



## **Like a Tree**

### ***Psalm 1***

1. What are some adjectives you would use to describe a tree?
2. Which of those adjectives would you like to apply to yourself, and why?
3. Read Psalm 1.
  - a. What are some ways we intentionally or unintentionally find ourselves “walking in step” with the wicked and/or “sitting with mockers?”
  - b. What does it look like, or could it look like, for you to spend time with Jesus and meditate on His Word?
4. Where will you place yourself ‘on purpose’ in the new year?
5. How will you make it a point to stay refreshed?
6. What experiences have contributed the most to your resilience?