 books comprising the Psalter.
- G. The Hebrew word for law is Torah. This reference to the “law of the Lord” or to the “Torah of YHWH” refers to the Mosaic Law as recorded in the Pentateuch.
- H. Although the general meaning of the “law,” the “Torah,” is now seen as God’s instruction, not just legal ordinances, the overall tone of Psalm 1 is very similar to that of the books of the law, the Pentateuch.
1. Psalm 1 focuses on the blessedness of the one who is obedient to God’s law, contrasting it to the state of the person who is not obedient to it with its subsequent destructive consequences.
 2. This focus reminds the reader of Deuteronomy 27-28 where an extensive list of blessings and curses are mentioned, which are completely contingent upon man’s ability to obey the Old Covenant laws. In this list the word “all” is emphasized as the determining factor for you to be blessed or cursed.

V. WHAT DOES THE NEW COVENANT STATE ABOUT THE LAW

- A. Paul points out in Galatians 3:10 that those who depend on the law to make themselves righteous before God, must keep “all” – every word – of the Law perfectly.

Galatians 3:10 NLT But those who depend on the law to make them right with God are under his curse, for the Scriptures say, "Cursed is everyone who does not observe and obey all the commands that are written in God's Book of the Law."

- B. Why such a harsh judgment for one sin – for not keeping all the Law? Because The Law reflected God’s standard of holiness, which means it had to be obeyed perfectly.

James 2:10 For whoever shall keep the whole law, and yet stumble in one point, he is guilty of all.

- C. Therefore, the New Covenant points out that no one can ever achieve the blessing through the Law.

Romans 3:23 “all have sinned and fall short of the glory of God.”

- D. What was the purpose of the Law? The Law was to help man realize that they could never obey it perfectly, causing them in the fulness of time to be drawn to Jesus Christ, the only One who could justify them through faith in His grace.

Galatians 3:24 Therefore the law was our tutor to bring us to Christ, that we might be justified by faith. 25 But after faith has come, we are no longer under a tutor.

- E. As a New Covenant believer, it is sin for you to relate to God on the basis of how well you obey or disobey the Old Covenant Law, because you are to come to God on the basis of the shed blood of Jesus Christ for your justification and sanctification.

Galatians 3:11-12 But that no one is justified by the law in the sight of God is evident, for “the just shall live by faith. Yet the law is not of faith, but “the man who does them shall live by them.

Romans 14:23 “... whatever is not of faith is sin.”

- F. Under the Law, people got what they deserved, according to their obedience or disobedience. Under the New Covenant, believers in Christ Jesus get what Jesus’ deserved though His sinless life – on the basis of their faith in Jesus Christ.

- G. Any departure from the righteousness of Christ back to the Law is virtually saying that Christ died in vain – “it was useless for Christ to die”. (Contemporary English Version)

Galatians 2:21 I do not set aside the grace of God; for if righteousness comes through the law, then Christ died in vain.”

VI. PSALM 1 – AS VIEWED THROUGH THE LENS OF THE LAW

- A. The main point expressed by Psalm 1, which represented the entire Psalter and the belief of the Jews at the time of its writing, is that the blessedness or happiness of the righteous man is contingent upon a person’s obedience to the law, the Torah – God’s instructions.

- B. The two main qualifications for this blessed state are seen in Psalm 1:1-2.

1. The first qualification is a list of 3 things to avoid. (Psalm 1:1)
 2. The second qualification is a list of 2 things to do. (Psalm 1:2).
 3. The resultant blessings for meeting these qualifications are seen in the analogy of the tree, that “whatever he does shall prosper”. (Psalm 1:3)
- C. Standing in stark contrast to this blessed man, the righteous man, is the unrighteous man.
1. His character is described in Psalm 1:1 as the one who walks in the counsel of the ungodly, who stands in the path of sinners, and who sits in the seat of the scoffers.
 2. The unrighteous man’s destiny is described in verses 4-6.
vs. 4a “ungodly are not so” – he is not going to prospering in all that he does.
vs. 4b “like the chaff which the wind drives away” –
vs. 5 “shall not stand in the judgment” or “in the congregation of the righteous”
vs. 6 “shall perish”

- D. If you meditate on Psalm 1 through the lens of the law of the Old Covenant, a veil will be over your eyes, so you will not be able to see the saving grace available in Jesus Christ.

2 Corinthians 3:14 But their minds were blinded. For until this day the same veil remains unlifted in the reading of the Old Testament, because the veil is taken away in Christ. But even to this day, when Moses is read, a veil lies on their heart. Nevertheless when one turns to the Lord, the veil is taken away.

- E. The veil is taken away only in Christ.

Galatians 3:13 Christ has redeemed us from the curse of the law, having become a curse for us (for it is written, “Cursed is everyone who hangs on a tree”), that the blessing of Abraham might come upon the Gentiles in Christ Jesus, that we might receive the promise of the Spirit through faith.

VII. HOMEWORK APPLICATION

- A. Meditate on Psalm 1 through the lens of God’s grace as presented in this lesson, until you feel the delight, the pleasure, of God.
- B. Being to pray and sing Psalm 1 daily.
- C. Memorize Psalm 1 – so you can speak this over your heart and your life throughout the day.