

# THE ROAD LESS TRAVELED

PSALM 1

## MAIN TAKEAWAY

Choices matter—we make our choices, and our choices make us. The blessed and happy life is to choose the road less traveled: to delight in and meditate on the Word of God.

## INTRODUCTION

As your group time begins, use this section to introduce the topic of discussion.

**Do you have a favorite Psalm? If so, what is it and why is it so meaningful to you?**

**Psalms is a collection of 150 Hebrew poems, songs, and prayers of Israel's history. It gives real insight into David's heart, showing his courage, weakness, and fear. What is significant about this type of book being inspired by God and included in the Bible? What can you uniquely learn from the Psalms, and how have you experienced this?**

## UNDERSTANDING

Unpack the biblical text to discover what the Scripture says or means about a particular topic.

### HAVE A VOLUNTEER READ PSALM 1:1-3

**Pastor Greg explained, "Happiness should never be sought outright; it is a byproduct of certain principles being in play." How does the first Psalm give a contrast, revealing the difference between right and wrong choices? How does it define what it means to be happy or blessed?**

**The happy person walks the right way. Why is *walking* used to describe the Christian life (Colossians 2:6; 1 John 1:7)? How would you describe your walk with the Lord?**

**The happy person walks not in the counsel of the ungodly. How is the progression of temptation and sin described in this passage? How can each step be avoided?**

**The happy person thinks the right way. What is the connection between *delighting* in God's Word and *meditating* on God's Word? How can you practically do both?**

**The happy person is rooted the right way. How do Christians bear fruit (John 15:4-5)? How is spiritual fruit described (Galatians 5:22-23; Hebrews 13:15; Romans 1:11)?**

## **HAVE A VOLUNTEER READ PSALM 1:4-6 & MATTHEW 7:24-29**

**Describe the contrast between the "blessed" and the "ungodly" of Psalm 1. How have you seen this lived out in your life and in society? How does this give you assurance in your faith, and motivate you to share with those who are without God?**

**How is the contrast of Psalm 1 seen in the conclusion of the Sermon on the Mount? How are the results of both choices connected to the Word of God?**

**There are two ways to live, and the choice is yours: to be godly or ungodly, planted or rootless, to live a happy or wasted life. How do these choices inform your daily decisions? How can you be mindful of these spiritual realities throughout the day?**

## **APPLICATION**

Help your group identify how the truths from the Scripture passage apply directly to their lives.

**How have you followed Jesus on the road less traveled? What are the blessings and difficulties of walking on this road? Why is it the best choice and ultimately worth it?**

**We must read, study, memorize, and meditate on God's Word—a happy person stays in the Word of God every day. How are you making this a priority in your life? How does this reveal what you delight in and meditate on? How does this group help you focus on God's Word?**

## **PRAYER**

Give thanks to God for His Word. Pray that you will think and walk the right way. Pray that you will bear much fruit as you abide in Christ. Praise God for the blessed and happy life found in Jesus.