
SUMMER PSALMS

SWARTZ FBC LEADER DISCUSSION GUIDE



SCRIPTURE: Psalm 1

SERIES: Summer Psalms

TITLE: Fight or Flight

BIG IDEA: Don't run. Why? Because God is in control and He is with you.

TEXT

To the choirmaster. Of David.

11 In the LORD I take refuge;

how can you say to my soul,

Flee like a bird to your mountain,

²for behold, the wicked bend the bow;

they have fitted their arrow to the string

to shoot in the dark at the upright in heart;

³if the foundations are destroyed,

what can the righteous do?^(a)

⁴The LORD is in his holy temple;

the LORD's throne is in heaven;

his eyes see, his eyelids test the children of man.

⁵The LORD tests the righteous,

but his soul hates the wicked and the one who loves violence.

⁶Let him rain coals on the wicked;

fire and sulfur and a scorching wind shall be the portion of their cup.

⁷For the LORD is righteous;

he loves righteous deeds;

the upright shall behold his face.

Head / Heart / Hands

- What does this text teach me?
- What does it tell me to feel?
- What does it tell me to do?

v.1 & 7

1In the LORD I take refuge;

how can you say to my soul,

Flee like a bird to your mountain,

7For the LORD is righteous;

he loves righteous deeds;

the upright shall behold his face.

1. CHOOSE THE RIGHT SHELTER

Application Question: Who or what are you trusting to shelter you?

- What is some fight, flight, or freeze moments in your life?
- What do we become tempted to leave, quit, or abandon?
- What does it mean for the Lord to be our refuge?
 - o Why is it important that we focus on the wording of verse 1 where it says, “In the Lord I *TAKE* refuge?”
- What are some lesser places of refuge we retreat to?

v.2-3 & 5-6

²for behold, the wicked bend the bow;
they have fitted their arrow to the string
to shoot in the dark at the upright in heart;

³if the foundations are destroyed,
what can the righteous do?

⁵**The LORD tests the righteous,**
but his soul hates the wicked and the one who loves violence.

⁶Let him rain coals on the wicked;
fire and sulfur and a scorching wind shall be the portion of their cup.

2. HEAT CAN STRENGTHEN OR DESTROY

Application Question: Are you letting the heat refine you or destroy you?

- The passage affirms that there is real opposition in life. What do you feel is the greatest opposition for you in this season?
- Why do trials make us quicker to question God rather than run to Him?
- When has opposition been something God used to strengthen you?
- What is the difference in God purifying someone through difficulty compared to punishment?

v.4

**⁴The LORD is in his holy temple;
the LORD's throne is in heaven;**
his eyes see, his eyelids test the children of man.

3. GOD IS SOVEREIGN AND ACCESSIBLE

Application Question: Are you resting in the reality of God's sovereign rule and personal presence?

- How does the reality of God's sovereignty help us navigate the chaos of life?
- Why is it remarkable and important that God is both in control AND personally accessible?
 - o How do these work together to provide confidence and peace for believers?
- In a practical sense, how does this passage bring you comfort as a believer?
- How can we lean into this truth this week?