



psalm 1

BLESSED

“Blessed is the one... whose delight is in the law of the LORD  
and who meditates on his law day and night.”

God’s word is a thing of joy.  
It is to be delighted in,  
to be lingered over, to be meditated on.

Learn to give it time to sink in,  
time to change you,  
time to reveal its rich delights.

As you use this book, take time over each psalm.  
Linger over the words as you colour in the images.  
Pray. Consider. Listen to God.

Carry the psalm in your heart and mind throughout the day.  
Then you will be blessed indeed.