

THE ONE THING

PSALM 1

SERMON

TITLE

The One Thing
Psalm 1

GROUP DISCUSSION

OPENING DISCUSSION

Read Psalm 1 as a group and pray together. Reflecting on the sermon this past week, what surprised you, stood out to you, or was new to you? Did anything specifically convict you?

FROM THE MESSAGE

1. What is the meaning of the word “blessed” at the start of Psalm 1? From Pastor Todd’s first point, what fuels this blessedness in our lives? How so? Why won’t seeking surface-level approval lead to the blessed life that this psalm describes?
2. Name and describe the contrasts that are presented in verses 3 & 4. What is the key difference between the tree and the chaff? What does the root determine in the life of the tree? How does this metaphor relate to our daily “input” and “output”?
3. From verses 5 & 6, what provides the blessed man with security? What does it mean that the Lord “knows the way of the righteous”? What is the relationship between our fruitfulness and the Lord’s faithfulness?
4. What was the “take home truth” for us to see from Psalm 1? What do we believe about Scripture, and how does that shape our worldview? Why is God’s Word the ultimate determining factor in how we live?

FOR OUR LIVES

1. What are some areas of life where we are pulled to seek surface-level approval? How can we center our lives on soul-satisfaction instead?
2. Do you find yourself focusing on your fruit or your root? From Psalm 1, which is more important to focus on? Why do you think that is?
3. As you think about the various areas of your life (marriage, parenting, finances, work, spiritual habits, cultural issues, friendships), who sets the course of how you live? Is it God’s Word or man’s opinions? Is the culture’s voice in your ears or is it God’s Word that you are heeding?
4. How will you commit to meditating more on God’s Word? What are some practices that would help you stay rooted in the Lord?