

## The Essentials: The Psalms

### Session 1: Psalm 1

#### Opening Collect

*Together:* Blessed Lord, who caused all holy Scriptures to be written for our learning: Grant us so to hear them, read, mark, learn, and inwardly digest them, that we may embrace and ever hold fast the blessed hope of everlasting life, which you have given us in our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

#### Watch: Video 1

#### Read: Psalm 1 (out loud)

#### Discussion:

1. What is your delight? What brings you joy? What energizes you?
2. Notice, the proper response to following God is not exact performance of the law, but is “delighting in the law” (v. 2). What might it mean or look like to delight in the law of the Lord?
3. The psalmist characterizes the “unrighteous” as wayward; they are like chaff (v. 4). Do you relate to this image? Have there been times in your life that you have felt dislocated and easily disrupted?
4. We were created to receive our strength and nourishment from God. The reason the tree in this psalm (v. 3) flourishes at all times and yields its fruit in season is because the roots go down to a steady source of water, providing the nutrients it needs even in dry times. Outside of God, where does our society try to find strength and nourishment?
5. Sometimes it seems that unrighteous people “succeed,” and that righteous people suffer. However, the Psalm says that the righteous prosper in all that they do (v. 3). What might that mean? How does this Psalm challenge us to think about prosperity and success?
6. How does Jesus shed light on Psalm 1, and how does Psalm 1 shed light on the person and work of Jesus?

#### Check in and closing prayers

## Psalm 1

<sup>1</sup>Happy are those

who do not follow the advice of the wicked,

or take the path that sinners tread,

or sit in the seat of scoffers;

<sup>2</sup>but their delight is in the law of the LORD,

and on his law they meditate day and night.

<sup>3</sup>They are like trees

planted by streams of water,

which yield their fruit in its season,

and their leaves do not wither.

In all that they do, they prosper.

<sup>4</sup>The wicked are not so,

but are like chaff that the wind drives away.

<sup>5</sup>Therefore the wicked will not stand in the judgment,

nor sinners in the congregation of the righteous;

<sup>6</sup>for the LORD watches over the way of the righteous,

but the way of the wicked will perish.