



WEEK 1

The Lord, My Wisdom!

Beginning the book of Psalms (or the Psalter), this psalm anonymously penned serves as a primer for the entire book. Holding forth two ways of living, the contrast is made between the one who chooses to walk in the way of the world, and the one who wisely makes the choice to lean into the Word of God. Both choices have consequences, but only one choice comes with the greatest blessing – the favor of the Lord.

THE SCRIPTURE: PSALM 1

- ¹ Blessed is the man
 who walks not in the counsel of the wicked,
 nor stands in the way of sinners,
 nor sits in the seat of scoffers;
- ² but his delight is in the law of the Lord,
 and on his law he meditates day and night.
- ³ He is like a tree
 planted by streams of water
 that yields its fruit in its season,
 and its leaf does not wither.
 In all that he does, he prospers.
- ⁴ The wicked are not so,
 but are like chaff that the wind drives away.
- ⁵ Therefore the wicked will not stand in the judgment,
 nor sinners in the congregation of the righteous;
- ⁶ for the Lord knows the way of the righteous,
 but the way of the wicked will perish.

LIFEGROUP QUESTIONS: WEEK 1

OPENING QUESTIONS

1. What makes someone a strong influence in your life? Who fits this description for you?
2. What are your energy boosters? What activities or experiences recharge you?

DIVING DEEPER

3. Identify and underline all terms related to plants and plant life in this week's study. How many did you find?
4. Why were these specific illustrations chosen for this psalm? Can you think of other visual elements that could have conveyed the same message?
5. Verse 1 builds to a climax. What is this climax, and how can we see this pattern in our own experiences?
6. Using only one object for each, where is the person's attention drawn in verses 1 and then in 2? What does this suggest about where their priorities lay and don't lay?
7. In verse 3, the psalmist likens the one who meditates on the Word of God to a tree by streams of water. What does this mean, and do you agree?
8. As you consider your own diet of God's Word, what kind of plant might best describe your Bible reading health?

9. According to verses 5 and 6, what are the three consequences of the wicked?
10. How does the Psalm reassure you about God's care for the righteous?
11. How do personal choices shape the lives of the good and the bad in this Psalm?
12. Ask yourself: What is my delight? What is it in my life that brings me joy? What energizes me? Can your answers fit with the truths of this psalm?