



Session 4 Choosing the Blessing of God - Psalm 1

I. IN CHRIST THE FULNESS OF THE BLESSING OF GOD DWELLS

- A. It is time for you to courageously take your stand in the fulness of the blessing of God, which is in Christ Jesus, in whom the fulness of the Godhead dwells. The triune God – the Father, the Son, and the Holy Spirit - is the greatest blessing you will ever receive in your life! And by receiving Christ Jesus, the Good News of the Gospel, as the living reality for your life you will be able to enter into the fulness of the blessing of God.

Romans 15:29 ... I shall come in the fullness of the blessing of the gospel of Christ.

Colossians 2:9-10 For in Him dwells all the fullness of the Godhead bodily; and you are complete in Him, who is the head of all principality and power.

- B. Through Christ's redemptive work of the cross, Jesus was made a curse, was made sin for you.

Galatians 3:14 NLT so that we who are believers might receive the promised Holy Spirit through faith.

Galatians 3:13-14 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.

- C. Through faith you receive the promise of the Spirit.

1. Ezekiel prophesied this: ***Ezekiel 36:26 I...will put a new spirit within you.***

2. Jesus prophesied this: ***John 14:17 The Spirit of truth...will be in you.***

3. John looked at what happened through the new birth and declared:

1 John 2:27 But the anointing which you have received from Him abides in you...

- D. Through faith in the righteousness of Jesus Christ which was purchased by His precious blood, you are redeemed back to God – back to the blessing of God – back to the blessing that Adam and Eve enjoyed before the fall of mankind through their sin. (Romans 5:19; 2 Corinthians 5:21)

II. JESUS – THE ALPHA AND OMEGA – PSALM 1

- A. So, let us go back to the beginning, where the blessing of God originated.

Genesis 1:1 "In the beginning, God created the heavens and earth."

- B. The apostle John reflects on what happened in the beginning; he gives us divine insight of how Jesus was implicitly mentioned in the creation of the world as described in Genesis.

John 1:1-5 In the beginning was the Word, and the Word was with God, and the Word was God. 2 He was in the beginning with God. 3 All things were made through Him, and without Him nothing was made that was made. 4 In Him was life, and the life was the light of men. 5 And the light shines in the darkness, and the darkness did not comprehend it.

- C. In the beginning of Psalm 1, just like in Genesis 1, Jesus is implicitly mentioned. You will discover one of Jesus' descriptive names in the very first letter (aleph) of the first word (ashrei – blessed) of Psalm 1 and in the very last letter (taw) of the last word (to'bed – perish) in Psalm 1. "Aleph and Taw" are the first and last letters of the Hebrew alphabet.
- D. In "Aleph" and "Taw," the first and last letters of Psalm 1 and of the Hebrew alphabet, we are reminded of Jesus Christ, the One Who is the "Alpha and Omega," equivalent to the first and last letters of the Greek alphabet used in the New Testament. Jesus Christ is the "Aleph and Taw" in Hebrew and the "Alpha and Omega" in Greek.

Rev. 21:6 I am the Alpha and the Omega, the Beginning and the End. I will give of the fountain of the water of life freely to him who thirsts.

Rev. 22:13 I am the Alpha and the Omega, the Beginning and the End, the First and the Last.

- E. Everything that exists originates from God. Every good thing, every blessing, emanates from God.

Exodus 33:19 I will make all My goodness pass before you, and I will proclaim the name of the Lord before you.

Psalm 107: 1 Oh, give thanks to the Lord, for He is good!

- F. The blessing is good; the blessing is from God; the curse is bad; the curse is from sin. Let us not call what is a curse a blessing. Sickness, poverty, broken relationships are a curse.

James 1:15-17 Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death. 17 Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning.

III. CHOOSING YOUR DESTINY

- A. Jesus, the Alpha and Omega in Psalm 1, is the beginning and the end of all things. Psalm 1:6 ends with the word "perish." Perishing eternally in the lake of fire is the destiny of all those who have chosen to reject Jesus Christ as their Lord and Savior.

Psalm 1:6 For the Lord knows the way of the righteous, but the way of the ungodly shall perish.

- B. Remember, every choice you make in life is a choice of who you will worship and serve – God or Satan.

Luke 4:8 "Get behind Me, Satan! For it is written, 'You shall worship the Lord your God, and Him only you shall serve.' "

- C. For believers in Jesus Christ, your destiny is not to perish, but to have everlasting life. John 3:16 The Greek word for life is zoe, which includes all that God is and all that He has.
- D. The destiny of the righteous as described in Psalm 1:6 prophetically looks forward to Christ becoming our righteousness through the great exchange of the cross. Only those who have received Jesus Christ as their righteousness will be able to survive the end time judgement, because their sins will not be counted against them.

Psalm 32:2 Blessed is the man to whom the Lord does not impute iniquity, and in whose spirit there is no deceit.

Psalm 32:2 NIV Blessed is the one whose sin the LORD does not count against them and in whose spirit is no deceit.

IV. CHOOSING THE BLESSED MAN - JESUS CHRIST

- A. Psalm 1:1 the introduction to all the other Psalms begins with this phrase the “blessed is the man”. This man is Jesus Christ and all other believers who choose to take their place in Christ Jesus.

Psalm 1:1 Blessed is the man who...

1 Corinthians 15:45-47 And so it is written, “The first man Adam became a living being.” The last Adam became a life-giving spirit... 47 The first man was of the earth, made of dust; the second Man is the Lord from heaven...

- B. Jesus Christ is the only One Who has ever completely fulfilled the character description of the “blessed man” as presented in Psalm 1. He was the only One who was able to live completely in this “blessed” state on this earth as God intended, for “all have sinned and fall short of the glory of God”. (Rom. 3:23)
- C. God knew that you and I could not walk perfectly in the calling of Psalm 1, and He did not want us to live under any condemnation from being able to perfectly carry it out. Therefore, God so loved you and I that He sent Jesus Christ to become sin for us, to bear the curse for any imperfect obedience, while we are growing up into fulness of His character. He did this so that we could live in the blessing of God. (John 3:16 & 2 Corinthians 5:21; Romans 5:9) (See Psalm 32:2 above)
- D. By our faith in Jesus Christ, the Blessed Man, you and I are empowered to deny ungodliness – the counsel of the ungodly, the path of sinners, the seat of the scoffers – as described by Psalm 1.
Romans 6:14 For sin shall not have dominion over you, for you are not under law but under grace.
- E. Through the indwelling of the promised Holy Spirit.(Galatians 3:14), your state of powerlessness in your spirit man is gone, because the Power Source, the Holy Spirit, the Anointed One is now within you!

1 John 2:27 But the anointing which you have received from Him abides in you.

- F. Through Jesus Christ and the anointing dwelling in you, you are empowered to prosper in whatever you do.

Psalm 1:3...and whatever he does shall prosper.

Galatians 2:20-21 ... 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.

- G. In Psalm 1:1 God empowers you not to pursue the thirsts of the world, the thirst of sin, but rather to have your thirst satisfied in Christ's rivers of love, grace, and goodness. (Ps. 1:3)

"I am the Alpha and the Omega, the Beginning and the End. I will give of the fountain of the water of life freely to him who thirsts." Rev. 21:6

- H. God calls you to taste and see that He is good. In Psalm 34:8 the same Hebrew word for "blessedness" - "ashrei" - appears.

Psalm 34:8 Oh, taste and see that the Lord is good; Blessed is the man who trusts in Him!

- I. How can we taste and see that the Lord is good? The answer is provided in Psalm 1:2.

Psalm 1:2 But his delight is in the law of the Lord, and in His law he meditates day and night.

- J. Because Jesus is the "Alpha and Omega," the "Aleph and Taw," God is calling you to meditate day and night from the very beginning of time to the very end of time, from the beginning of Psalm 1 to the end of Psalm 150, from the beginning of Genesis to the end of Revelation, on Jesus, the One who is the Word of God – the One is the Blessed Man.

V. PRAYING IN JESUS' NAME, THE ALPHA AND OMEGA

- A. God desires that every prayer you pray and every song you sing to Him from the Psalms, as well as the entire Bible, are prayed and sung in the name of His Son Jesus Christ.

Rev. 1:8 I am the Alpha and the Omega, the Beginning and the End," says the Lord, "who is and who was and who is to come, the Almighty.

- B. One of the first principles of prayer is that we pray in Jesus' name. What does this mean? It means we come before God not on our own merit, but rather the righteousness of God in Christ.

John 14:13 And whatever you ask in My name, that I will do, that the Father may be glorified in the Son. If you ask anything in My name, I will do it.

- C. Our own righteousness is as filthy rags.

Isaiah 64:6 But we are all like an unclean thing, and all our righteousnesses are like filthy rags...

- D. As believers, we will be going through a sanctification process throughout the entirety of our life's. Therefore, it is our privilege to come to God in the name of Jesus, who was totally pleasing to God.

John 8:29 And He who sent Me is with Me. The Father has not left Me alone, for I always do those things that please Him.

Matthew 3:17 "This is My beloved Son, in whom I am well pleased."

VI. MEDITATING ON GOD'S LOVE

- A. The scripture declares the intrinsic nature of God in 1 John 4:16 "God is love".
John 1:1 "In the beginning was the Word (Jesus Christ), and the Word (Jesus Christ) was with God (LOVE), and the Word (Jesus Christ) was God (LOVE)."
- B. Meditate on God's love. Meditation involves not only the pondering or thinking upon God's Word through the lens of His great love for you, but it also involves talking with God and about God as revealed in His Word - not letting His Words "depart from your mouth" and walking in His Words. (Joshua 1:8)
Joshua 1:8 This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night that you may observe to do according to all that is written in it.
- C. The closest word to meditation in the New Testament is abiding. Abiding carries the concept of being fully united in thought, word, and deed with God and Jesus - Love.
John 3:16 God so loved you that He gave His only begotten Son.
John 15:13 Greater love has no one than this, than to lay down one's life for his friends.
John 15:9-10 As the Father loved Me, I also have loved you; abide in My love. If you keep My commandments, you will abide in My love, just as I have kept My Father's commandments and abide in His love.
1 John 4:16 God is love, and he who abides in love, abides in God, and God in him.
- D. From the beginning of time God had a plan to share this love, to share Himself. So, the Spirit of God hovered over God's plans of LOVE and Jesus spoke Love into existence on the very first day of creation.
Genesis 1:2-3 The earth was without form, and void; and darkness was on the face of the deep. And the Spirit of God was hovering over the face of the waters. Then God said, "Let there be light"; and there was light.
John 1:4 In Him (Jesus) was life, and the life was the light of men. 5 And the light shines in the darkness, and the darkness did not comprehend it.
- E. Thoughtfully designed and planned by God, the world was enveloped in an atmosphere of love – an atmosphere that was filled with His very nature. He created the world for His family, for us, so He could share His love with us and so we could share in His eternal happiness.

- F. The angelic hosts were created to worship and serve God and mankind.
Hebrews 1:13-14 But to which of the angels has He ever said: “Sit at My right hand, Till I make Your enemies Your footstool”? Are they not all ministering spirits sent forth to minister for those who will inherit salvation.
- G. But, Satan, one of the angels, rebelled (sinned) against God, because of his pride. Ezekiel 28:18
Matthew 4:10 Then Jesus said to him, “Away with you, Satan! For it is written, ‘You shall worship the Lord your God, and Him only you shall serve.’ ”

VII. THE BLESSING GIVEN TO ADAM AND EVE

- A. When God created man, He used Himself as the blueprint. Before the foundation of the world, He had decided to make an exact copy of Himself. As believers in Christ, our spirit man has been recreated into His exact image and likeness of God.
Genesis 1:27 So God created man in his own image, in the image of God he created him; male and female he created them.
Ephesians 1:4 ... just as He chose us in Him before the foundation of the world...
- B. Immediately, following the creation of man, the first words Adam and Eve heard was the blessing God spoke over them. When these words were spoken, it was the first time that the blessing of God was released into the earth.
Genesis 1:28 Then God blessed them, and God said to them, “Be fruitful and multiply; fill the earth and subdue it; have dominion over the fish of the sea, over the birds of the air, and over every living thing that moves on the earth.”

VIII. IN THE BEGINNING, MAN LIVED IN THE BLESSING OF GOD

- A. “Blessed is the man” appearing in Psalm 1:1 refers to the beginning of creation in Genesis 1 where “God blessed them,” Adam and Eve. (Genesis 1:28) Contained in the words of the blessing given to Adam and Eve, given to mankind, was the empowerment to be fruitful and multiply, filling, subduing, and having dominion over the earth.
- B. Through God’s spoken blessing over Adam and Eve (mankind) He empowered them (mankind) to prosper and to succeed in the destiny He created them for – a destiny to think like God thinks, to speak what God speaks, to do what God does, and to get the results that God is able to get. This is the “zoe” life of God.
- C. Through the new birth in Jesus Christ, our spirit man is not only recreated in God’s likeness and image but the blessing of God has been restored to us through Christ. (Galatians 3:12-14)

IX. UNDERSTANDING THE FULNESS OF THE BLESSING OF GOD

- A. “Ashrei” is the Hebrew word for the word “blessed” or “happy” seen in Psalm 1:1. Ashrei would be best translated as blessedness(es) or happiness(es).
- B. Ashrei, blessednesses, is so multidimensional that we will be discovering it for all eternity.
- C. “Ashrei” is “a state of being” and is a masculine noun in gender that is directly linked to the man Jesus Christ in whom the multiplicity of blessings reside. The moment you invited Jesus Christ into your heart as your Lord and Savior, your state of being immediately changed from being “in adam” to being “in Christ”. And it is only in Christ, through His righteousness, that you can expect and receive by faith the fullness of the blessings of God.
- D. In Christ you enter into the state of the great “I am” - the One who is fully blessed and from Whom all blessings flow. Through the blessing God has given to mankind and has restored back those who believe in His Son Jesus Christ, God is basically saying to you “All I am and all I have is yours.” (Lk 15:31) God has blessed you not “out of” but “according to the riches and glory”. (Ephesians 3:16)

Ephesians 1:3-5 Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love he predestined us for adoption to himself as sons through Jesus Christ, according to the purpose of his will.

X. HOMEWORK

- A. Who is God?

Names or Characteristics of God – Start making a list for yourself of the names of God or His characteristics as seen by the first 4 sessions of “Choices Determine Destiny” or as appears in Psalm 1. Make a declaration of “Who God” is from this and write out any corresponding scripture that validates His Name or His Character.

- B. Who are you in Christ?

Start making a list of who you are in Christ according to this session and as seen by the first 4 sessions of “Choices Determine Destiny” or as appears in Psalm 1. Make declarations of “Who you are in Christ” from this list, establishing your heart in the blessing of God - in Jesus Christ.

XI. 3 MEDITATION APPLICATIONS FOR “BLESSED IS THE MAN...” PSALM 1:1

- A. Rephrasing the words in your bible according to their original meaning or to give emphasis to what God is saying in your life.

Example: “Oh, Jesus Christ is the most blessed man imaginable! The blessedness of His nature and character is seen in the way He thinks, speaks, and acts. He is the very source of all blessings throughout the universe. And, I love how happy He is. He is the happiest person I have ever met! (Before Jesus entered into “doing” God said, This is my beloved son in whom I am well pleased)

- B. Personalizing a phrase, a scripture, or the entire passage, by putting it in the first person using I, me, or my.

Example: “Oh my, how blessed I am, because I live and move and have my being in Christ Jesus, My Lord and Savior. All His blessedness and all His blessings belong to me. I am blessed beyond my wildest dreams and imaginations!

- C. Pondering individual words of a verse, like was just done with the words “blessed” and “man”. Taking time to look up their original meanings in Hebrew or Greek. Taking a dictionary and looking up their meanings or looking at the synonyms or antonyms of the word.

1. Finding other places where the same word in English, Greek, or Hebrew word appears throughout Scripture to get a fuller picture of its meaning as seen in Ephesians 1:3-5 previously cited where the concept of blessing occurs.