

**Wisdom For a New Year:  
How To Live a Blessed Life In 2022  
Psalm 1**

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**Thesis:** True blessedness does not come through worldly living but through a joy in knowing and obeying the Word of God.

**1. The one who is blessed does not do 3 things (vs. 1).**

- A. They do not let the advice of practical atheists direct how they live.
- B. They do not pattern their lives after sinners.
- C. They do not identify with the sinful attitudes and plans of the prideful.

**2. There is a stark contrast between the blessed and the wicked (vs. 2-3).**

- A. The blessed love to obey the Word of God.
- B. The blessed make the Word of God the main focus of their minds.
- C. The blessed flourish like a well nourished tree.

**3. The wicked think they are flourishing, but this isn't so (vs. 4-5).**

**4. The psalmist summarizes the previous verses with a promise (vs. 6).**