



Morningside Church

Sermon Discussion Guide

Title: God's Blueprint for Blessing

Date: May 3, 2026

Scripture Text: Psalm 1

Notes:

The term “blessed” is used in many different ways. You may wish someone to have a ‘blessed day’, or if asked how you are doing, you may respond ‘I’m blessed’. That is all good, but if asked, what ‘blessed’ looks like, it may be heavily reliant on circumstances, i.e., health, wealth, possessions, etc. True blessing is not based on circumstances but the pursuit of the One who blesses. To have a relationship with Christ, we are blessed regardless of our circumstances ([Matt. 5:3-12](#)). The Bible gives us a roadmap that equips us for blessing even in the trials of life. Let’s look at Psalm 1 to see *God’s blueprint for blessing*.

I. The Direction of the Blessed (Psalm 1:1)

The psalm begins with what NOT to do. To be blessed, we need to avoid evil! Three items are listed; council, path, and seat. These draw attention to ways of thinking, behaving, and belonging, respectively. To not distance ourselves from evil is to invite corruption into our lives. To intentionally avoid them is to set ourselves up for blessing.

- In [v. 1a](#) we are told NOT to *walk in the council of the wicked*.
 - What does it look like to ‘walk in the council of the wicked’?
 - How can we be drawn into the council of the wicked if we don’t intentionally avoid it?
 - What are examples of wicked council?
 - How can they affect your relationship with Christ?
- In [v. 1b](#) the psalmist tells us NOT to *stand in the path of sinners*.
 - “Sinners” in this context are those who sin and don’t care that they are sinning.
 - How can sinning and not repenting create a calloused heart?
 - How can sin impact blessing?
 - What are ways to NOT ‘stand in the path on sinners’?
- In [v. 1c](#) we are instructed NOT to *sit in the seat of scoffers*.
 - Scoffers are those who scoff and mock God and His judgements.
 - To sit in the seat of scoffers is to associate or belong to their group. What is a scenario where you could find yourself being connected to scoffers?
- Collectively, these three make up what evil looks like. We are told to “submit to God, resist the devil and he will flee from you.” ([James 4:7](#)) Our first step to a blessed life is to submit to God and avoid these three types.



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II. The Meditation of the Blessed (Psalm 1:2)

To counter the three negatives of [v. 1](#), the psalmist points us to what we ARE to do. The blessed person delights in God's word. "Delight" includes elements of 'joy', 'desire', 'placing value on', and 'pleasure'. God is the source of anything good ([James 1:17](#)). The blessed person meditates on His word day and night (all the time). True blessing comes from God's word, and the blessed person engrafts His word.

- In your own words, describe what delighting in God's word includes.
- What are the things about God's word that delights you?
- What does it mean to meditate on God's word?
- How can you do it day and night (all the time)?
- How can meditating on His word day and night help you engrain His word into your life?

III. The Production of the Blessed (Psalm 1:3)

By avoiding evil ([v. 1](#)) and embracing righteousness ([v. 2](#)), the blessed are nourished and are able to withstand the effects of a fallen world. To experience blessing (or curse) is dependent on what we allow ourselves to be fed. To be fed by God's word not only equips us for the trials of life, but also to thrive by producing fruit. "Whatever he does prospers" ([v. 3d](#)).

- What does it mean for us to produce fruit ([John 15:8](#))?
- How has God's word equipped you to cope in a fallen world?
- What are ways you are nourished by God's word?
- How can physical nourishment give us a picture of what it looks like to be spiritually nourished by God's word?

IV. The Destination (Psalm 1:4-6)

"[Verse 4](#) abruptly turns from the rewards of righteousness to the punishment on the wicked (*Not so the wicked!*). While the righteous are a well-watered tree, the wicked are like *chaff*. Chaff is the opposite of a tree. While a tree has an abundance of life-giving water, chaff is dry. The tree is deep-rooted and productive; chaff has no connection to the earth, but rolls as the wind blows it, and is useless. As a result, the wicked will not survive God's *judgment*. Wisdom literature recognizes that everyone is walking on a path or way. That way is either the way of wisdom and righteousness that is straight, well lit, smooth and leads to life, or it is crooked and filled with obstacles and leads to death." (Longman) ([Prov. 4:18-19](#))

- What are characteristics of the wicked?
- What distinguishes the righteous (blessed) from the wicked?
- How could you leverage Psalm 1 as you shared your testimony with a lost person?