



SERMON STUDY GUIDE

"PSALM 1" ON JUNE 2 AND 5, 2022

CONNECT

How did last week's passage we read/discussed affect your week?

DISCOVER: PSALM 1:1-6

- What did the passage say (in your own words) or what impacted you/did you take away from the sermon this week?
- How does this passage or did the sermon point you to Jesus (teach us about Jesus)?
- Did you find anything challenging about this passage (words you didn't understand, phrases that didn't make sense, etc.)?

THE BOOK OF PSALMS: As we begin our summer study of Psalms, we enter a training ground for our spiritual lives – a training ground that models for us ways to express individual and collective worship of our Lord and the resulting blessing the righteous will find from studying His Word. These shared stories of those who poured out their souls to the Lord show us how we can connect to our Creator in prayer and praise no matter what are circumstances are!

PSALM 1: SETTING THE STAGE. Psalm 1 sets the stage for every other psalm, giving us a foundational structure for living, learning and growing in God's Word – for asking ourselves important questions and making the best choices as we navigate the right path in our spiritual journeys through a fallen world permeated with sin. Read Psalm 1.

- This psalm presents two choices in life with two different outcomes. What are these choices, and what do they look like in your present circumstances, your everyday life? What challenges do they present to your spiritual growth?
- Consider these terms: 'Blessed' - 'Delight in the law of the LORD' - 'Meditate'
- What is your understanding of each of these terms? How effectively are you applying them in your spiritual journey?

PSALM 1: WALK, STAND, SIT. This psalm describes a progression of negatives that challenge us each day – WALKING in the counsel of the wicked, STANDING in the way of sinners, and SITTING in the seat of scoffers - but it also offers a preventive choice: "BUT his delight is in the law of the LORD, and on His law he meditates day and night." How much are we really thinking about all of these things as we go through each day?

- What are the temptations/perspectives/motivators that can lead us to get caught up in this progression of sin, this downward spiral? Consider each of the three positions and where they exist in the world around you – how does this progression happen, and how are you navigating those temptations? Are there areas where you find yourself being sucked into this downward spiral, where you need a safeguard?
- In what do you truly find delight? How do you apply that feeling to your approach to studying God's Word - are the delights of your mind, heart and soul aligned with God's instruction and His love, or are they distracted by worldly ideals?
- What fills your mind? How much time does your daily schedule allow for filling your mind with something greater than your circumstances – with the instruction, wisdom, guidance, and discipline God's Word offers? How important is this in making the choices described in this psalm?

PSALM 1: WHAT CHOICE ARE YOU MAKING? Your identity sits firm at the throne of God; you are His! He loved us so much He sent His only Son to save us from that downward spiral of sin! BUT are there areas of your life that don't fit with the ideals given in the Word of God as you pursue His instruction? There is no situation that Jesus can't redeem you from!

- What are you following, listening to, or believing lies about that are not in alignment with God's Word? How



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will you strive to overcome those challenges?

- According to Psalm 1, does your life look like you are walking with the wicked or the righteous? Are you seeking after the world's prosperity or God's prosperity? Are you like a tree or chaff?
- How will you use your study of Psalm 1 to choose the best way to praise and honor God and to set a firm foundation for our journey through the Psalms this summer?
- Personalize Psalm 1: replace 'the man' and every 'he'/'his' with 'I'/my. Will you offer that to God each day as a prayer of commitment?

RESPOND

- How does this passage encourage you, challenge you, or change you in your efforts to become more like Jesus?
- What is one thing you learned about yourself from God's Word? How will you respond in obedience this week?
- Who is someone you can have a conversation with about what Jesus is doing in your life or invite to join you at a CU Church gathering.

PRAY

... for each other and spend time praising God. Pray that he will show you how to better love God and love people.