



Week 1

Text: Psalm 1

Topic: Scripture, Meditation

Big Idea of the Message: Reading and meditating on Scripture daily leads to growth and stability.

Discussion Questions:

1. What is one thing that stood out in the message this week?
2. How often do you read your Bible? What motivates you? What holds you back?
3. How have you seen daily Bible reading benefit your life?
4. How does reading and meditating on Scripture help your prayer life? Do you normally start the conversation with God or do you let Him start it through Scripture?
5. Where do you struggle to submit to the authority of Scripture? How does this affect other truths found in the Bible?
6. Commit to one another in your REALife Group to begin to read Scripture daily and hold one another accountable this year.