



## LIFE GROUP NOTES

Week Beginning: 3rd September 2023



### Psalm 1

Based on sermon by Daniel Fairhead


#### Warm Up

Have you ever taken advice that turned out to be wrong? What was the consequence?  
How do **YOU** ensure that you make good choices in life?

#### Background and context

**Psalm 1** compares the wicked and the righteous and reveals a stark contrast in behaviours and attitudes. It also reveals a time of judgement where the wicked are swept away like chaff. There is a beautiful contrast with the word “stand” in v1 and in v5 that demonstrates God’s justice and righteousness. Verse 6 gives us a powerful reason to seek God’s righteousness.


#### Thinking it through: Main discussion/activity




**READ Psalm 1.** What are the surprising things in the passage? What is new? What don’t you really understand? This could be a time to discuss and share reflections and ideas on the passage or watch a Bible project type video that helps explain things.

1. **Read v1.** What imagery is used to show the downward spiral of ‘the wicked’?
2. In what ways are we in danger of walking in the counsel of the wicked?
3. How can we get the balance right between engaging with the world yet not being corrupted by it?
4. **Read v2.** What delights the righteous person? Is this true of you?
5. What does it mean to meditate on the law/instruction of the Lord day and night?
6. **Read v 3.** How might the imagery of the tree by the stream help us in our Christian walk?
7. How can we understand “whatever he does prospers” in the light of the difficulties and suffering that we face as part of life?
8. **Read v 4-6.** They speak of Gods judgement – how does that make you feel? Why is God’s judgement important?

#### Growing in discipleship: Practical application

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9. Do you have any tips for meditating on God’s word?
  10. Read Psalm 130:3-4. How might this be an encouragement to you as a Christian?

#### Try to leave 15-20 mins to talk about prayer needs of the group and to pray.



We want to encourage the development of prayer, to help everyone grow in confidence in praying. There are many creative ways of praying together: writing prayers, using candles as a focus, reading prayers or praying for each other in pairs.