

Lesson 1 • Vocabulary

Learning Basic Hebrew from the Bible • Psalm 1

YOUR SIX CORE WORDS

אשרי

ash-réi

the very first word of the Psalms — a burst of joy
“Oh, the happiness!” • Blessed

דרך

dé-rech

way • path • road

Yeshua said: “I am the way” — the true derech is a Person

תורה

to-ráh

instruction • teaching

not a rulebook — Adonai’s loving, aimed direction

עץ

etz

tree

the central picture of Psalm 1 — that tree is you

מים

má-yim

water

always plural in Hebrew — fullness, abundance

שתול

sha-túl

planted — transplanted

deliberately moved & placed by the Gardener, on purpose

BONUS WORDS (just enjoy these)

איש

ish

man • person

הגה

ha-gáh

to meditate • murmur • growl (like a lion!)

תלמיד

tal-míd

student • disciple — that’s you

שלום

sha-lóm

peace • wholeness

THE CROWN — MEMORIZE THIS PHRASE

עץ שתול על פלגי מים

etz sha-túl al pal-géi má-yim • “a tree planted by streams of water”

Lesson 1 • Scripture Sheet

All quotations from the Anointed Messianic Bible

PSALM 1:1

“Blessed is the man who doesn’t walk in the counsel of the wicked, nor stand on the path of sinners, nor sit in the seat of scoffers;”

PSALM 1:2

“but his delight is in Adonai’s law. On his law he meditates day and night.”

PSALM 1:3

“He will be like a tree planted by the streams of water, that produces its fruit in its season, whose leaf also does not wither. Whatever he does shall prosper.”

וְהָיָה כְּעֵץ שְׂתוּל עַל פְּלָגֵי מַיִם

v’hayah k’etz shatul al palgei mayim — “and he shall be like a tree planted by streams of water”

YESHUA — JOHN 14:6

“I am the way, the truth, and the life. No one comes to the Father, except through me.”

YESHUA — JOHN 7:38

“He who believes in me, as the Scripture has said, from within him will flow rivers of living water.”

מַיִם חַיִּים

má-yim cha-yím · Living Water

THE BLESSING — NUMBERS 6:24

“Adonai bless you, and keep you.”

Where English Bibles print LORD in capital letters, we honor the Name by saying Adonai.

Lesson 1 • Practice Worksheet

Hagah it — murmur it day and night!

1 • MATCH THE WORD (draw a line)

אשרי •	• water
דרך •	• transplanted
תורה •	• Oh, the happiness!
עץ •	• instruction / teaching
מים •	• tree
שתול •	• way / road

2 • FILL IN THE BLANK (transliteration)

Blessed is the man... in Hebrew, the first word of the Psalms is _____ .

Yeshua said “I am the way” — the Hebrew word for way is _____ .

The tree in Psalm 1 is not just planted, it is _____ — moved on purpose by the Gardener.

Living water in Hebrew is _____ .

3 • WRITE THE CROWN PHRASE (three times, say it as you write)

etz sha-túl al pal-géi má-yim — “a tree planted by streams of water”

4 • DAILY HAGAH CHECKLIST

☐ Day 1 ☐ Day 2 ☐ Day 3 ☐ Day 4 ☐ Day 5 ☐ Day 6 ☐ Shabbat

Each day: say all six core words aloud, then murmur the crown phrase — over the dishes, in the car, as you fall asleep.