



Lab Study Guide Winter 2018

Date: January 14, 2018
Text: Psalm 1

Teacher: Ben
Any other Text?:

1. Read the Text Together Read the Text for this week out loud with your group.

2. Make Observations What stands out? What phrases caught your attention?
Any repetition, contrasts, comparisons?

3. Ask Questions What is confusing or hard to understand? Any details that might be important?
Ask: who, what, where, when, why, how?

4. Background Information

Meditates day and night. The word "meditates" is the Hebrew word, *Hagah*. Which is also used to describe a lion tearing into, enjoying, licking his chops over his prey. Isaiah 31:4 "The LORD said to me, 'As the lion *growls* over his prey..." Meditation/*Hagah* is active. Diving in. Going after it.

The Law is the Hebrew word, *Torah*, which means Teachings or instructions of God. To keep us in the direction of God's path.

Tree – likely an Acacia Tree. Acacia's usually grow in the desert at the bottom of a wadi – a dried up river bed. It's the biggest tree or plant that grows in the desert. Slow-growing and long-lived, it has been said God planted them knowing that we would need shade. The Acacia is the Bedouin's best friend because it does so much for him. It also is the best desert firewood. Camels love to eat its leaves, and it has pods that grow seasonally. Bedouin boil the pods for the camels to eat. Also, they boil the tree sap and it is used for both camels and people as a medicine for stomach trouble as well as cuts and scrapes.

An interesting phenomenon with an Acacia is you rarely see any water around the tree, yet you know it is getting water, because of its leaves and fruit. You know there is or was water there because of the tree. An Acacia can sit dormant for 100 years, waiting for water without dying b/c it's roots grow so deep.

Chaff - When harvesting wheat, it is threshed in order to separate the kernel of grain from the husk and straw. The mixture is thrown into the air with a winnowing (pitch) fork. The wind blows the worthless chaff away while the grain falls back to the floor to be collected.

5. Application Questions

1. What do you think it means to be walking, standing or sitting in the path of the wicked? Why is a person blessed if they do not do these things? What do these things look like today?
2. What are some things you delight in? What brings you joy? What would it look like for you to *delight* in God's word?

3. What would it look like to *Hagah* (Meditate/Tear into like a Lion) God's word? Is this even realistic or practical?
4. Psalm 1 describes two paths or ways of life. Every day we are all faced with decisions about how to spend our time, who to spend time with, what temptations we'll face, etc. – how do we stay on the right path?
5. Acacia Tree or Chaff? What kind of life or legacy do you want to leave behind? What is one thing you will do this week to help you be the person you want to be?

6. Have everyone answer....

What verse or phrase from this Psalm was most powerful for you this week?

