



## **PLAYLIST: TWO WAYS | Psalm 1**

### **Message Summary:**

Psalm 1 serves as an introduction to the collection of hymns and songs. It touches on the recurrent themes of the blessedness of those who revere God and His Word and the misery of those who do not. Psalm 1 reminds us that real happiness is possible; it is fundamental, not superficial; and it is a by-product of seeking righteousness.

### **Engaging the Word:**

Read Psalm 1 and Jeremiah 17:5-8

1. Each of these passages of Scripture contain a variety of literary devices and vivid description. Spend some time reflecting on each passage and discussing what you observe from the writers' language and descriptions.
2. Both passages draw a contrast between the person who trusts God and one who does not. What are characteristics of the person who trusts God? What are characteristics of someone who does not trust God?
3. Psalm 1 makes some statements about things the "blessed" person avoids. What are they? Why do you think each of them should be avoided?
4. What is the result of each way of life described in these passages?
5. What do you learn about God from these passages?

### **Engaging the Heart:**

1. Spend a few moments meditating on and thinking about Psalm 1:1-3. How do those verses impact you? What practical implications do they have for your life?
2. What does having "delight in the law of the Lord" mean for you?
3. In what ways does Psalm 1 encourage you? In what ways does it challenge you?

### **Engaging our World:**

In our culture, meditating (or slowing down at all, really) is not a discipline many of us pursue. Yet, slowing down and spending time absorbing God's word is an important, if not essential, part of growing closer to God. This week, consider memorizing Psalm 1. Alternately, spend time each day reading Psalm 1 and writing down your thoughts and reactions to it.

Close your time together by praying for each other and your pursuit of God and His Word.