

BLESSED



Week 1 – August 2, 2026
Psalm 1:1-6

Check out this helpful resource:

The Songs of Jesus - by Timothy Keller- <http://bit.ly/4wx8JNi>

Psalms for You: How to Pray, How to Feel, and How to Sing – by Christopher Ash -
<https://bit.ly/4xbjjJK>

Allow God to speak to you through his written Word. The goal of this time is to have quality connection and time together. Choose questions from Know, Grow, and Show that will best help your group discuss the passage and take their next steps of faith. Don't feel like you need to use all the questions. Feel free to add your own too! We are praying for you as you lead your D-Group this week!



KNOW

- What's one thing you've "delighted in" this week — something you kept coming back to just because you enjoyed it?
- Growing up, was there a book, song, or story you read or listened to over and over? What made you go back to it?
- Looking back over your life, what season would you call your most "fruitful" — and what were you rooted in during that time?
- Before this series, if someone asked you "what does it mean to be blessed," what would you have said?
- What's something in your daily rhythm right now that's competing for your attention and energy?
- Who is a person whose life you've watched and thought, "I want to have what they have" — spiritually speaking?
- When in your walk with Christ have you felt most "planted by streams of water" — steady, nourished, unshaken?
- If you had to describe your current mental "soundtrack" — the voices you listen to most in a day — what would be on it?



- Vs. 1 lists three progressive postures — walk, stand, sit — with the wicked, sinners, and scoffers. Why do you think the Psalmist orders it this way, and where have you seen this kind of slow drift happen in your own life or someone else's? *Prov 4:14–15*
- Vs. 1 asks, implicitly, whose "counsel" we're under. What voices — podcasts, feeds, opinions, even our own inner monologue — most often shape how you think day to day? *Rom 12:2*
- Vs. 2 contrasts the wicked's path with the blessed man's delight "in the law of the Lord." Why do you think Scripture uses the word *delight* instead of *duty* or *obligation* here? What's the difference between the two? *1 John 5:3*
- The Psalmist says the blessed man meditates "day and night" — not occasionally, but continually. What's the difference between reading Scripture and meditating on it, and why do you think so many believers do one but not the other? Tim Keller writes, "Meditation is thinking about, reflecting on, the text until you sense God saying something to you in it, and then responding" (*Prayer*, Keller).
- Vs. 3 pictures the blessed person as "a tree planted by streams of water." Trees don't produce fruit by straining — they produce fruit because they're rooted well. What does that image suggest about how spiritual fruit actually grows in a person's life? *Gal 5:22–23*
- The tree "yields its fruit in season" — not constantly, but at the right time. Why might it matter that God's fruitfulness in our lives isn't instant, and how does that challenge a culture that wants results immediately? *Eccl 3:1*
- Vs. 4 says the wicked are "like chaff that the wind drives away" — no root, no weight, no staying power. What does a rootless spiritual life tend to look like in practice, even if it looks fine on the outside for a while? *Matt 7:26–27*
- Vs. 5–6 close with an eternal contrast: "the way of the wicked will perish." The Psalmist isn't just describing two lifestyles — he's describing two destinies. How does knowing this passage ends in eternity, not just daily habits, change the weight of "delighting in God's law" for you? *Ps 16:11*
- Psalm 1 is placed first in the entire book of 150 Psalms — as if it's the front door to Israel's whole prayer book. Why do you think the Psalmist (or the editor of the Psalter) chose to open with this particular invitation to delight, rather than with a psalm of lament or praise? *Ps 119:97*



- This year's Scripture Memory Initiative is starting — what's one verse from Psalm 1 (or elsewhere) you could commit to memorizing this month, and who will you tell to help hold you to it?
- Meditation is different from memorization — it's asking, "God, what are You saying to me in this?" This week, pick one verse and spend five minutes a day simply sitting with it. What did you notice?
- Who in your life is currently "rootless" — drifting through the walk/stand/sit pattern of vs. 1? How might you reach out to them this week, not with judgment, but with an invitation back to the water?
- What would it look like this week to trade one "voice" you regularly listen to (news, social feeds, a critical inner voice) for time in God's Word instead — even just once?