

SUMMER



PLAYLIST

WEEK 1

THE GATEWAY OF BLESSING

HOW TO USE THIS GUIDE

There are four crucial components for a group to maintain its health: Word, prayer, relationships, and reaching out. In this guide, you will study the biblical passage in three steps: observation, interpretation, and application. As the group leader, you are free to use any part of this guide that can assist you in achieving this goal.

CONNECT

- What is your current favorite song or playlist? How does it make you feel?
- Do you tend to be very vocal about how you are feeling, or more withdrawn?
- Is there a time period in your life that you associate with a specific song/album? Describe it.

INTRODUCTION

We all have playlists in our lives – the music we replay, the thoughts we ruminate on, the background noise that shapes our days.

Sometimes we choose those playlists based on how we're already feeling, and sometimes we choose them because we want to feel a certain way. The Bible has its own book of songs called the Psalms – songs that were meant to be sung, that wrestle with God through the full range of human emotions and experiences. This week we're kicking off our Summer Playlist series with Psalm 1, which is the thesis statement and entrypoint to the entire book of Psalms. The big idea? Our blessing depends on who we listen to.

OBSERVATIONS & INTERPRETATION

Read: Psalm 1

Discuss:

Pay attention to the first word of the first Psalm. "Blessed is the one..." What does blessing mean here? Why might this kick off the whole book?

There are three contrasts that make up the Psalm. Look at them one at a time:

- In v 1-2, what determines whether someone is blessed?
- In v 3-4, what are these two people like? What might this metaphor be telling us?

OBSERVATIONS & INTERPRETATION

Discuss (Continued):

There are three contrasts that make up the Psalm. Look at them one at a time: **(continued)**

- In v 5-6, what is the final outcome for each group? What is the blessing that the righteous receive?

Drawing on what you know from other parts of Scripture, how does one become part of the “congregation of the righteous” rather than the “perishing sinners”?

APPLICATION

- Where do you find yourself most tempted to listen to voices that are not from God? What would it look like to intentionally listen to God's instruction instead?
- What are the practices in your life that help you meditate on or sing God's words?
- Would you compare yourself more to the tree or the chaff in v 3-4? Why?
- How are you intentionally entering into community this summer?

PRAYER

One of the gifts of the Psalms is their example of bringing the full range of emotions to God. Practice that today! Give your group the opportunity to express out loud how they are feeling to God and what they are wrestling with, and then practice also naming what is true and good in response to those feelings.

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