

Lesson 1

Psalm 1

Day 1

Thank God for His Word. Pray He will use it throughout this study to nourish and sustain you.

1) What adjective does the psalmist use to describe the man in verse 1?

2) What does blessed mean?

3) Who does this man avoid or shun?

4) What leads him to turn or walk away?

5) Do you delight in the law of the Lord? What evidence is there in your life?

Day 2

6) What does it mean to meditate on His law? When does this man meditate?

7) Honestly think and pray through this question. What do you fill your mind with?

8) What is this man like according to verse 3?

9) How does this text flesh out the analogy from verse 3?

Day 3

10) How is the wicked man different?

11) What do you think verse 5 means?

12) Define with a dictionary righteous and wicked. Define according to this Psalm.

13) In which category do you see yourself and why?

Day 4

14) What makes you righteous? For further insight read II Corinthians 5:21, Philippians 3:9, Jeremiah 23:6, and Romans 10:4.

15) Is it comforting to know the Lord watches over your way? Why or why not?

16) Elaborate on what you think it means that “the Lord knows the way of the righteous”?

Day 5

17) Where do you find it difficult to not be shaped or influenced by the wicked, sinners, and mockers? According to this Psalm, what can you practically do to not be conformed by them?

18) Two vivid images are given in this Psalm. In what areas of your life do you feel like the chaff right now? In what areas do you feel like the tree?

19) Why do you think Psalm 1 is Psalm 1? Can you think of other places in Scripture where you hear this same message?