

# PSALM 1

## VERSE TO MEMORIZE

*“But his delight is in the law of the Lord,  
And in His law he meditates day and night.” -Psalm 1:2*

## CHALLENGE

*Make a commitment to meditate on God’s Law and allow His Word to lead you in every area of your life.*

1. How does the world define happiness? How do you define happiness? How would God define happiness?
2. Is there a difference between temporal (worldly) happiness and ultimate (eternal) happiness? If they are different, how are they different? Which kind of happiness are you seeking as you live your life each day?
3. Have you known people who have endured difficulty in life, but still had true happiness? What was the key to their happiness?
4. How does this Psalm work as an introduction to the entire book of Psalms?
5. In this first Psalm, what is the primary truth that the writer is trying to communicate? In your own words, how would you summarize Psalm 1?
6. How have you seen the primary truth of Psalm 1 displayed in life?
7. What does it mean to be “blessed”? What are some other words that could be used to describe the blessed man in Psalm 1? What does the blessed man NOT do?
8. What does it mean to “walk in the counsel of the ungodly”? Have you experienced this in your life or seen it in the life of another? What did this walk look like?
9. What does it mean to “stand in the path of sinners”? Have you experienced this in your life or seen it in the life of another?
10. What does it mean to “sit in the seat of the scornful”? Have you experienced this in your life or seen it in the life of another?
11. Is there a progression of sin and disobedience being described by the Psalmist in verse 1? Explain.

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12. What would you tell someone who is walking, standing, or sitting with the wicked?
13. Does sin lead to real happiness? Explain why or why not?
14. By contrast what does the blessed man do? Read Psalm 1:2.
15. How do you “delight” in the Law of the Lord?
16. What does it mean to meditate on God’s Law?
17. How often does the Psalmist say the blessed man meditates on God’s Law? Is this true of you and your commitment to meditate on God’s Law? What kind of changes do you need to make to have this type of commitment?
18. What benefits have you found from spending time in God’s Word or hearing God’s Word being taught?
19. What illustration does the Psalmist use to describe the blessed man? What are the attributes that the Psalmist ascribes to the tree? Where is it planted? What does it yield? What is unique about its leaves?
20. What is the conclusion about the blessed man who makes God’s Law a priority? Psalm 1:3.
21. Is it really true that the blessed man prospers in all that he does? Is the Psalmist talking about prospering in the here and now or in eternity?
22. What illustration does the Psalmist use to describe the wicked?
23. What is chaff? What is chaff used for? What happens to chaff?
24. What is the end result of the wicked as described by the Psalmist in verse 5? Does this end result for the wicked come true in this life, in eternity, or both? Why did you answer the way that you did?
25. What is the conclusion of Psalm 1? Read verse 6. What contrast does the Psalmist point out between the righteous and the wicked?
26. What does it mean that God “knows” the way of the righteous? Does this produce happiness?
27. Does your life resemble “chaff” or the “tree” planted by streams of water? What needs to change in your life in order to be like the tree?