

## PRAYER



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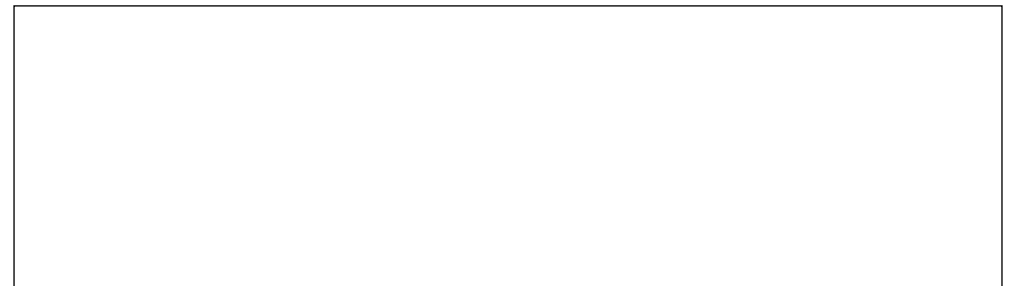
Lord God, we desire to be your blessed people. Grant us the wisdom and discernment to not seek counsel among the ungodly. May we show them Jesus, without seeking or listening to their counsel. Lord, the ungodly are all around us. We desire to please you, to show the world who you are, but we desperately need to stay close to you to do so. Our delight is you and your Word. Thank you that when we focus on you, meditate on your Word and fix our eyes on Jesus, you enable us to be who you created us to be. Your Word is powerful. Oh Lord, may our children delight in you and your Word; that is the cry of our hearts as parents. May they not walk in the counsel of the ungodly. As they grow, bring godly, wise, and loving friends and leaders into their lives. May you and your Word forever be the delight of our souls. We love you. Amen.

[\*His Mercy Is New - Psalm 1\*](#)

## WARM UP (OPTIONAL)

If you were the president or prime minister of any country, which country would it be, and what would be the first policy you would put in place?

## NOTES



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## WORD

<sup>1</sup> 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; <sup>2</sup> but his delight is in the law of the LORD, and on his law he meditates day and night. <sup>3</sup> 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. <sup>4</sup> The wicked are not so, but are like chaff that the wind drives away. <sup>5</sup> Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the righteous; <sup>6</sup> for the LORD knows the way of the righteous, but the way of the wicked will perish.

### [PSALM 1:1-6](#)

"Verse 2 is the key verse: 'but his delight is in the law of the LORD, and on his law he meditates day and night.' Notice the progression: delight, then meditation. Delight is a response of the heart to the beauty and value of something or someone—in this case, to God's Word. But meditation involves careful sustained thought—it takes work and involves the will. Meditation done well should serve, strengthen, and sustain delight. Meditation allows the Word to penetrate our minds, hearts, and wills more deeply. Through meditation, we are 'transformed by the renewal of our mind' ([Romans 12:2](#)). Meditation sends our roots down deep, taking in more and more of the life-giving water of the Word."

#### **-Cultivating Meditation**

"Our lives are unbelievably distracted. We are experts at multi-tasking, surfing, and skimming, but it is harder than ever to meditate. Therefore, it is imperative to intentionally cultivate meditation on God's Word. But how?"

If possible, find a consistent time, place, and plan. Then read slowly and carefully. Reread and reread. Read out loud (which is implied in the Hebrew word for meditation in Psalm 1:2). Read prayerfully. Read with a pen in hand. Memorize texts that you read. Read with other people and talk about what you see. Study a book of the Bible with a good commentary. Pray about a plan for Bible meditation this year, and talk about your plan with a Christian friend.

May you lay hold of the blessing of Psalm 1 as you delight in the beauty and value of God's revealed Word and seek to sustain and strengthen that delight through intentional meditation."

#### **[-Brian Tabb, Psalm 1: When Delight Overcomes Distraction](#)**

## GUIDE QUESTIONS

(NUMBERED ACCORDING TO LEVEL OF DEPTH AND READINESS TO SHARE)

1. On a scale from 1-10 (1 = none at all; 10 = extreme), how would you rate your ability to slow down and think without distraction? Why have you rated yourself this way?
2. Would you consider your friends as those who help you grow in your journey towards God, or not? Why have you answered this way?
3. Do you take time to reflect on God's character and goodness? If so, how do you do this? Do you document it? If not, would you find it helpful to do this as a regular practice? What might you be able to do to make room for this in your life?
4. Psalm 1 verse 2 talks about someone who meditates on the word of God day and night like a tree planted beside streams of living water. Why do you think this is the comparison? How would you see this as beneficial?
5. If you are not yet a follower of Jesus, would you choose today to trust him? Will you enable him to have all authority as the one who calls the shots in your life? Would you like to enter into a saving relationship with God through Jesus?

Ask your Life Group leader to lead you in prayer to receive Christ. You can pray this prayer:

*Dear Lord Jesus, I know that I am a sinner, and I ask for your forgiveness. I believe you died for my sins and rose from the dead. I turn from my sins and invite you to be the master of my life. I want to trust and follow you as my Lord and Saviour. I declare that I am yours, and you are mine. In Jesus' name, Amen.*