



## Psalm 1

1. Worship is “worth”ship (we ascribe value to God)! Since He is preeminent, we acknowledge that in every area of our lives. How have we falsely assumed that only Sunday morning is worship time? How is that far from the truth?
2. Psalm 1 is a prologue to the Psalms, and it instructs the reader about the good life. What is the good life? Does it involve physical blessing or spiritual blessing or both? What does it mean to be blessed?
3. God has allowed us the freedom to make choices. Discuss some of the subtle influences in society that can cause us to make reckless choices (vv.1).
4. How do we try to meditate on God’s word day and night (vv.2)?
5. What is the benefit of letting God’s word permeate our hearts (vv.3, 6a)?
6. Describe the contrast you see to those who do not heed God’s word (vv.4–6).