

Meditate

Read this introduction and Scripture together before discussing.

Psalm 1 serves as a pivotal bridge between the Prophets and the Writings, offering profound insight into how we should approach all of Scripture through the lens of meditation.

The psalm paints a picture of the blessed person, who not only steers clear of godless and selfish behaviors but also “delights in the law of the Lord, meditating on it day and night.” As we contemplate this passage, let’s reflect on the voices and influences that are shaping our lives. Are we genuinely rooting ourselves in Scripture, allowing it to nourish our souls?

Blessed is the one
 who does not walk in step with the wicked
 or stand in the way that sinners take
 or sit in the company of mockers,
 but whose delight is in the law of the Lord,
 and who meditates on his law day and night.
 That person is like a tree planted by streams of water,
 which yields its fruit in season
 and whose leaf does not wither—
 whatever they do prospers.

—Psalm 1:1-3

Read

Discuss the Scripture

- 01 Take note of what a blessed person does every day. How does that expand your understanding of what it means to live “blessed”?
- 02 What does the blessed person avoid? Take note: wicked, sinners, and mockers aren’t just labels; they reflect attitudes and choices that can pull us away from God. In your experience, what does it practically look like to steer clear of these influences?
- 03 Reflect on the Hebrew word for meditate, “hagah” (to murmur, or “to growl over” like a lion over its food). How can meditation on Scripture be like savoring your favorite meal?
- 04 Think about the creative analogy presented in verse 3. How is a person delighting in Scripture daily like a tree planted by water?

Discuss the practice

- 01 How do you approach meditation right now?
- 02 What challenges do you face in staying consistent with your meditation?
- 03 The Psalmist invites us to delight in the law of the Lord. How can we infuse more joy into our times with Scripture each day?
- 04 Meditation shapes our identity — our imagination, beliefs, thoughts, and actions. Can you think of a specific truth from Scripture that has transformed your life? Share that with your group.
- 05 Paul describes Scripture as equipping us “for every good work.” Where might God be inviting you to join him in a “good work” in your community, family, or friendships?