

Capturing Happiness

PSALM 1

¹Blessed is the one
 who does not walk in step with the wicked
or stand in the way that sinners take
 or sit in the company of mockers,
²but whose delight is in the law of the LORD,
 and who meditates on his law day and night.
³That person is like a tree planted by streams of water,
 which yields its fruit in season
and whose leaf does not wither—
 whatever they do prospers.
⁴Not so the wicked!
 They are like chaff
 that the wind blows away.
⁵Therefore the wicked will not stand in the judgment,
 nor sinners in the assembly of the righteous.
⁶For the LORD watches over the way of the righteous,
 but the way of the wicked leads to destruction.

Transformed by the Truth

QUESTIONS FOR REFLECTION & DISCUSSION

1. In your own words, what is the secret of happiness and success revealed in Psalm 1?
2. Read John 15:8; Romans 12:2; James 1:27 and 1 John 2:15. What are some of the ways the world tries to squeeze you into its mold? How can you resist its corrupting influence?
3. Read Psalm 1:2 and Joshua 1:8. What are some practical ways to be a day-and-night meditator of Scripture? Are these habits realistic for you? Why or why not?
4. Read Psalm 1:3, Jeremiah 17:5-8 and Matthew 7:24-27. What are the benefits of rooting your life in God's word? To what extent are you doing that right now?
5. Read Psalm 1:4-6, Psalm 112:10 and Proverbs 10:24-25. Do the warnings of these passages motivate you to delight yourself in God's word? Why or why not?