

To Grow, You Must Be Grounded Psalm 1:1-3 (NKJV)

Trees survive storms because of their roots in the ground, and our spiritual lives survive because of our roots in the Word of God.

“Spiritual growth requires spiritual grounding.” – Elder Darryl Whitehead.

Psalm 1 portrays the blessed man as rooted, fruitful, and flourishing. This passage begins with a warning, a path to avoid, and a source to draw from. Society is in a state of constant change, where we miss the truth and rely on “my truth.” What was once considered morally unacceptable has become acceptable over time. What were once sins are now habits, dysfunctions, and conditions, and moral values are subject to change. However, the Word of God does not change. The Word of God is rooted in the character of God, as in John 1:1 and Hebrews 14:8, which affirm that God’s Word remains constant despite our cultural fluctuations. Biblical morality is not subject to reinterpretation based on the whims of society. It is an anchor that provides stability and guidance regardless of external influence. But there is tension between the doctrine of the Word and the world. II Timothy 4:3 warns that people reject sound doctrine in favor of teachings that align with their desires and prioritize culture over conviction. Believers are challenged to navigate these cultural shifts while remaining grounded in biblical truth. This requires discernment, courage, and a commitment to uphold the Word as the ultimate authority.

“We seek to grow in the things of God without being truly grounded in the Word of God.” – Elder Darryl Whitehead

Psalm 1 describes a righteous man as a tree deeply rooted in the Word of God. Believers who meditate on God’s Word receive strength and reproduce lasting fruit. This allows us to withstand life’s storms and remain steadfast in the faith and not be swayed by cultural trends and personal struggles. Psalm 1 teaches:

The path to avoid (v. 1) – Before God tells how to be planted, He tells what to avoid. The blessed man rejects compromise. The ungodly reject God’s truth and accept morally compromised perspectives. Proverbs 14:12 advises against the danger of relying on society without seeking God’s Word. Often, we make decisions

based on emotions and human understanding rather than seeking God's direction. The scornful not only actively participate in wrongdoing, but mock righteousness, reject truth, and actively oppose the things of God. To walk, stand, and sit with the scornful is a deliberate series of events that will slowly stop your growth. You then end up participating in things you said you would never do. To be rooted and to grow in God, you must disengage from what the world is doing. Growth begins with separation from contamination.

"You can't feed on the world's counsel and expect to flourish in God's will." – Elder Darry Whitehead.

The source to draw from (v. 2) – To avoid the path, you must know the source. The blessed man is not just defined by what he avoids, he's sustained by what he seeks. His joy and stability come from the Word of God. Jeremiah 15:16 speaks of an intimate relationship with God by internalizing His truth through the Word. Meditation on the Word is not passively reading but pondering it – a continual muttering under one's breath (reciting the Word). It is a lifestyle of constant, active engagement with the Word both day and night – consistency, not convenience.

The life you develop (v. 3) – The grounded and rooted life is not death, but it is fruitful, stable, and resilient. Believers are purposely and intentionally planted by God, constantly nourished, and deeply anchored. But this fruitfulness does not happen overnight. There are seasons that we must go through because growth takes time. If you want long-term spiritual growth, you must stay planted and choose daily discipline over occasional inspiration.

"A grounded life comes from avoiding the path of compromise, drawing from the well of God's Word, and allowing God to shape a life that is fruitful, firm, and full of purpose." – Elder Darryl Whitehead