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## Blessed is the one who delights...

### Read

“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.” (Psalm 1:1-2)

### Consider

In his famous song *It's my life*, famed singer Bon Jovi says in the chorus:

“Like Frankie said: “I did it my way”

I just want to live while I'm alive

It's my life”.

This “it's my life” attitude is how all people of the world live. People crave total control of their lives, and get offended at the idea that God is the one in control. The result is a way of life that is *sinful before God*, and they mock anyone who doesn't live like they do.

If you're a Christian, this is how you *used* to live. But as people who have been saved by God through Jesus' death and resurrection on the cross, our lives cannot look the same. We can cop all sorts of flack from the “it's my life” crew when we refuse to live for ourselves like they do. What does life look like instead? For the Christian, it looks like living for God with the whole of our lives. In particular, Christians seek God by delighting in his law, successfully rejecting the sinful ways of the world and focusing our entire heart and mind on God...all the time. Easy, right?

Well...no. To *never* sin or “be in step with the wicked” means that God expects us to be perfect. But there is only one person who has ever done this perfectly: Jesus Christ! Psalm 1:1-2 is talking about Jesus. It describes how *he* is the blessed one, and *how* he is the blessed one. What does this mean for us? It means that Jesus was perfect *for* us when we couldn't be. But by believing in Jesus, we are blessed because of *his obedience* (Romans 3:23-26). God has promised to help us grow! He will help us reject the sinful ways of the world. He will help us to engage with the Bible, and to focus our minds and hearts on Jesus.

Do you struggle to say “no” to your sin? Is it hard to get into God's word? Do you find that much of your focus isn't on God, but on the things of this world? If the answer is yes, then I have something *amazing* to tell you: If you go to God and confess your sin, he will forgive you (1 John 1:8-9). Jesus paid the price for your sin so that you could keep tracking with God throughout your whole life as a beloved son/daughter, even when you fail! So our Psalm *is* talking about Jesus, but *because* of Jesus, we are blessed by God.

### Pray

Lord, I see people who delight in living their own way, but you saved me from this way of thinking. Help me to delight in you, and to be intentional about being with you in your precious word, in prayer and in my whole life. Forgive me for where I have fallen short of this reality. I love you. Amen.