

Psalm 1: Two ways to live

Key Scriptures:

Psalm 1:1-6 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.

³ He shall be like a tree Planted by the rivers of water, That brings forth its fruit in its season, Whose leaf also shall not wither; And whatever he does shall prosper.

⁴ The ungodly are not so, But are like the chaff which the wind drives away.

⁵ Therefore the ungodly shall not stand in the judgment, Nor sinners in the congregation of the righteous.

⁶ For the LORD knows the way of the righteous, But the way of the ungodly shall perish.

Jeremiah 17:5-8 ⁵ Thus says the LORD: "Cursed is the man who trusts in man and makes flesh his strength, whose heart turns away from the LORD.

⁶ He is like a shrub in the desert, and shall not see any good come. He shall dwell in the parched places of the wilderness, in an uninhabited salt land.

⁷ "Blessed is the man who trusts in the LORD, whose trust is the LORD.

⁸ He is like a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit."

Joshua 1:8 This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

Key Point: When we delight in and meditate on the Word of God, we find strength, joy, and growth despite life's difficulties.

TALK IT OVER

Start talking: Pick a conversation starter for your group.

- Share your favorite: Book of the bible; Worship song; Comfort food; Hobby; Bible character. (Our choices reflect what we delight in!)

Reflect, Think, & Share: Read through the key scriptures and share any observations or questions with the group.

- How does Psalm 1 contrast the paths of the righteous and the wicked? What does this reveal about the way we make choices in life?
- There appears to be a progression of walking, standing, and sitting with the ungodly. Can you think of modern-day examples of this progression?
- What does it mean to "delight" in the law of the Lord (Psalm 1:2)? Meditate? How does this differ from merely reading the Bible?
- Compare Psalm 1 with Jeremiah 17:5-8. What are the similarities and differences? What else do we learn?
- The sermon mentioned that growth is seasonal, and sometimes we don't see immediate fruit. Have you ever experienced a spiritual "winter"? How did you persevere? What season are you currently in?
- What does Psalm 1:6 mean for God to "know" our way, and how can that bring comfort?

Start doing: Since meditating is like how a tree's roots take in water, it involves more than knowing truth, but taking it in and making it a part of yourself. This week, practice reading a passage slowly and after finding any helpful insights, try the following pattern:

Adoration: What do I see that I can praise Him for?

Repentance: How do I fail to recognize this? What negative results happen when I forget this?

Gospel Thanks: How can I thank Jesus as the ultimate answer to this sin or need I have?

Aspiration: How does this show me what I should or could be and do? How would I be different if this truth were powerfully real to me?

Prayer Requests. Take some time to pray together. Use the key scriptures as a guide in praying the scriptures back to God.

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