

“Praying the Psalms for Blessing” | Rev. Tim Frickenschmidt | September 30, 2018

Psalm 1 (ESV)

1 Blessed is the man^[a]
who walks not in the counsel of the
wicked,
nor stands in the way of sinners,
nor sits in the seat of scoffers;
2 but his delight is in the law^[b] of the Lord,
and on his law he meditates day and
night.
3 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.
4 The wicked are not so,
but are like chaff that the wind drives
away.
5 Therefore the wicked will 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 wicked will perish.

Luke 10: 38-42

Now as they went on their way,
Jesus^[d] entered a village. And a woman
named Martha welcomed him into her
house. ³⁹ And she had a sister called Mary,
who sat at the Lord's feet and listened to his
teaching. ⁴⁰ But Martha was distracted with
much serving. And she went up to him and
said, “Lord, do you not care that my sister
has left me to serve alone? Tell her then to
help me.” ⁴¹ But the Lord answered
her, “Martha, Martha, you are anxious and
troubled about many things, ⁴² but one thing
is necessary.^[e] Mary has chosen the good
portion, which will not be taken away from
her.”

Intro Question

Tim opened with a passage from *Because of Wynn Dixie* in which a sweet candy seemed to also have sorrow in it. The candy was described as melancholy: sad, but with music behind it.

How have you found the Psalms “sweet and sad at the same time”? (Psalm 1 in particular, possibly others you’ve been reading on your own and those we’ve been highlighting on Sundays)

Background

Tim said there’s a progression, a call, and an image in Psalm chapter 1. He said “blessed” can be translated “happy” and man is gender-specific, not general or neutral: the phrase thus being “Oh happy man.” This man’s thinking, behaving, and belonging (the walk, stand, sit progression) are marked honorably. This man meditates upon and finds his true happiness in one reality: God, and consumes His Word as a lion delights over his food. Likewise, the image of Mary in Luke 10: planted with a singular, proper focus.

Discuss:

1. Who is the only man who has fulfilled well the image in Psalm 1:1-3?
2. Describe Mary’s posture and focus.
3. Tim gave two charges. The first charge was to be careful what you laugh at and mock, as mocking is farthest from wisdom. Secondly, he called us to read the Psalms daily, suggesting we begin and end our days in the Psalms and citing The Daily Office as a resource. How are these two charges related?
4. How could or has reading the Psalms daily change what you fill your mind with?

Conclusion/Application

Father, we are like Martha, awash and anxious about many things. Meet us, fill us, and shape our reality, as we seek to fill ourselves with your truth given in your Word.