

Bible Study
Psalm 1
The Jesus Lifestyle

Opening Questions:

How do you define happiness?

How does the world define happiness?

How do you think God would define happiness?

Have you known people who have endured difficulty in life, but still had true happiness? What was the key to their happiness?

Read Psalm 1

1. What is primary truth is the writer trying to communicate through this Psalm?

2. What does it mean to be blessed?

(a) Why do you think this is the first word in the book of psalms?

3. According to this psalm, how can a person be blessed?
(What to avoid & what to engage in)

4. What does it mean to meditate on God's word? (Ps 119:15-16, 23-24, 47-48)

5. What is the significance of the progression from walking to standing to sitting in V1?

6. How are V3-5 an example of meditation?

7. What illustration does the Psalmist use to describe the blessed man?
- (a) What are the attributes that the Psalmist ascribes to the tree? Where is it planted? What does it yield? What is unique about its leaves?
 - (b) Do you think that the psalmist is indicating prospering now or in eternity?
8. What is chaff in the Bible - how is it used as an image?
9. What do V5-6 promise?
- (a) How does this result from a life of meditation?
10. Compare this Psalm with Matthew 7:13-14 and the image Jesus uses.
11. How does Jesus Christ shed light on Psalm 1?
- (a) How does Psalm 1 shed light on the person and work of Jesus?

Personal Reflection:

What gets in your way of making good decisions?
How can this Psalm help you make wise choices?
How does this psalm inspire and encourage you?

Additional reading:

Joshua 1:8, Psalm 119:15-16, 23-24, 47-48, Jeremiah 15:17, Deuteronomy 29:9, Genesis 39:3, Revelation 22:1, Psalm 36:8, Isaiah 48:18, Isaiah 61:3, Psalm 39:9, 1 Timothy 4:15, Jeremiah 15:16, 1 Corinthians 8:3, Matthew 3:11-12, Isaiah 17:13, Matthew 6:19-21