

Psalm 1

God's plan for the world

Warm Up

When you hear the word meditate or meditation, what image does it conjure up? What is the difference between a worldly view of meditation and a Christian one?

Background and context

Psalm 1 serves as an introduction to the whole book of Psalms. It contrasts two ways in which we can live. The way of the righteous and the way of the wicked. The psalm teaches that true blessing comes from a close relationship with God and obedience to His instruction. It divides in to three parts. The righteous person, the wicked and the contrasting destinies of each.

Thinking it through: Main discussion/activity

READ Psalm 1 .What are the surprising things in the passage? What is new? What don't you really understand?



1. **Read v1-3.** There is a call here to be separate from the world, to be different. How does v1-3 reveal the gradual and often unnoticed influence of worldliness and sin in our lives?
2. Whose advice do we listen to? What voices influence our thinking?
3. How does the righteous person actively avoid sin and evil?
4. Do you approach God's word as a duty or a delight? How do you meditate on it?
5. **Read v3.** What is the consequence of daily meditation on God's word?
6. What are the characteristics of the tree? Do you see this in your life? What kind of fruit is God producing in your life?
7. **Read v4-5.** To what are the wicked compared? How does this contrast with a tree?
8. **Read v6.** Why are the outcomes for the righteous and the wicked so different?
9. How is God personally involved in the lives of the righteous?
10. How does knowing that God watches over you and is involved in your life influence the way you face challenges and trials?

Discipleship and Application



11. In what areas of life do you need deeper roots in God and His word?
12. How does Psalm 1 challenge modern ideas of success and happiness?
13. What can you do today and tomorrow to improve your meditation on God's word?



Try to leave 15-20 mins to talk about prayer needs of the group and to pray.

There are many creative ways of praying together: writing prayers, using candles as a focus, reading prayers or praying for each other in pairs.