



Psalm 1- “The Pursuit of Happiness”

May 22nd, 2016

OBSERVE & REFLECT

(This section is designed to encourage us to reflect on and observe the scripture and weekend sermon.)

READ Psalm 1

- ☀ Read the text at least twice. Try reading the text from two different translations.
- ☀ What do you observe in the text? What jumps out at you and grabs your attention? What questions do you have from the text? Pay attention to any action words or phrases and observe what the implications are.

INVESTIGATE & APPLY

(This section focuses on what the scripture has to say as we dig deeper into the Word. It is oriented to create discussion on the Scripture.)

1. Why is Psalm 1 a fitting Psalm to serve as an introduction to the entire book? What is the overall theme of this Psalm, as well as for the book of Psalms?
2. What word does Psalm 1 begin with? What does this word mean and why does it matter in terms of the way that we approach life?
3. Read verses 1-3. These verses describe the path of the righteous.
 - What do the righteous avoid (v.1)? What is the progression stated in this verse?
 - What do the righteous find “happiness” in (v.2)?
 - What is the result (v.3)? (Note all 4 descriptions)
4. Read verse 4-5. These verses describe the path of the unrighteous.
 - What are the unrighteous compared to (v.4) and what is the ultimate result of their life (v.5)?
5. Read verse 6. Some call this the key verse of the entire book of Psalms. What are the two paths laid out before each person, and where do they lead?

“The Psalms provide the language, the aspirations, the energy for the community as it comes together in prayer.”

-Eugene Peterson

NEXT STEPS

- ☀ Our world claims that there are many ways and that they all lead back to God. Scripture claims that there are two ways; one leading to life and one leading to death. Is this how you view life? Read Jesus’ words in Matthew 7:13-14 and reflect on whether you have made a decision to enter the “narrow path that leads to life”.
- ☀ Verse 1 highlights the power of compromise. We can slowly drift away from the Lord if we are not careful. How do you see this play out in your life (walking..standing...sitting with the unrighteous until you adopt their lifestyle)? Is there any compromise in your life now that keeps you from God and his ways?
- ☀ Where is true happiness found? What things of this world have you looked to for “happiness” that can never fulfill you?
- ☀ How do we learn to “delight” in God’s law and meditate on it? Do you have an active plan that allows you to keep God’s word and truth central in your life? If not, develop one now.