

Psalm 1

to-daw': *an extension of the hand. thanksgiving. a confession. a sacrifice of praise. thanksgiving for things not yet received. a choir of worshippers.*

Barriers to talking to God:

- Doubt – will He hear? Is He there?
- Do I matter?
- I don't know what to say.

Psalm 1 – The simple truth about spiritual growth.

The blessed person.

The power of the crowd:

- Associate with everyone. Hang with those who make you better.
- We become like those we hang with.
- Key question: Where do I turn for advice and approval?

The power of the Word: A compass.

The good, blessed life:

- Blessed at the right time.
- Able to survive the drought.
- A pattern of prosperity.

*In light of what I have learned today, what do I need to do to obey God?*

## Life Group Questions

*Getting to know you...*

*The Psalms and their lyrics were in some ways the modern day equivalent of the "top 40" for David and the Israelites. Can you think of any favorite or memorable songs from your high school or college years? (Don't worry – you won't have to sing it... unless you want to!)*

*Being willing to associate with everyone while still having a quality group to hang with is an important balance. How have you seen this concept change, work well, or even be a challenge in your life?*

*Read it aloud...* Psalm 1

1. What do we learn about God from this passage?
2. What do we learn about ourselves from this passage?
3. What is God saying to you specifically through this passage as it pertains to your life, marriage, family, and work?
4. In light of what you've learned today, what do you need to do to obey God?

How do the following verses help you strategize how to guard your heart and continue a positive influence for Christ?

- Proverbs 28:26
- Hebrews 12:15-16
- 2 Timothy 2:22-26
- James 5:16

*Taking it Home...*

When it comes to seeking advice and approval, is there anything you'd like to change in or add to your life?

Are there any situations or places you need to avoid more or build better boundaries?