

**Title: Experiencing the best choice**

**Passage: Psalm 1**

**Date: 31/7/2022**

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**Series: Taste**

**So much is set for us. Our time in history, where we are born, our family and genetics, our culture... But we are no victims of time or chance.**

God has given us an extraordinary power to take what is given us and from it shape our lives. It is called the power to choose.

We all have choices. whenever and wherever we placed. Granted the poorer and vulnerable we are, the more limited our choices. But we all have options, we can choose to make the best of our lives from what we have.

There are clear choices - good and bad  
There are challenging choices - better and best  
There are painful choices – worse and worst.

Which choices would you prefer to make most of the time?

If you could make one choice, that increases the chances of easier choices would you make it?

Would you want to know what that first choice is?

- It could be get educated, work hard, choose good character, respect others.

**Psalm 1 says there is one clear choice, before all these good choices. One wise choice, that improves your choices in every area of life.**

“delight in the law of the LORD... meditate on his law day and night” Psalms 1:2

How you respond to God’s word, determines the destiny of your life.

Psalms 1 begins with 2 clear choices.

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, but whose delight is in the law of the LORD, and who meditates on his law day and night. Psalms 1:1-2

You can choose to hold company with those who live away from God and do what they want. Or you can choose to keep company with God, by delighting in his word.

The question is who has fundamental influence on your life? Who will you choose? God, or others?

There is the warning - avoid the wicked, the sinner, the mocker. Many times, it is clear who to avoid.

But do we test all our influences against God’s

word? Education, families, Movies, socials...

(As Emily described – even our own mind may not be the enemy)

Choose God as the fundamental influence in your life.

Psalm 1 tells us how we do this is by ‘delighting in God’s law’ mediating on it day and night. As the opener to the book of Psalms, Psalm 1 sees not just the law as God’s word, but it embraces all the following words in Psalms. Jesus teaches us we can take his words in the same way ““Everyone who hears these things I say and obeys them is like a wise man.”

This more focussed than often Christians are when they speak about their faith in God. They see they choose God by going to church, or doing good deeds, or playing Christian radio, or saying prayers every now and then. Psalm 1 says faith has a focus. We delight in God’s word. We make this the fundamental influence in our life. We mediate on it day and night. For you is bible reading has become the optional extra? Or is it like the vegetables you have to eat to keep the meal healthy?

Psalm 1 urges us to choose God’s word, not because we have to, but because we delight to. (mum – grow to love)

Following Jesus is not a faith of duty or demand but delight.

“The righteous and the wicked are separated by what they delight in—the revelation of God or the way of the world.” – Piper

Growing to delight in God’s word begins with a choice – to read daily.

It is helped hopefully by relevant preaching, engaging growth groups.

But your delight will flow from your daily habit.

As you read, grow in understanding, and live in obedience you will find life is as verse 3 describes it.

“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.” Psalms 1:3

Our lives are more like trees planted, than factories. We are not places where you input resources and output a product.

We are like trees. The tree thrives because it is close to the water. The tree its roots trace the source of the water. They go as deep as the water goes. From this depth comes its strength to weather any storm and any drought.

The fruit is a product over time and appears in season. Often the tree and the fruit

Like trees as we soak in God's word, it produces a depth of life in us that good for us and for the world. We have a fruitfulness, that is surprising. And it comes over time  
[How combat the lies – memorise & meditate  
How grow in wisdom & insight? Reflect, mature]

The conclusion of this life, Psalm 1 says is  
"whatever they do prospers"  
An incredible claim – does it mean a life without hardship, sorrow, with incredible health and financial wealth?

Response/Prayer/Care cards

Well to some degree yes – 'rise and lift'

But as the opener to the book of the Psalms, the Psalmists know this is not the human experience. Even of the righteous. Twice as many laments, cry's, as thanks, praise.

But the final destiny and the lot of those who do not choose God's way is empty.

"Not so the wicked! They are like chaff that the wind blows away. Psalms 1:4

In the final

Therefore the wicked will not stand in the judgment,  
nor sinners in the assembly of the righteous.  
Psalms 1:5

But for those who choose God's way

For the LORD watches over the way of the righteous, but the way of the wicked leads to destruction. Psalms 1:6

God has gone before. Knows this way he calls us too.

**One clear choice, before all good choices. One wise choice, that improves your choices in every area of life.**

"delight in the law of the LORD... meditate on his law day and night" Psalms 1:2

This will build in you wisdom, depth, insight, character, confidence, victory and more.