



Week 22: Psalms 1-10

Study Guide for the week of May 25 - June 1

Personal reflection / journaling exercise

This week spend time with Ps 1.

Notice this Psalm begins by describing what a good person avoids rather than what a good person does (Ps 1:1). What three things does a good person avoid? Oscar Wilde described a scoffer or cynic as “a person who knows the price of everything and the value of nothing.” List ways our society is cynical and the ways in which you are a scoffer.

What does the good person do (Ps 1:2)? Are you meditating on God’s law every day? How do you delight in doing everything the Lord wants? Too often, our rushed, hyper-busy, and hurried life reflects our internal state; it is our internal state that needs to be transformed. How will you slow down this summer to spend more quality time with God in prayer and study?

What is the result of following a life of obedience to God rather than a life of rebellion (Ps 1:3)? Is your life one of offering substance to the world like the tree producing fruit? How?

Discussion starters

1. St Athanasius once said, “Most scriptures speak to us; the Psalms speak for us.” What has been your experience of reading the Psalms? Has it been different from reading other parts of the Bible? If so, how? What do you hope to experience in reading the Psalms this summer?
2. Ps 1 clearly lays out two ways of life – what are they? Is life really that simple? Why or why not?
3. Reread Ps 5:3. Have you found “the fittest time for prayer, the fittest place for prayer, and the fittest preparation of heart for prayer” as Richard Baxter counsels. Describe your “fittest” time, place, and preparation to your group. Do you struggle with finding time for prayer because you hope it will magically appear? Are you willing to make time and space for prayer and ruthlessly deal with your rationalizations that snatch you away from prayer? Who could you ask to hold you accountable to your decision for regular prayer?
4. Reread Ps 6:6-7. Are these verses comforting or challenging to you? Do you often use the excuse, “I’m not the emotional type? Read Luke 6:21, John 11:33-36, and Luke 19:41. Should we celebrate or pity those people who go through life with dry eyes and cold hearts? Why or why not?
5. Reread Ps 8. How are you doing with a sense of wonder and awe of God? Of his creation? Summer is a great time to immerse yourself in wonder and awe – make plans now with your small group to spend a night stargazing or join together for an afternoon picnic under the trees or by a river, or take an evening to play tag with the neighborhood children. Brainstorm other ways to experience and celebrate God’s majesty.

Bible verse to memorize: Ps 1:1-2