



PSALM 1 A RENEWED FOCUS

Lasting Impact

January 11, 2026

Questions for Study and Group Discussion

*** Before you begin, please read Psalm 1:1-6 as a group. (These questions will focus primarily on Psalm 1:3-4.)*

1. In this series, we're focusing on truths from Psalm 1 about having a "Renewed Focus" as we begin 2026. Why is taking time to "renew focus" valuable?
2. Imagine you asked 3-4 people you know to define "blessing" in a word or short phrase. What responses would you anticipate?
3. Psalm 1 paints a picture of a life that is truly blessed. Review what you saw in Psalm 1:1-2. What do these verses say about what "true blessing" looks like?
4. Now focus on Psalm 1:3-4. Summarize the picture of blessing these verses give.
5. A truly blessed life is rooted in the right place. Where should a follower of Jesus be rooting themselves? Practically speaking, what does this look like?
6. A truly blessed life "yields its fruit in season." Read John 15:1-5 and Galatians 5:22-23. What do these passages add to your understanding of bearing fruit as a follower of Jesus?
7. A truly blessed life shows lasting perseverance — it's "leaf does not whither." Where in your life do you need to demonstrate a lasting perseverance? What help or support do you need to stay the course?
8. The end of v. 3 adds this statement to its picture of a blessed life: "whatever they do prospers." Does this mean that followers of Jesus should only expect material prosperity in terms of "health and wealth" (i.e., the prosperity gospel)? Why or why not?
9. What stands out to you about the contrast between the blessed life (v. 3) and the wicked (v. 4)?
10. We won't experience the features of the blessed life without anchoring ourselves in the truth of God's Word (Psalm 1:2) and in Jesus and the life He gives (John 15:5).
In your own words, explain why delighting in God's Word and finding life in God's Son is essential to living the truly blessed life.
11. What is a practical step you can take to keep the message of Psalm 1:3-4 at the front of your mind this week?
12. What other questions or comments do you have about what you've looked at in the Bible today?
13. What was your biggest take-away from the message? Why?
14. Who is one person in your life with whom you can share a truth you've learned from this passage?