

The Pursuit of Happiness

Psalm 1

INTRODUCTION

The Psalms begin with a bang – there are only two roads and the wise person is careful in choosing. Psalm 1 reads more like a Proverb, but there is plenty to discover. Read on!

DISCUSSION QUESTIONS

1. Share the last time you faced a decision that had two clear and distinct alternatives. How did you navigate it?
2. The book of Psalms could start with any topic. Why do you think this topic is first?
3. Have you seen the progression talked about in verse 1? In your own life? In others?
4. What do you think it means to 'delight in the law of the Lord'?
5. Can you think of 5 examples where the 'way of the crowd' differs from the 'way of the Word'?
6. List as many contrasts between a 'tree planted by the river' and 'chaff.' What would these look like in our lives today?
7. Which of the strategies for 'delighting in the Word' are you personally drawn to? What will you do this week with the message of Psalm 1?
8. Read and reread Psalm 56 for next week.

THINK ABOUT IT

I have never known someone leading a spiritually transformed life who has not been deeply saturated in the Scripture.

John Ortberg