# The Bible and Bread

# Context, Themes, and Word Study

Meditating on the Law

2026 Week 5

Psalm 1

**Psalm 1 NRSVUE**

**The Two Ways**

1 Happy are those
who do not follow the advice of the wicked
or take the path that sinners tread
or sit in the seat of scoffers,
2 but their delight is in the law of the LORD,
and on his law they meditate day and night.
3 They are like trees
planted by streams of water,
which yield their fruit in its season,
and their leaves do not wither.
In all that they do, they prosper.
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 watches over the way of the righteous,
but the way of the wicked will perish.

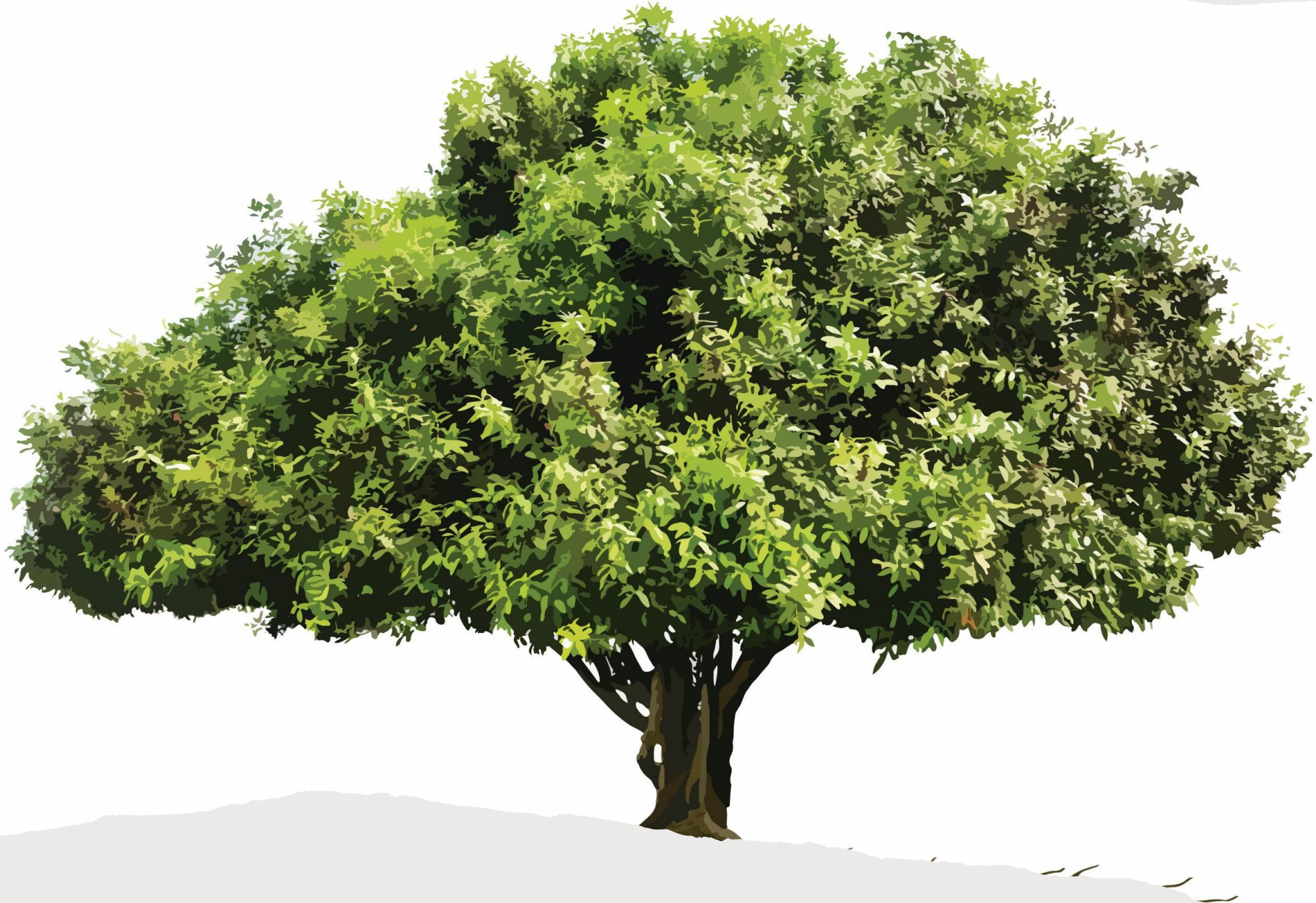
Psalm 1 The Message

**1** How well God must like you—
you don't walk in the ruts of those blind-as-bats,
you don't stand with the good-for-nothings,
you don't take your seat among the know-it-alls.

**2-3** Instead you thrill to GOD's Word,
you chew on Scripture day and night.
You're a tree replanted in Eden,
bearing fresh fruit every month,
Never dropping a leaf,
always in blossom.

**4-5** You're not at all like the wicked,
who are mere windblown dust—
Without defense in court,
unfit company for innocent people.

**6** GOD charts the road you take.
The road *they* take leads to nowhere.



**Wesley's Notes on the Bible**

## Psalm 1:1

*Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.*

1:1 Blessed - The Hebrew words are very emphatical: O the blessedness of that man! Counsel - That doth not lead his life according to their counsel, or manner of living. Standeth - Which notes a more settled abode in it. Way - In their manner of conversation. Seat - Which notes a constant and resolved perseverance in their wicked courses. Scornful - Of those who make a mock of sin, and scoff at goodness and goodmen. Divers observe a gradation in this verse ; the following clause still exceeding the former, for standing is more than walking, and sitting more than standing; and sinners in scripture use, are worse than the ungodly, and the scornful are the worst of sinners.

## Psalm 1:2

*But his delight is in the law of the LORD; and in his law doth he meditate day and night.*

1:2 Day and night - Not seldom and slightly, but diligently, and constantly.

## Psalm 1:3

*And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.*

1:3 Whither - His happiness is not short and transitory, but, like those trees which are continually green and flourishing.

## Psalm 1:4

*The ungodly are not so: but are like the chaff which the wind driveth away.*

1:4 Ungodly - Their condition is far different. Chaff - They are restless and unquiet: their seeming felicity, hath no firm foundation, but quickly vanishes and flees away as chaff before the wind.

## Psalm 1:5

*Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous.*

1:5 Not stand - Not endure the trial. Judgment - In the great and general judgment of the world.

## Psalm 1:6

*For the LORD knoweth the way of the righteous: but the way of the ungodly shall perish.*

1:6 Knoweth - He approves, loves, and delights in them, and therefore will recompence them. Perish - All their designs and courses shall come to nothing, and they shall perish with them.

**The Ten Commandments Deuteronomy 5:7-21 NRSV** *see also* **Exodus 20**

6 “ ‘I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; 7 you shall have no other gods before me.

8 “ ‘You shall not make for yourself an idol, whether in the form of anything that is in heaven above or that is on the earth beneath or that is in the water under the earth. 9 You shall not bow down to them or serve them, for I the Lord your God am a jealous God, punishing children for the iniquity of parents to the third and fourth generation of those who reject me 10 but showing steadfast love to the thousandth generation of those who love me and keep my commandments.

11 “ ‘You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name.

12 “ ‘Observe the Sabbath day and keep it holy, as the Lord your God commanded you. 13 Six days you shall labor and do all your work. 14 But the seventh day is a Sabbath to the Lord your God; you shall not do any work—you, or your son or your daughter, or your male or female slave, or your ox or your donkey, or any of your livestock, or the resident alien in your towns, so that your male and female slave may rest as well as you. 15 Remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm; therefore the Lord your God commanded you to keep the Sabbath day.

16 “ ‘Honor your father and your mother, as the Lord your God commanded you, so that your days may be long and that it may go well with you in the land that the Lord your God is giving you.

17 “ ‘You shall not murder.

18 “ ‘Neither shall you commit adultery.

19 “ ‘Neither shall you steal.

20 “ ‘Neither shall you bear false witness against your neighbor.

21 “ ‘Neither shall you covet your neighbor’s wife.

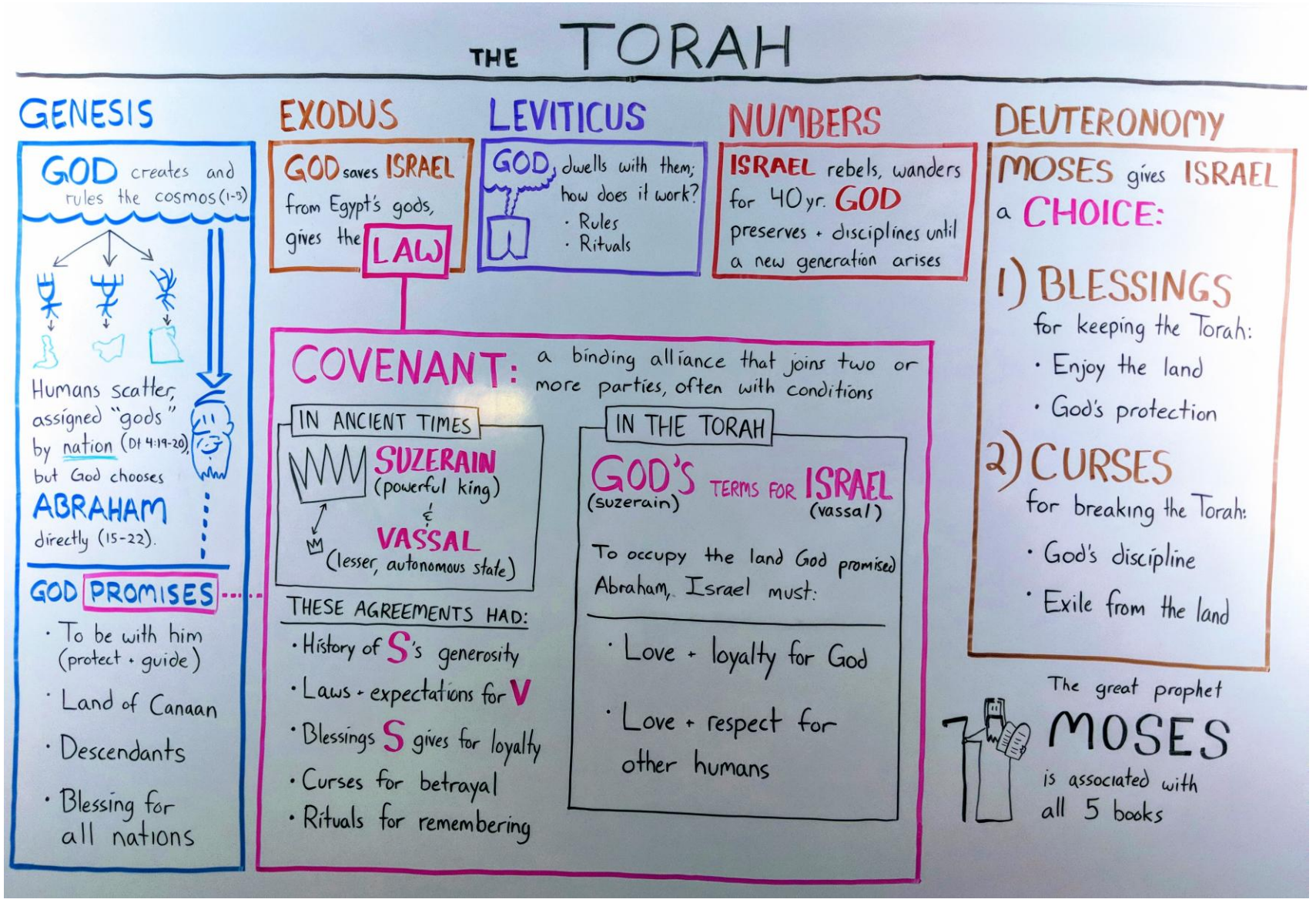
“ ‘Neither shall you desire your neighbor’s house, or field, or male or female slave, or ox, or donkey, or anything that belongs to your neighbor.’ ”

**Deuteronomy 5:7-21 NRSVUE** *The Shema*

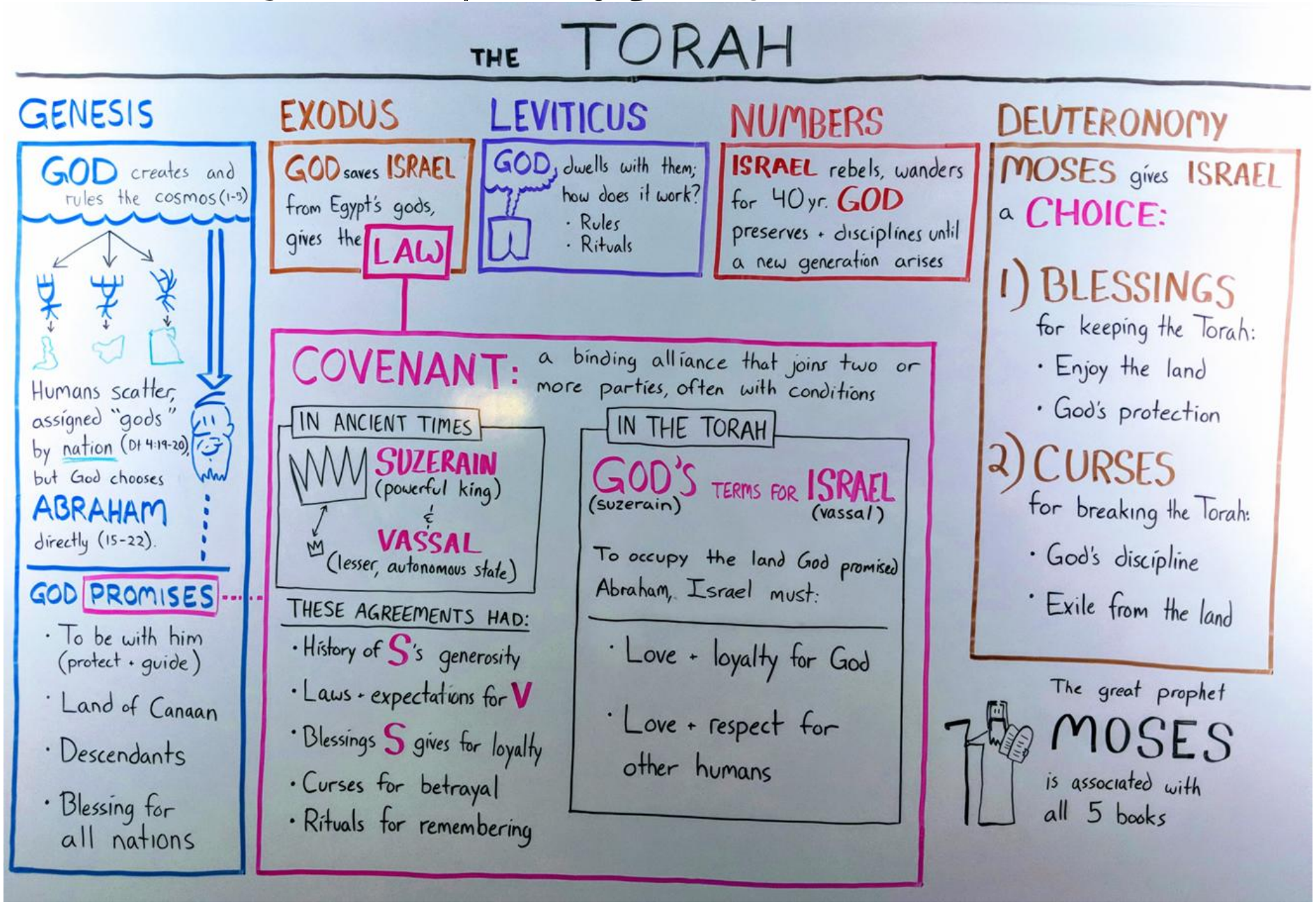
4 “Hear, O Israel: The Lord is our God, the Lord alone.
5 You shall love the Lord your God with all your heart and with all your soul and with all your might. 6 Keep these words that I am commanding you today in your heart.
7 Recite them to your children and talk about them when you are at home and when you are away, when you lie down and when you rise.
8 Bind them as a sign on your hand, fix them as an emblem on your forehead,
9 and write them on the doorposts of your house and on your gates.

For the Hebrews:
*Heart*: seat of knowledge and will (our notion of the *mind)*.
*Soul*: the life or self of the person.
*Might*: includes one’s strength, capacity, and property.
*Love*: includes covenantal obedience, faithfulness, and emotion. Life with God includes one’s ethical behavior and internal devotional behavior.
*see The Wesley Study Bible Notes for Deut. 6*

# THE PENTATEUCH



# The Pentateuch = The Torah



- https://www.sefaria.org/Psalms.1.1?lang=bi&with=Talmud&lang2=en

1 אַשְׁרֵי־הָאִישׁ אֲשֶׁר לֹא הָלַךְ בַּעֲצַת רְשָׁעִים
וּבְדֶרֶךְ חַטָּאִים לֹא עָמָד וּבְמוֹשַׁב לֵצִים לֹא יָשָׁב׃
2 כִּי אִם בְּתוֹרַת יְהוָה חֶפְצוֹ וּבְתוֹרָתוֹ יֶהְגֶּה יוֹמָם וָלָיְלָה׃
3 וְהָיָה כְּעֵץ שָׁתוּל עַל־פַּלְגֵי מָיִם אֲשֶׁר פִּרְיוֹ יִתֵּן בְּעִתּוֹ
וְעָלֵהוּ לֹא־יִבּוֹל וְכֹל אֲשֶׁר־יַעֲשֶׂה יַצְלִיחַ׃
4 לֹא־כֵן הָרְשָׁעִים כִּי אִם־כַּמֹּץ אֲשֶׁר־תִּדְּפֶנּוּ רוּחַ׃
5 עַל־כֵּן לֹא־יָקֻמוּ רְשָׁעִים בַּמִּשְׁפָּט וְחַטָּאִים בַּעֲדַת צַדִּיקִים׃
6 כִּי־יוֹדֵעַ יְהוָה דֶּרֶךְ צַדִּיקִים וְדֶרֶךְ רְשָׁעִים תֹּאבֵד׃