

## Psalms: Psalm 1

? A walk along a mountain stream or a walk along the ocean shore?

The book of Psalms is a collection of song lyrics. Like many songs, they were first written in response to events in the lives of their authors. Later, the whole community used them in worship. When Israel returned from exile in Babylon many of the songs from over the centuries were collected in the book of Psalms. The book of Psalms thus operates at two levels: individually the songs explore a wide variety of honest spiritual responses to God, while the overall collection tells, and celebrates, the work of God in history to save his people. (The Holy Bible, New International Version, Psalms Intro)

There are a multitude of resources available to us. Here are a few options if you're looking for a different way to interact with the Psalm this week:

Streetlights Bible App/website

Bible Project

SpokenGospel.com

The Psalms Project

Consider a variety of ways you could read the Psalm outloud. One voice. A different voice for each verse. Call and response style line by line with two groups of voices. All out loud together. Start with a whisper, grow to a reasonable shout.

### Psalm 1 (NIV)

<sup>1</sup> Blessed is the one

who does not walk in step with the wicked  
or stand in the way that sinners take  
or sit in the company of mockers,

<sup>2</sup> but whose delight is in the law of the Lord,  
and who meditates on his law day and night.

<sup>3</sup> That person is like a tree planted by streams of water,  
which yields its fruit in season  
and whose leaf does not wither—  
whatever they do prospers.

<sup>4</sup> Not so the wicked!

They are like chaff  
that the wind blows away.

<sup>5</sup> Therefore the wicked will not stand in the judgment,  
nor sinners in the assembly of the righteous.

**<sup>6</sup> For the Lord watches over the way of the righteous,  
but the way of the wicked leads to destruction.**

**?** What initial observations do you have of this Psalm?

**?** How is the person contrasted – one that is wicked or righteous?

*Possible answers: Wicked - not rooted, like chaff the wind blows away, no use to anyone, will lead to destruction, etc. Righteous - delight is in the Lord, meditates on his law, yields its fruit in season, blessed, etc.*

**?** Of what importance is it to “delight in the law of the Lord” and “meditate on it” (vs. 2)?

*Possible answers: Planted by the streams of water and yielding fruit, leaf does not wither, whatever they do prospers (vs 3). Sounds like there are roots in Christ and it is impacting the things in our daily lives and how we affect those around us.*

**?** What does it look like for you to “delight in the law of the Lord” in your current stage of life?

*Possible answers: This will look very different for people in various seasons of life - some will do this very well and others will be challenged to find time to meditate on the word every day. How can we encourage and challenge one another – what is someone else doing that we could copy? We can see the value and importance of doing this!*

### **Matthew 5:1-12 (NIV)**

**Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, <sup>2</sup> and he began to teach them.**

#### **The Beatitudes**

**He said:**

**<sup>3</sup> “Blessed are the poor in spirit,  
for theirs is the kingdom of heaven.**

**<sup>4</sup> Blessed are those who mourn,  
for they will be comforted.**

**<sup>5</sup> Blessed are the meek,  
for they will inherit the earth.**

**<sup>6</sup> Blessed are those who hunger and thirst for righteousness,  
for they will be filled.**

**<sup>7</sup> Blessed are the merciful,  
for they will be shown mercy.**

<sup>8</sup> Blessed are the pure in heart,  
for they will see God.

<sup>9</sup> Blessed are the peacemakers,  
for they will be called children of God.

<sup>10</sup> Blessed are those who are persecuted because of righteousness,  
for theirs is the kingdom of heaven.

<sup>11</sup> "Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. <sup>12</sup> Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

? Where do we see overlap from Jesus' Beatitudes (Matthew 5) and Psalm 1?

*Possible answers: Answers may vary. You can see similarities and ultimately eternal delight in the Lord for those that are rooted in Him.*

? Which of these descriptions is easy for you to relate to? Which are not at all how you would describe yourself?

*Possible answers: Answers will vary: I wouldn't consider myself poor in spirit - I am poor in spirit in this season of life; everything is hard!*

? Which of the blessings Jesus relays sound appealing to you today? What's keeping you from fully embracing them?

*Possible answers: Answers will vary. I want to be shown mercy, but it is so hard for me to be merciful to others. I need to humbly find ways to change my posture, etc.*

? Which of these blessings can we pray for you to more fully embrace this week?

### For Discussion and Accountability

? How are you currently delighting in the Lord? How can we encourage you to find space or come alongside you to delight this week?

? What do you need to start, stop or continue as you draw closer to God? How can we come alongside you in this?