

# Worship Team Expedition Weekly Devotional



## Psalm 1 Devotional

Welcome to the Worship Team Expedition devotions! We are so glad you are joining us on this journey and look forward to all we will learn from God together. God has *good* things in store for you!

Quick, try and answer this question before you read any further...

What are the biggest hits of all time, the songs most sung in the history of the world?

Do you know?

Not the latest pop hit or even the biggest YouTube video ever, this collection of songs has been sung by billions of people in countries around the world for many centuries.

Any idea?

Drum roll please...the answer is...the Psalms of the Bible! The Bible is the most widely read/distributed/translated book of all time and right in the middle of it are 150 songs (called psalms).

They are songs to and about God and have much to teach us about worshiping Him. Some psalms are really happy celebrations of God's goodness, others are very sad and express anger, doubt, and frustration. You can find almost any emotion in this collection of songs and they provide a good model for honestly expressing our hearts to the Lord.

We're going to take a look at a number of the psalms in upcoming weeks and reflect on what they mean for us in our everyday lives. These are timeless words (many modern worship songs borrow from these ancient songs) and are as true today as they were thousands of years ago when David, Asaph, and a number of other people wrote them. So, let's jump into the very first Psalm...take a minute to read it:

### Psalm 1

- 1 Blessed is the one  
    who does not walk in step with the wicked  
    or stand in the way that sinners take  
    or sit in the company of mockers,
- 2 but whose delight is in the law of the Lord,  
    and who meditates on his law day and night.
- 3 That person is like a tree planted by streams of water,  
    which yields its fruit in season

and whose leaf does not wither—  
whatever they do prospers.

4 Not so the wicked!

They are like chaff  
that the wind blows away.

5 Therefore the wicked will not stand in the judgment,  
nor sinners in the assembly of the righteous.

6 For the Lord watches over the way of the righteous,  
but the way of the wicked leads to destruction.

Let's talk about the very first word—blessed. What does it mean to be blessed? Applied here it basically means being happy, contented, favored, fortunate—pretty good stuff! I want to be blessed, don't you?

So what do blessed people do? Here's my paraphrase:

- They avoid sinful ways and people of poor character
- They delight in God's ways continually

Sounds like walking with God and in His ways instead of people far from God and His ways leads to a blessed, happy, fruitful life. The alternative is pretty bleak: choose wickedness and life will eventually blow you away, you'll eventually fall, you're destined for destruction. Wow. Not the way to go!

So, how does this apply to worship and leading others to worship?

When we worship God, when we focus on Him and delight in His ways, we move closer towards being blessed. When we lead people to worship God and meditate on His ways we are helping them to move towards being blessed as well. We can help invite God's blessings in our lives and the lives of others by worshiping and leading worship. How cool is that?

So, take some moments to think about your life, your choices, and your desires for a minute. Read the questions below, pray and ask God to help you become a person that is more...blessed.

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Do I truly want to be a blessed person as this psalm describes? Are any of my choices or attitudes preventing me from being blessed?

Which of my friends or family members encourage my walk with God and walk in His ways? Which friends/family do not?

What is one step I can take this week to walk more closely in God's ways?

Prayer:

Lord, help me make the choices that lead to being a righteous, solid, *blessed* person.