

# The Better Way to a Better Life

## Psalm 1

How can we experience the best life possible?

1. \_\_\_\_\_ what's "best"

- The best life is a \_\_\_\_\_ life

2. \_\_\_\_\_ our lives on God

## For Further Reflection and Discussion

*Opener: Where were you born? What's one thing you remember about the place your family lived when you were very young?*

How did God speak to you or work in you at church this Sunday?

Read Psalm 1. How would you summarize the main point the author is wanting to make?

What are some ways people in the world around us define "the good life"? How does this show up in how they spend their lives?

Look at v. 3. What does this metaphorical language of the tree communicate about a blessed person? What will be true of someone who is blessed in the ways this verse describes?

- How is this different from the wicked person described in v. 4?

What would you say to a friend who read this psalm and asked, "If this is true, then how come not everything I do prospers?"

Look at v. 5. What do you think about avoiding judgment being a motivation for following God?

- To what degree has this been a motivating factor for you or people you know?

In vv. 1-2, what differences are there between where the blessed and not-blessed persons direct their attention?

Why would the psalmist (or anyone, for that matter), "delight" in the law or instruction of the Lord (v. 2)?

What are some ways we can keep God's instruction and revelation of himself to us continually in our awareness?

How can we pray for each other?