

A Vision for Fruitfulness and Blessedness*Psalm 1*

A fruitful, stable life. A life full of blessedness. Isn't this what we want? How do we experience this kind of life? How can we experience joy and peace and thankfulness even in the toughest of times? How can we thrive in every season of life even when our circumstances are not good? Psalm 1 makes it clear that we don't experience this kind of life by accident. This type of life is the byproduct of a very intentional way of living. Psalm 1 tells us that a fruitful, stable life is for those who allow God's instructions to be the dominate influence in their lives.

Opening Discussion: What is your favorite tree? Why?

Read Psalm 1

1. What does the blessed person do and not do?
2. What does it mean to "walk in the counsel of the wicked, or stand in the path of sinners, or sit in the seat of scoffers" (v. 1)?
3. What does it mean to "delight in the law of the Lord" (i.e. instruction of the Lord) (v. 2)?
4. The psalmist says that the one who delights in and meditates on God's instruction will be like a "tree firmly planted by streams of water." What does the imagery of the tree communicate?
5. What illustration does the psalmist use to describe the wicked? And what does it communicate?

6. How would you summarize the primary truth that the author is communicating in this psalm?

7. What is your experience with delighting in and meditating upon the Word of God?

Steve said:

What is the controlling influence in your life? What is the dominant voice in your head? Psalm 1 challenges us to be so teachable (so desperate to learn from God) that we don't let lesser voices dominate our hearts and minds; rather, we delight in His Word and mull it over day and night.

8. Is God the “controlling influence” and the “dominant voice in your head?” Why or why not? What are the competing voices in your head?

9. What needs to change that God might truly be the controlling influence in your life and the dominant voice in your head?

Note from Steve's sermon: . . . you may be thinking, “Life doesn't always work out that way. Sometimes the wicked prosper and the godly are persecuted.” That's actually a great point which reminds us that we need to see this psalm in the larger context of the Book of Psalms and the rest of Scripture. Psalm 1 is often classified as a “wisdom psalm” because it has the classic features of wisdom literature (such as Proverbs). As such, Psalm 1 is describing the way life generally works, not the way it *always* works. Psalm 1 doesn't give us an iron-clad guarantee that those who delight in God's instruction have an easier life than those who don't.