

Life Group Guide: Summer in the Psalms

- Psalm 1

Opening Prayer

Begin your group time by asking God to open your hearts to His Word and give you wisdom to apply it to your lives.

Icebreaker Question

What's one area of your life where you're currently seeking to flourish or grow? What does "flourishing" look like to you?

Sermon Summary

This week, we began a new series in the Psalms, focusing on Psalm 1. The psalm presents two paths: the path of righteousness leading to flourishing, and the path of wickedness leading to destruction. Like a fish that cannot thrive outside of water, we cannot flourish apart from God. The blessed life is found by refusing to conform to sin, delighting in God's Word, and taking refuge in the Son of God.

Key Takeaways

1. The blessed life is found on the path of righteousness - We flourish when we refuse to conform to the world and delight in God's Word.
 2. The devastated life is found on the path of wickedness - Sin corrupts and destroys, leaving us like chaff blown away by the wind.
 3. Justice is found in the Lord - God will judge the wicked and preserve the righteous through His Son, Jesus Christ.
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Discussion Questions

Understanding the Text

1. **Read Psalm 1 together.** What stands out to you most from this psalm? What questions do you have about it?
2. The sermon described the progression of "walk, stand, and sit" in verse 1. How have you seen this progression play out in your own life or in the lives of others? Can you think of examples where small compromises led to bigger ones?
3. What does it mean practically to "delight" in God's Word rather than just read it out of duty? How is delight different from discipline?

Personal Reflection

4. The Stanford Prison Experiment showed how easily people conform to the patterns around them. What are some "patterns of this world" (Romans 12:2) that you find yourself most tempted to conform to? (Examples: materialism, comparison, busyness, entertainment addiction, etc.)
5. Verse 2 says the blessed person meditates on God's law "day and night." How does your current engagement with Scripture compare to this vision? What barriers keep you from spending more consistent time in God's Word?
6. The sermon shared the story of Mabel, who was blind, deaf, bedridden for 25 years, yet said, "I think about my Jesus. He's been awfully good to me." How does her story challenge or encourage you? What would it take for you to have that kind of contentment in difficult circumstances?

Going Deeper

7. The image of the tree planted by streams of water (v. 3) represents someone rooted in God's Word. What "fruit" should we expect to see in someone who is truly flourishing spiritually? What does it NOT necessarily mean (hint: think about the prosperity gospel)?
8. Many people today recoil at the idea of God's judgment. The sermon suggested that God's justice can actually be a source of hope. How does the promise of final justice give you hope, especially when you see injustice in the world?
9. The sermon connected Psalm 1 with Psalm 2, showing that true flourishing comes from taking refuge in God's Son. How does the gospel of Jesus Christ address the problem presented in Psalm 1 (that none of us can truly stand before God's judgment on our own)?

Application

10. Refuse to Conform: What is one specific area where you need to resist conforming to sinful patterns? What would it look like to "walk not in the counsel of the wicked" in that area this week?
 11. Delight in God's Word: Are you currently in a Bible reading plan or regular study of Scripture? If not, would you be willing to commit to one this week? (Consider doing one together as a group or in pairs for accountability.)
 12. Take Refuge in the Son: For non-believers in the group: What's keeping you from taking refuge in Jesus? What questions do you have about the gospel? For believers: In what ways do you need to more fully take refuge in Christ this week? Where are you trying to find security, identity, or satisfaction outside of Him?
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Practical Action Steps

Choose at least one to commit to this week:

- Download a Bible app and start a reading plan (YouVersion Bible App has many options)
- Find an accountability partner to read Scripture with daily
- Identify one "counsel of the wicked" you're listening to and replace it with biblical truth
- Memorize Psalm 1 (it's only 6 verses!)
- Journal about what "flourishing" means in your current season of life
- Share the gospel with someone who needs to hear about taking refuge in Christ
- Examine your closest relationships—are they pulling you toward God or away from Him?

Prayer Prompts

Close your time by praying for one another in these areas:

- Confession: Ask God to reveal areas where you've been conforming to the world rather than to His Word
- Transformation: Pray for hearts that genuinely delight in God and His Word, not just duty-driven obedience
- Refuge: Thank Jesus for being our righteousness and pray for those who haven't yet taken refuge in Him
- Flourishing: Ask God to help each person become more rooted in Him, like a tree by streams of water

"Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord, and on his law he meditates day and night." - Psalm 1:1-2