



April 7-8, 2018
Cry of the Heart for Happiness
Dr. Kurt Bjorklund

MESSAGE NOTES

Psalm 1

LIFE GROUP STUDY GUIDE

Reference:

Read Psalm 1 and open in prayer.

Review:

What was one thing from this week's message, or scripture reference, that stood out to you?

Reflect:

1. Is happiness a reasonable goal for life? Explain.

2. In Psalm 1, the word "Blessed" is often translated as "happy." What are the things in this passage that tell us why this person is happy?

3. What do you think of the statement "God is not interested in your happiness. He is interested in your holiness."?

4. Verse 3 provides a vivid description of what it is like when someone is regularly reading and meditating on scripture or, "his law" (v. 2). Do you relate to this description of the benefits of being connected to God's word? Why or why not?

5. What are some words in today's society that we would use for "wicked," "sinners," and/or "scoffers."?

6. Verse 2 says that the blessed man meditates on the scriptures "day and night." In this day and age when we are more distracted than ever, how is this possible? Is this an unreasonable expectation?

7. How can we find comfort in this phrase, "for the LORD knows the way of the righteous, but the way of the wicked will perish."? (Psalm 1:6)

Respond/Reinforce:

This week spend 10 minutes of intentional time each day reading and meditating on Psalm 1 and, in preparation for next week's message, Psalm 2. These are short passages of scripture so maybe you can set aside time during a lunch break, in the morning before your day gets started, or maybe in the evening before bed. Next week, share how this experience went with your Life Group.