



PSALM 1

What's going on?

Life around us has been totally disrupted in many ways. Our normal rhythms of school, work, sports, gathering, and even church have changed. To think that God is surprised or thrown off by this would be totally wrong! While we can't explain all of the reasons why this virus came about or how it even started, or what God is doing in all of this . . . We can echo the words of Paul from Ephesians 5 that ring true in any circumstance . . .

“So be careful how you live. Don't live like fools, but like those who are wise. Make the most of every opportunity in these evil days. Don't act thoughtlessly, but understand what the Lord wants you to do.”

What are we going to do?

We are going to *make the most of every opportunity in these evil days*. We are going to live our lives with thoughtfulness, not foolishness. We are going to seek and understand what the Lord wants us to do! And the only way to do that is to run to the Word of God which “*is a lamp to [our] feet and a guide to [our] path. Psalm 119:105*”

Over the coming weeks, as we navigate this season of uncertainty, we are going to make the most of every opportunity by diving into God's work and discussing and applying it together in groups electronically. We are going to work through some Psalms.

Here are some specifics!

- Each week, we will provide a study guide through a specific Psalm that your group will work through together on google hangouts.
- Small group leaders will organize the best time to get the most number of students participating on either Wednesday evenings or Sundays evening meetings!
- Instructions on how to join these meetings can be found [HERE](#) or watch a video to learn more [HERE](#).
- The basic outline of these times is:
 - Gather (on google hangout)
 - Greet (30-60 second Updates)
 - Dive-In (Studying the Scripture)



- Discover & Discuss (What does it mean?)
- Apply (How does it change me today?)
- Pray (for needs, for power to apply truth, etc)

Greet:

- Spend a minute getting a 30-60 second update from each student on what they are doing with their time, how they are feeling, etc. Within reason, be strict with the 30-60 seconds!

Dive-In:

- Have Student's grab a bible, a pen, and a journal to engage with!
- Read Psalm 1 together, have one volunteer read it out loud for the group.

"1 Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers. But they delight in the law of the Lord, meditating on it day and night.

3 They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do.

4 But not the wicked! They are like worthless chaff, scattered by the wind.

5 They will be condemned at the time of judgment. Sinners will have no place among the godly.

6 For the Lord watches over the path of the godly, but the path of the wicked leads to destruction."

-Psalm 1:1-5

Discover & Discuss:

- Read Psalm 1 again silently to yourself! This time look for and write-down the answers to these 2 questions and then share with your group:
 - What are some characteristics of the "blessed person"?



- What are some characteristics of the “wicked person”?
- In verse 1, how would you describe the way the Blessed person interacts with the wicked person?
- In vs 1- 3, the author says that a life of joy comes when you follow God’s Word instead of advice and counsel from wicked influence. In your life, where are you following the advice of the wicked?
- Why would some delight in God’s word?
- What do you think it looks like to be like a tree planted in God’s word?
- What is the result in the life of someone who roots themselves in God’s Word?

Apply:

- Do you find yourself looking more like the blessed person or the wicked person?
- When it comes to where you take guidance and advice, are you following God’s word or the counsel of sinners and mockers?

- Identify one source of unhealthy influence and how you plan to turn away from this week?
- What is one way you can practically plant yourself in God’s word this week?
- How do you expect God will work in you this week as you respond to His word?

Pray:

Spend some time praying and asking God to help you apply His word. Also pray for things that are on your heart. Here are some examples of things to pray for:

- Pray for wisdom to see evil influence and power to turn from it.



- Pray for a desire for God's word, and power to obey it!
- Pray for safety/health for those more vulnerable.
- Pray for the strength and endurance for healthcare workers.
- Pray for . . . ?