The man who is blessed knows that sin grows progressively worse and worse and that the more he is entangled with it the harder it becomes to free himself from its consequences. The Psalmist wrote, “Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the Lord; and in his law doth he meditate day and night” (Psa. 1:1-2).

The Progression

Did you catch the progression the blessed man knows to avoid? First, he does not walk in the counsel of the ungodly. He knows “there is a way which seemeth right unto a man, but the end thereof are the ways of death” (Prov. 14:12). He has learned what Jeremiah observed when he wrote, “O Lord, I know that the way of man is not in himself: it is not in man that walketh to direct his steps” (Jer. 10:23). Second, he does not stand in the way of sinners. Solomon said, “Stand not in an evil thing” (Eccles. 8:3b). Third, he does not sit in the seat of the scornful. Recall with sad reflection how Peter sat at the fire among those who opposed Jesus. Jesus had been taken to the high priest’s house. Peter followed afar off. Luke wrote in his account, “And when they had kindled a fire in the midst of the hall, and were set down together, Peter sat down among them. But a certain maid beheld him as he sat by the fire, and earnestly looked upon him, and said, This man was also with him. And he denied him, saying, Woman, I know him not” (Luke. 22:55-57). Two things keep the blessed man from sin: Delighting in the law of the Lord and meditating on the law of the Lord day and night.

Delighting in the Law of the Lord

Have you ever thought how marvelous it is that God has chosen to communicate his will to humanity? “O the depth of the riches both of the wisdom and knowledge of God! how unsearchable are his judgments, and his ways past finding out! For who hath known the mind of the Lord? or who hath been his counselor?” (Rom. 11:33-34). Again, Paul wrote, “But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him. But God hath revealed them unto us by his Spirit: for the Spirit searcheth all things, yea, the deep things of God” (I Cor. 2:9-10). It
should be a great delight to all humanity to know that “all scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, throughly furnished unto all good works” (II Tim. 3:16-17).

**Meditating on the Law of the Lord**

We cannot devote enough time to this. Paul wrote to young Timothy, “Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all” (I Tim. 4:15). Joshua charged Israel, “Only be thou strong and very courageous, that thou mayest observe to do according to all the law, which Moses my servant commanded thee: turn not from it to the right hand or to the left, that thou mayest prosper whithersoever thou goest. This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success” (Josh. 1:7-8).

The Psalmist declared two areas of contemplation in meditation. One, the precepts, statutes, or word of God (Psa. 119:15, 78, 23, 48, 148). “Mine eyes prevent the night watches, that I might meditate in thy word” (Psa. 119:148). Two, the works of God (Psa. 77:12; 143:5). “I remember the days of old; I meditate on all thy works; I muse on the work of thy hands” (Psa. 143:5).

**Conclusion**

Now you know some of the things the blessed man knows. On one occasion Jesus said, “If ye know these things, happy are ye if ye do them” (John. 13:17).