

Unshaken by Distraction

Unshaken – Part 1

Pastor Thad Lanthripe

August 2, 2026

Psalm 1:1–6 (ESV)

- ¹Blessed is the man
 who walks not in the counsel of the wicked,
 nor stands in the way of sinners,
 nor sits in the seat of scoffers;
²but his delight is in the law of the LORD,
 and on his law he meditates day and night.
³He is like a tree
 planted by streams of water
 that yields its fruit in its season,
 and its leaf does not wither.
 In all that he does, he prospers.
⁴The wicked are not so,
 but are like chaff that the wind drives away.
⁵Therefore the wicked will not stand in the judgment,
 nor sinners in the congregation of the righteous;
⁶for the LORD knows the way of the righteous,
 but the way of the wicked will perish.

2 Reasons Why People Pray

1. The Right Anticipation: **A FRUITFUL TREE**. (Psalm 1:3)
2. The Right Practice:
 - Walking: THE DECISIONS OF YOUR LIFE. (Psalm 1:1a)
 - Standing: THE PEOPLE IN YOUR LIFE. (Psalm 1:1b)
 - Sitting: THE ATTITUDE THAT SHAPES YOUR LIFE. (Psalm 1:1c)

My Next Step Today Is To...

- ☐ Pray and read God's word this week with the anticipation that good fruit will grow in your life.
- ☐ Make a list of who influences your decisions and ask, "are these good or wicked counselors?"
- ☐ Repent from having a scoffing attitude and choose to meditate on God's word instead.