

“Sinking Your Roots” Psalm 1

1. As you reflect back on 2020, what did God teach you? What did you learn about God? What did He teach you about yourself?
2. What draws people to the Psalms? What is it about the Psalms that make them so impactful and popular?
3. This Wisdom Psalm stands as a doorkeeper to the entire Psalter. It reminds us of the righteousness and fruitful life that are characteristic of those who delight in God and His Word. What three actions or expressions are attributed to the “blessed” person in verse 1?

With each expression, we see a progression from a casual influence of ungodly people to a collusion with them in their scorn against the righteous.

How do you seek to surround yourself with those who will build you up and encourage you spiritually instead of with those who bring you down and take you on a path that leads away from the things of God?

4. A “blessed” person in this context is one who is right with God and enjoys the spiritual joy and peace that results from a relationship with Him. The Hebrew word here for “blessed” is in the plural and it literally means, “Oh, how very happy!”

What is the source of this blessed person’s joy (verse 2)?

Verse 2 speaks of meditating on “His law...day and night”. What is the purpose of meditation? How can you practice meditation throughout your day?

5. What simile or image is used in verse 3 to describe the righteous and godly person?

Spiritual fruit and spiritual prosperity are not necessarily produced immediately after planting.

What does verse 3 say about this timing?

What do you think that means?

6. If the righteous person is compared to “a tree *firmly* planted by streams of water” (v.3), what is the ungodly or wicked person compared to in verse 4? Discuss this.
7. Read Psalm 1:6; Psalm 37:18; and Matthew 7:21-23. Salvation in the day of judgment speaks of being “known” by the Lord. How now should we live knowing that the Lord watches over and knows our days and our ways?
8. As we begin 2021, what are some spiritual areas of your life in which you would like to see growth? How can you better sink your roots in 2021?