

## Pursuing the Life We All Want

What kind of life do you want? When you think deeply about whom you want to be 10, 20 or even 50 years from now, what kind of person do you want to be? What does “finishing well” look like? Psalm 1 makes the claim that finding the life we want is connected to deep engagement with God’s Word. Beginning in Psalm 1 and continuing throughout the Psalms there is an emphasis upon using the Scriptures to place God front and center of our lives all day long. And when we do this we begin to experience the very life for which we long.

**Opening Question:** What one word would you use to describe your current experience with Scripture?

### Read Psalm 1

1. What are the two kinds of lives that are described? What contrasts are made between these two?
2. What does it mean to meditate on God’s Word day and night (v. 2)?
3. What is the relationship between delighting and meditating?
4. How would you summarize the attitude towards God’s Word that is advocated in Psalm 1?
5. What is the point of the tree metaphor (v. 3)?

Steve said:

How do I begin to cultivate . . . delight in God's word? Evaluate your life. Begin by evaluating your own life and your own experience of Scripture. For starters, in light of Psalm 1:1, evaluate whether there are things you need to stop doing – things that hinder you from delighting in the law of the Lord. Are you "walking in the counsel of the wicked" in some area of your life? Are you standing in the path of sinners in some way? If you identify some type of sin in your life, admit it to God and allow Him to re-form that area of your life. You will need the help of others in the body of Christ; you were not designed to deal with your sin in isolation from others.

6. Are you aware of things in your life that are keeping you from delighting in God's Word? If so, what are they? Who can help you with this?

Steve said:

Evaluate your current experience of "delighting in the law of the Lord." Are the Scriptures your fascination and your preoccupation? Do you find that you consistently go to the Scriptures for nourishment? Or would you have to say, honestly, that you are bored by the Scriptures and that you rarely find yourself nourished by Scripture?

7. How would you evaluate yourself? Are you fascinated and preoccupied with the Scriptures or more bored by them? Why?
8. What has been true in your life in times when you have truly been able to delight in God's Word?

Steve said:

Follow a simple plan for experiencing God through His Word. If your vision is to be like a "tree firmly planted by streams of water," make it your intention to "meditate day and night" on His Word. Develop a simple plan and (by God's grace) carry it out.

9. What are some practical ways that you could meditate on God's word day and night? What would be a good plan for you at this time in your life?