

Note to Leaders: Every Small Group is Different. Don't feel like you have to answer every question. Pick questions that will stir up conversation and action among your group

INTRODUCTION

The Psalms have a wonderful ability to capture the reality of our human experience. They express the emotions, personal feelings, attitudes, gratitude, and even frustration of God's people. One reason people love the Psalms is that we can each usually identify the Psalms with our own experiences.

Psalm 1 stands as an introduction to the rest of the Psalms. It declares the blessedness of the righteous and the misery and future of the wicked. In essence, God says there are two ways of life open to us: the way of the righteous and the way of the wicked. One means blessedness, happiness, and fruitfulness, but the other means cursedness, unhappiness, and judgment. The choice is ours.

DISCUSSION QUESTIONS

1. How does the world define happiness? How do you define happiness? How would God define happiness? Have you known people who have endured difficulty in life, but still had true happiness?
2. Read Psalm 1
 - a. What does the blessed person NOT do? Is there a progression of sin and disobedience being described by the Psalmist in verse 1?
 - b. By contrast what does the blessed man do? (v.2) How does a person "delight" in the Law of the Lord? And what does it mean to meditate on God's Law?
 - c. What illustration does the Psalmist use to describe the blessed man (v.3)? Is it really true that the blessed man prospers in all that he does?
 - d. What illustration does the Psalmist use to describe the wicked? What is the end result of the wicked as described by the Psalmist in verse 5? Does this end result for the wicked come true in this life, in eternity, or both? Why did you answer the way that you did?
3. What are some personal challenges you face to delighting and meditating on God's Word?
4. What personal benefits have you found from spending time in God's Word?

MOVING FORWARD

Keep each other accountable by checking on and encouraging one another to make the following commitments:

1. I will make it a priority in my life to study and meditate on the Word of God.
2. I will surround myself with Godly people who will help keep me on the right path.
3. I will pass on to my family/children/grandchildren the secret of true happiness.

CHANGING YOUR MIND

You were designed to live life in relationship with God according to his plan for life. Make a commitment to meditate on his word and allow his Word to lead you in every area of your life. Ultimate happiness will result when you immerse yourself in God's Word and meditate upon his Law.