



Sermon Discussion Guide

1.18.26 Message | Tyler Myers | Psalm 1:1-6

Note: This discussion guide is designed for both group and individual use. While some questions are written with group discussion in mind, individuals can still use this guide for personal reflection, journaling, and prayer. Simply adapt any group-oriented questions for your own study time.

LOOK BACK - Relationship & Accountability (~15% of your discussion)

→ Share Life

- What are you thankful for this week?
- What has been causing you stress lately?
- Who in your community needs help right now, and how can our group come alongside them?

→ Follow Up From Last Time

- Retell what we discussed in our previous gathering.
- What actions did you take in response?
- Did you share anything from our last study with someone else? How did they respond?

LOOK UP – Scripture & Discovery (~60%)

→ Read (twice, in different translations)

- Read the text you are studying this week in the ESV out loud.
- Read the text you are studying this week a second time in an alternate version.

→ Retell

- In your own words, summarize what the author is saying in this passage.

Key Scripture (ESV)

*Blessed is the man
who walks not in the counsel of the wicked,
nor stands in the way of sinners,
nor sits in the seat of scoffers;
but his delight is in the law of the Lord,
and on his law he meditates day and night.*

*He is like a tree
planted by streams of water
that yields its fruit in its season,
and its leaf does not wither.
In all that he does, he prospers.*

*The wicked are not so,
but are like chaff that the wind drives away.*

*Therefore the wicked will not stand in the judgment,
nor sinners in the congregation of the righteous;
for the Lord knows the way of the righteous,
but the way of the wicked will perish.*

- Psalm 1:1-6

MESSAGE HIGHLIGHTS

- The Bible doesn't save us from sin, but it does walk us, stand us and sit us with the One who does.
- Psalm 1 shows two paths—being shaped by the wicked, sinners and scoffers, or delighting in and meditating on the Word of the Lord.
- Biblical literacy isn't information only; it's a lifestyle of knowing and experiencing God through his Word.
- Scripture equips God's people to live with stability, discernment and faithfulness in a deceptive world (2 Timothy 3:12–17).
- Growth in grace includes guarding against distortion and continuing to mature in knowledge of Jesus (2 Peter 3:16–18).

CONVERSATION STARTER

What's one area of your life where you've tried to "wing it" spiritually, when what you actually needed was God's Word to guide you?

DISCUSS THE MESSAGE (Does your group understand the message?)

- What did you like about this passage?
- Did you find anything difficult about this passage?
- What does this passage teach about God?
- What does this passage teach about people?

THINK DEEPER (Does your group understand the passage?)

1. Why do you think Psalm 1 describes influence as something we slowly “walk into,” then “stand in,” then finally “sit in”?
2. What do you think it means to meditate on Scripture “day and night” in a realistic, non-performative way? (Psalm 1:2)
3. What does the “tree planted by streams of water” teach us about spiritual health, endurance and long-term fruitfulness? (Psalm 1:3)
4. How do 2 Timothy 3:16–17 and Psalm 1 together shape your view of what the Bible is meant to do in you?
5. Where are you most vulnerable to being “carried away” or destabilized spiritually, and how might Scripture protect you? (2 Peter 3:17–18)

LOOK FORWARD – Application & Mission (~25%)

→ Inside Me

- According to this sermon, what am I doing well in keeping Christ at the center of my life?
- What needs to change so that Jesus—not my preferences—remains the center?

→ Who Else?

- Who in my life needs to hear about Jesus as the true center of all things?
- How can I share this truth or invite them to explore it with me this week?

→ Pray Together

- Pray for a clear vision to see Jesus as central in all things.
- Pray for strength to resist false “gospels” that compete for our allegiance.
- Pray for courage to share Christ’s supremacy with others and live as his witnesses.