

**Sermon-based Questions**  
**June 2, 2019**  
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**CHOICE**

Look Up: The Book of Psalms  
Psalm 1

**Introduction (choose 1):**

1. Jesus loved and mediated on the Psalms. Can you give an example of a time when the Book of Psalms was helpful to you?
2. John Calvin said the Psalms are “an anatomy of all parts of the soul.” What do you think he meant by that and how can that encourage or direct us?
3. At some point in everyone’s life there is a struggle with sadness, depression, oppression, mourning, or negative thoughts. Ed Welch stated, “...God gives us poetry that, somehow, gives voice to the silences of our hearts.” Does this open up a new thought for you as to how to use the Psalms?

**Reading (Scripture reference):**

Read Psalm 1: 1-6 (During the week, try and read all of Psalm 1)

**Understanding (choose 4-6):**

4. The honesty of David in the Psalms is an example of what Dave tells us the Psalms can do for us if we choose to look ahead, outside of ourselves, and fix our eyes on Jesus. Do you think this is a challenge for most people?
  - Would you rather open a business called Pity Parties Are Us?
  - Is there a possibility that the enemy has a hand in this fight and at least in part, this is spiritual warfare?
  - How can God’s Word steer you to victory?
5. Psalm 1:1 tells us that Blessed (or happy) is the one... What is your definition of happy and does it match up with the Psalms intent for the word?
6. Dave talks about **The Nature of Choice**. We can seek happiness apart from God or we can seek happiness in God.
  - How does Dave describe the “wicked” person? Is there any hope for the wicked? Should we exclude them totally from our lives?
  - How does Dave describe the “mockers”? Is there any hope for them? Should we exclude them from our lives?
7. Cultural influence is very powerful. What are some examples of the current culture creeping into, and influencing, believers lives? Things that many now see as normal and acceptable?
8. A way to seek happiness in God’s Word is to meditate on His law day and night. How do you work out the balance of being in the world and not of the world? How can we immerse ourselves in God and still be effective in this lost world full of the wicked and mockers?
9. Next we look at **The Results of the Choice**. Choices do have either consequences or benefits.
  - Stability is a benefit of the right choice. What were some of the ways Dave spoke of to obtain stability? What are some of your ideas?

- I have heard it said that your true character shows itself when no one is looking. With that in mind, the character we show when influenced by God and His Word, should be very different than what shows in the world. What was Dave's definition of Biblical character and what is the proof of that character?
10. Are we always in a season of obvious growth and fruit production?
  11. When we bear fruit, who is it for and what is the reason for it?

**Application:**

12. Do you feel your life is more like a tree or chaff right now? What in this message could help you through your challenge or situation?
13. What is your dream or definition of happiness that you could or should pursue?

## Lectio Divina

1. **Opening Prayer:** Ask God for insight into His Word, for open hearts and minds, for hunger to know Him better, and for an attitude of learning from one another.
2. **Reading:** Have someone from your group read the passage aloud. It is best to print out a copy for each group member so they can read along, make notes, or go back as needed.
3. **Meditation:** Spend *an entire minute in complete silence*, contemplating what was just read. Feel free to re-read the passage quietly to yourself or jot down thoughts/highlight what stuck out to you.
4. **Sharing:** At the leader's signal, invite group members to share their insights for about 5 minutes.
5. **Repeat:** After the 5 minutes are over, repeat the process 2 more times using the same passage. Listen/read like you haven't heard this passage before. If there are longer moments of silence, the leader can prompt discussion with the following questions:
  1. What did you hear and what seems important?
  2. What is the Holy Spirit impressing on you?
  3. What does it make you think of from your life?

### **Psalm 1:1-2**

<sup>1</sup>Blessed is the one  
who does not walk in step with the wicked  
or stand in the way that sinners take  
or sit in the company of mockers,  
<sup>2</sup>but whose delight is in the law of the LORD,  
and who meditates on his law day and night.

### **Psalm 1:3-5**

<sup>3</sup>That person is like a tree planted by streams of water,  
which yields its fruit in season  
and whose leaf does not wither—  
whatever they do prospers.  
<sup>4</sup>Not so the wicked!  
They are like chaff  
that the wind blows away.  
<sup>5</sup>Therefore the wicked will not stand in the judgment,  
nor sinners in the assembly of the righteous.

### **Psalm 1:6**

<sup>6</sup>For the LORD watches over the way of the righteous,  
but the way of the wicked leads to destruction.