

### Psalm 1 (The Voice)

God's blessings follow you *and await you at every turn:*

when you don't follow the advice of those who delight in wicked schemes,  
When you avoid sin's highway,  
when judgment and sarcasm beckon you, but you refuse.

<sup>2</sup> For you, the Eternal's Word is your happiness.

It is your focus—from dusk to dawn.

<sup>3</sup> You are like a tree,

planted by *flowing, cool* streams of water *that never run dry.*

Your fruit ripens in its time;

your leaves never fade or curl *in the summer sun.*

No matter what you do, you prosper.

<sup>4</sup> For those who focus on sin, the story is different.

They are like the fallen husk of wheat, tossed by an open wind, *left deserted and alone.*

<sup>5</sup> In the end, the wicked will fall in judgment;

the guilty will be separated from the innocent.

<sup>6</sup> Their road suddenly will end in death,

yet the journey of the righteous has been charted by the Eternal.

### For Reflection and Prayer:

Was there a word, phrase or image which caught your attention you as you listened to or slowly read the text? Quietly savor this with Jesus.

Notice any felt sense that seems to emerge as you linger with this passage. It might come as a bodily feeling, emotion, metaphor, picture, gesture or sound. See if you can describe it and simply be with it with patient curiosity. Be open to whatever more might emerge.

Perhaps you might want to draw, color or journal your conversation.

As the time of prayer comes to a close, share some quiet moments with Jesus, simply resting safely in his presence.

### **Psalm 1 (RSV)**

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;  
<sup>2</sup> but his delight is in the law of the LORD,  
and on his law he meditates day and night.

<sup>3</sup> 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.

<sup>4</sup> The wicked are not so,  
but are like chaff which the wind drives away.  
<sup>5</sup> Therefore the wicked will not stand in the judgment,  
nor sinners in the congregation of the righteous;  
<sup>6</sup> for the LORD knows the way of the righteous,  
but the way of the wicked will perish.