

**Summer in the Psalms**  
**Group Discussion Questions**  
**Psalm 1**

This opening psalm contrasts the blessed and the wicked. Read aloud the psalm and create a list of how each is described.

*Blessed is the man  
who walks not in the counsel of the wicked,  
nor stands in the way of sinners,  
nor sits in the seat of scoffers;*

- What does “blessed” mean in the context of Psalm 1, and how does it differ from worldly ideas of happiness?
- Notice the verbs used in this verse. What kind of progression do you see? What does this tell us about the nature of compromise or temptation?

*but his delight is in the law of the Lord,  
and on his law he meditates day and night.*

- Describe delight. Share an activity that brings you delight and why. Does reading scripture feel more like a "delight" or a dutiful "discipline" to you?
- How is meditating different from reading or studying?

*He is like a tree  
planted by streams of water  
that yields its fruit in its season,  
and its leaf does not wither.  
In all that he does, he prospers.*

- Read Jeremiah 17:13, John 4:10-14, and John 7:37-39. Who is our water from whom we draw nourishment?
- The psalm states that the righteous tree "yields its fruit in its season". Why is it significant that fruit appear at specific "proper times" rather than all at once?
- How can a believer "prosper" even when facing losses and sorrows?

*The wicked are not so,  
but are like chaff that the wind drives away.*

- What are the characteristics of chaff? What is this metaphor teaching us about a life lived apart from God?

*Therefore the wicked will not stand in the judgment,  
nor sinners in the congregation of the righteous;*

- What does it mean to "stand" in this context, and what does it reveal about God's holiness and justice?

*for the Lord knows the way of the righteous,  
but the way of the wicked will perish.*

- What does "the way" represent in this psalm? What does it mean that "the Lord watches over the way of the righteous"?

### **Application**

Who or what has shaped your thinking the most in the past year? Are there areas in your life where you have subtly transitioned from just "walking past" a worldly idea to "sitting down" and making yourself comfortable with it?

What does "meditating day and night" look like in a busy modern schedule? What practical rhythms have helped you keep truth at the center of your mind throughout the day?

Looking at your life over the past few months, what kind of "fruit" is God producing in you? Are there areas where you feel spiritually stagnant or fruitless, and why might that be?

What is one concrete step you can take this week to walk more fully in the way of the righteous?