



# PSALM 1

A RENEWED FOCUS

**In What Do You Delight?**

**January 4, 2026**

**Questions for Study and Group Discussion**

1. What's something you genuinely enjoy doing every day without being forced?
2. When you hear the word "blessed," what do you usually think it means?
3. What kinds of voices or influences today might pull people away from God's way?
4. What is something ungodly/worldly that you sometimes get pulled into?
5. How would you explain "delighting in the law of the Lord" in your own words?
6. Is there a difference between reading the Bible out of duty and actually delighting in it?  
What makes the difference?
7. What does it look like—practically—for someone to "meditate" on God's Word?
8. What's one simple step you could take this week to spend more meaningful time with God?
9. If it's true that "your delight becomes your destination", what are some ways that you could intentionally choose your destination related to spiritual growth in 2026?