

Lesson 8 – Wednesday: Blessings of Righteous Living

1. 5 “books” (collections) of Psalms opens with “Blessed”
 - a. Matthew (linked to OT) records 5 sermons from Jesus (the first sermon - Mt. 5-7) begins with “Blessed”
 - b. The last book of the Bible records the same word 7 times “Blessed”
 - c. The first glimpse of “praises” (*Tehillim* - the Hebrew title of the book of Psalms) is the RESULT: “blessed”
 - d. THEN, the cause - ...*is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful; ² but his delight is in the law of the LORD, and in His law he meditates day and night.*
2. What does it mean to be “blessed”? – Blessing in Hebrew (and Greek) come from two different words

Esher – Translated “happy” or “blessed”

- Word for envious desire, to be in a good (enviously desirable) position
- From the Hebrew root *osher* – go straight, advance, make progress (indicating taking steps toward a good goal)
- Carnal prosperity some may call “good fortune” that reflects a “good life”
- It is reserved for man. Not used in connection with God – God does not bless us with this word
- BECAUSE there is nothing in man that God enviously desires or aspires to or wishes to have
- Since we have no grounds of aspiring to be God, it is never used from man to God
- Like a “congratulations” in recognition of the natural effect of righteous living.
- The consequence and condition of life for those who choose obedience to God
 - **Psalm 34:8** – *Oh, taste and see that the LORD is good; blessed is the man who trusts in Him!*
 - **Psalm 41:1** – *Blessed is he who considers the poor; the LORD will deliver him in time of trouble.*
 - **Psalm 84:5** – *Blessed is the man whose strength is in You, whose heart is set on pilgrimage.*
 - **Psalm 112:1** – *Blessed is the man who fears the LORD, who delights greatly in His commandments.*
 - **Psalm 119:1** – *Blessed are the undefiled in the way, who walk in the law of the LORD!*
 - **Psalm 128:1-2** – *Blessed is every one who fears the LORD, who walks in His ways. When you eat the labor of your hands, you shall be happy, and it shall be well with you.*
 - **Psalm 146:5** – *Happy is he who has the God of Jacob for his help, whose hope is in the LORD his God,*
 - **Psalm 1:1-2** – *Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful; ² But his delight is in the law of the LORD, and in His law he meditates day and night.*

Barak – Also translated “blessed”

- Usually issued from a greater to a lesser (father to son, king to subjects)
 - In this sense, humans “bless” God (acknowledging His superior greatness – Ps. 18:46, 103:1)
 - God is the source, supreme cause
 - Often used as a “benediction” – a bestowal of favor or gifts
 - God’s initiative, He may give when it is not deserved
 - God makes it happen
 - **Genesis 1:22** – *And God blessed them, saying, “Be fruitful and multiply, and fill the waters in the seas, and let birds multiply on the earth.”*
 - **Genesis 12:3** – *I will bless those who bless you, and I will curse him who curses you; and in you all the families of the earth shall be blessed.”*
3. A Lessons from the garden
 - a. NO crop without the sun and the rain – I can not make the sun or rain
 - Barak – God gives the blessing of sun and rain
 - God gives life, salvation, Scripture, the Holy Spirit, regeneration.
 - b. NO crop without planted seed – I must plant the seed
 - Esher – Blessed fruit grows as a natural result
 - We ask for God’s blessing, but we should expect to participate, by choosing righteousness.
 4. The Final Blessing of choosing Christ’s righteousness
 - a. **Psalm 37:22** – *For those blessed by Him shall inherit the earth, but those cursed by Him shall be cut off.*
 - b. All of the Esher is just an illustration of God’s BARAK