

August 2, 2026

Songs for the Journey: Rooted in the Right Place

Psalm 1

“Blessed is the... one whose delight is in the law of the LORD, and who meditates on his law day and night. That person is like a tree planted by streams of water.” Psalm 1:1-3

Welcome to this month's series: “Songs for the Journey: Meeting God in the Five Books of Psalms.” Over the next five weeks, we will explore the emotional, spiritual, and theological depths of the Book of Psalms. Each week, we will focus on a different "Book" of Psalms, highlighting its unique spiritual growth. Our focus this week is on Book 1 (Psalms 1-41), which emphasizes that a blessed life is rooted in God's Word rather than in worldly distractions.

There are moments in life when you realize that where you're planted truly matters. You can plant the healthiest seed in the wrong soil, and it will struggle to grow. Conversely, you can plant an ordinary seed in the right soil, and it will flourish.

Psalm 1 serves as the doorway to the entire book of Psalms. It acts as a threshold, an opening statement, and a soul's orientation before we engage in prayer, worship, lament, and praise. **This psalm presents a clear contrast between two types of lives:** one deeply rooted in God's truth, thriving with stability and fruitfulness, and another adrift without an anchor, ultimately collapsing under its own weight. Psalm 1 is not just poetry; it is a diagnostic tool for the soul. It asks a single, piercing question: **Where are you rooted? Are you anchored in the right place?**

The two paths begin with two distinct choices. The path you choose shapes the life you live. The psalmist reminds us, “Blessed is the one who does not walk in the counsel of the wicked...” There is a progression to consider: you start by walking, then standing, and eventually sitting. Sin rarely starts with a sudden leap; it begins with a small step—a conversation, a compromise, or a voice you begin to listen to. If you walk alongside the wrong counsel for long enough, you may find yourself standing in inappropriate places. If you stand there long enough, you might eventually end up sitting with the wrong company.

But the blessed person **is rooted differently for** “his delight is in the law of the Lord, and on his law he meditates day and night.” That single line reveals the secret: **delight** and **meditation**. Not forced. Not guilt-driven. Not “I have to read my Bible.” But “I get to hear from God.”

Delight is the language of relationships. This isn't just about fulfilling religious obligations; it's about genuine affection and a deep longing. It's about choosing to embed oneself in the richness of God's truth until His voice becomes a source of nourishment in any life situation. The psalmist reminds us that our roots influence our fruit and joy.

This reminds me of Mrs. Thompson, an elderly grandmother who always carried her worn Bible. The cover was cracked, and the pages were frayed, but she cherished it. She often said, “I may not see the words clearly anymore, but the Word sees me clearly.” Her life was rooted in Scripture—filled with prayers in the margins and underlined promises.

When she passed away, her family found a note in the Bible that said: **“If you want a strong life, plant your roots in God’s Word. It never fails.”** She embodied the essence of Psalm 1—a fruitful and enduring tree whose roots held strong until the end.

The psalmist gives us a picture: “He is like a tree planted by streams of water...” A tree doesn’t flourish because it tries harder. It flourishes because it’s planted in the right place. Its roots reach into a reliable source.

When your life is rooted in God’s Word:

- You don’t dry up when circumstances shift
- You bear fruit in the right season
- Your leaf doesn’t wither under pressure
- You prosper in what God calls you to do

This isn’t prosperity as the world defines it. **It’s stability, resilience, and fruitfulness** that come from being nourished by God Himself.

The rootless life is not compared to a tree; instead, they’re compared to **chaff**—light, rootless, directionless. Chaff doesn’t decide where it goes. The wind does.

A life without godly roots is at the mercy of circumstances, emotions, trends, and pressures. It may look impressive for a moment, but it cannot endure. When judgment comes, when truth is revealed, when storms hit, it simply cannot stand.

The Psalmist's final word: “For the Lord knows the way of the righteous...” isn’t just awareness. It’s an intimate, protective, covenantal knowing. This word “knows” is comforting. It means God sees your journey, knows your struggles, and your faithfulness. God knows your tears and your seasons. You may be experiencing a period of transition, facing health or financial challenges, or dealing with changes in your family. In these times, having strong roots in God is crucial for encouragement and support. The psalmist states, “For the Lord watches over the way of the righteous,” meaning God actively guards and guides us. He is not distant or indifferent; He is present in your life, watching over your path and grounding you in His presence.

Psalm 1 is not simply asking you to try harder; it invites you to plant yourself differently. You don’t become a Psalm 1 tree by chance. You become one by choosing your soil. If you root your life in God’s Word, you will flourish—even in drought. You will stand—even in storms. You will bear fruit—even in tough seasons. You will rejoice—even in adversity, because your roots reach into God Himself

As we start this week, let's reflect on our roots. If we feel ungrounded, let's courageously embrace God's invitation from this Psalm to plant our lives where living water flows.

May we root ourselves in His Word, grow in His presence, and flourish in His grace. Amen