

GROWTH GUIDE

ANCIENT PATHS | SPIRITUAL DISCIPLINE OF MEDITATION

PSALM 1

FOR THE WEEK OF NOV 1, 2020

For you. Your family. Your group.

Sermon Outline:

1. God's Word brings joy. Psalm 1:1-2
2. God's Word brings nourishment. Psalm 1:3-4
3. God's Word brings relationship. Psalm 1:5-6

REVIEW THE PASSAGE

Psalm 1 talks about a tree being planted by water. We recently studied John 15:1-17 in which Jesus uses a similar metaphor for growing in relationship with God. What similarities do you see between Psalm 1 and Psalm 15? Where do the tree (Ps 1) and the branch (Jn 15) get their nourishment from? What do those metaphors represent?

Read Psalm 1:1 again. Does anyone come to mind when you read this passage? Is there anyone in your life who tends to distract you from the path on which God has you?

ASSESS YOUR LIFE

What role do spiritual disciplines (Bible intake and meditation, prayer, evangelism, fasting, silence and solitude, journaling, etc.) play in your life? Have you seen joy, nourishment, and relationship with God come from meditating on God's Word?

Discipline without direction leads to drudgery. What is the direction that the spiritual disciplines are leading us? Have you seen discipline lead to desire which leads to delight in God's Word? Where are you now?

APPLY THE TRUTH

From the sermon, we learned we need a time, a plan, and a way to meditate on God's Word. When are you planning to meditate on God's Word? What is your plan? (Remember the "60 days through the Psalms" plan is available.)

Spend some time in prayer for our city and nation and all that we are facing together right now.