

Heart to Heart with the Living God

Psalm 1

"Blessed is the man...whose delight is in the law of the Lord." Psalm 1:1, 2

Day 1: Read Psalm 1.


1. Psalm 1 draws two very different portraits. Describe the differences between the wicked man and the righteous man.

	Wicked Man	Righteous Man
Use of His Time and Energy		
Results of His Choices		
His Final Destiny		

2. What are the three action verbs in verse 1? What progression do you see in the wicked man's involvement with evil?
3. Why is it so important to guard the sources from which we get input in our lives? (1 Cor. 15:33-34; Col. 2:8)
4. As you consider the two different lifestyles described in verses one and two, what is the main influence that shapes each one?

Day 2: Read Psalm 1. (Focus on verse 2.)


5. The words "love" and "delight" could be interchangeable. What does a person mean when she says "I love history" or "I love cooking" or "I love children"? Choose something or someone you "delight" in. How could someone recognize the thing you delight in?
6. Read Psalm 19:7-11. What does this passage show us about the Psalmist's view of the law? How does this compare with how you have thought about God's law?

7. The Law (Torah) of God given in the Old Testament was the way Israelite believers had a relationship with God. How does the New Testament unpack and expand our understanding of the law? (Rom. 3:19-22; Gal. 2:15-16;  Gal. 3:19-24)
8. How would a correct understanding of God's law cause you to delight in it? What would it mean for you to delight in God's law?

Day 3: Read Psalm 1.

9. Consider the image of a tree planted by streams of water. What enables the tree to grow and flourish? Why is this a good image of our relationship to God's Word?
10. What is the job description of a tree? What enables it to do what it was created to do?
11. How does the New Testament use similar "tree" language to describe the believer? (Eph. 3:16-19; Col. 2:6, 7)

Day 4: Read Psalm 1.

12. What does prosperity look like for the righteous now? In the future? (vv. 3, 5, 6; Jn. 15:5; Jn. 6:40)
13. On the other hand what is the final destiny for the wicked? (vv. 4-6; Jn. 15:6)
14. As we seek to follow Christ, sometimes our lives appear to be characterized more by difficulty and loss than by prosperity. How does the Bible bring perspective to this apparent contradiction? (2 Cor. 4:17-18; Phil. 3:7-11; Jas. 1:2-4;  *Ps. 73)

Day 5: Read Psalm 1.

15. Reread or write out the first three verses of Psalm 1 and replace "the man" with Jesus Christ. How is this psalm a fitting description of him? (Heb 1:9)
16. As we study the Psalms, we want to see Jesus. How does the New Testament help us understand Jesus' relationship to the Law of God? (Mt. 5:17; Acts 28:23; Rom. 10:4)