



THE HEART THAT FLOURISHES

PSALM 1

GETTING STARTED

- Let's talk about the Psalms. How familiar are you with the book? Do you have a favorite Psalm? How would you try to make sense of what the Psalms are about? Why do you think they are in the Bible?

SCRIPTURE STUDY

Before you begin: *Open with prayer and spend a minute or two in silence before God. Have multiple people ask the Holy Spirit to enter your time together and illuminate your hearts and minds to scripture.*

- Have someone read the passage in its entirety aloud. As a group, summarize the passage, and as you do so, note any observations, questions, and exciting insights you found while reading through the text. What jumped out at you? What was something you noticed now that you didn't see before?
- Why do you think the book of Psalms opens this way?
- When we think about meditating on the Lord's instruction, what does that look like faithfully in our personal lives?
- Where else in scripture do we see trees? What do you think is important about the imagery of the tree, and why the book of Psalms starts this way? (Hint: think about Genesis 3)

WRAPPING UP

- What does this Psalm promise us as believers? How does this change how we think about life with Jesus and how we choose to live in the world?
- What does delighting in God's word look like for you right now?