

## Lesson 5

### Chapter 3 - *The Blessed Man*

Before we delve into David's first Psalm, it might be helpful to spend a little time getting to know the man who wrote it. Let's first look at how David viewed God and how God viewed David. Then we'll examine Psalm 1 to learn the philosophy of life that helped to mold this man, the only man in all of Scripture whom God describes as "*a man after My own heart*" (Acts 13:22). (After reading chapter 5 work in preparation for this lesson.)

1. Consider, "*a man (or woman) after (God's) own heart*". Explain in your own words what you would expect to see in the life of someone described in this manner.

2. S-o-o what kind of a man was David? The following Scriptures reveal something of his character and overall conception of God. What do you glean from them?

a) David's prayers in I Chronicles 17:16-27; Psalm 139:

b) His song in Psalm 62:1-2, 5-8

c) His comments in Psalm 34:1; 9:1

**3. a) List the descriptive names David uses to describe God in II Samuel 22:1-4.**

**b) Consider David's tumultuous life and list some of the occasions when he would have had to draw heavily on their strength. Consider also how you might find strength in them to handle the challenges you face in your life.**

**4. David's life was often used as a "benchmark" throughout the books of Kings and Chronicles. Browse through the references below and write down the descriptions used by God to characterize David as He compares him to some of the kings who succeeded him. (You may want to check different versions for broader insight.)**

**I Kings 11:6 -**

**I Kings 14:8 -**

**I Kings 15:3 -**

**I Kings 15:11 -**

**II Kings 16:2 -**

**II Kings 22:2 -**

**5. How do you reconcile these glowing descriptions of David that God gives in these verses with the reality of his badly tarnished record that includes blatant adultery and murder?**

**6. a) Many Bible scholars consider Psalm 1 to be the key that opens the door to the entire Book of Psalms. Note: the very *first* verse of this very *first* psalm is a caution of what to avoid if we want God's blessing in our lives. It is very specific but what can you conclude about a person who associates with such company? What deeper inference is hidden below the surface?**

**b) Why would this verse be important for us to heed as we approach God's holy Word and make memorizing it a practical part of our lives?**

**7. a) After his comments in verse one, David launches into the heart of his psalm. (*The blessed man's*) *delight is in the law of the Lord . . .* Why would it be important for us to approach God's Word and its memorization as a delight rather than a legalistic obligation?**

**b) Starting with paragraph 4 on page 47, read through paragraph 1 on page 48. Being ruthlessly honest, and just for your own reflection, compared to playing golf, going to a garage sale, watching TV, or any of your pet pastimes, where would you place your delight in memorizing and meditating on Scripture?**

**8. After reading paragraph 2 on page 47, write out Psalm 40:8. What does this Scripture suggest is the relationship between the *delight* of memorizing Scripture and the *delight of* working it out in our daily lives?**

**Proceed and *enjoy!***