

Psalm 1:1-3

The Way of the Righteous and the Wicked

*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;
but his delight is in the law of the LORD,
and on his law he meditates day and night.
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.*

To meditate in God's word, is to discourse with ourselves concerning the great things contained in it, with close application of mind and fixedness of thought. We must have constant regard to the word of God, as the rule of our actions, and the spring of our comforts; and have it in our thoughts night and day. For this purpose no time is amiss.- *Matthew Henry, MHCC*