



Meditation
Psalm 1:1-6

*These questions are provided to lead the group in **applying** the teaching from Sunday. Allow the Holy Spirit to guide you in being a doer of God's Word. Challenge each other and be vulnerable as God works IN and THROUGH you together.*

1. How is **Taste & See** going? Share how you have engaged September's spiritual practice of slowing. In what ways does slowing help you experience God and be formed by him?
2. Share a story of turning down a wrong road and what happened.
3. Why is it important to think not only about individual decisions, but also about the direction those decisions are taking us?
4. Read Psalm 1:1-6. Who is blessed and who is not? Why?
5. Psalm 1:1 describes a progression: walking → standing → sitting. What do you think this progression means? What are some ways that we can gradually be influenced by the values of the world around us without realizing it? What is the difference between being around people who do not follow God and allowing their values to shape us?
6. What voices have the greatest influence on you right now? Family and friends? Social media? News? Entertainment? Work? Scripture? Other? Which of those voices most consistently shapes your thinking more than the others?
7. In Psalm 1:2, what does it mean to delight in God's Word (the law of the LORD) rather than simply read or obey it? What are some ways you have done this? What has helped you move from just reading the Bible to actually thinking about and applying the Bible?
8. Psalm 1:2 refers to meditating on God's Word "day and night." What might regular biblical meditation look like during an ordinary day? Have you tried the *Lectio Divina* method of meditation (see page 2 below)? How was it? Were you able to get direction from God from the Scriptures?
9. In Psalm 1:3, what do you think is significant about the picture of a tree planted by streams of water? The tree produces fruit "in season." How does that encourage you when you do not see immediate spiritual growth in yourself or someone else? How does it reassure you that you can still "have green leaves" even when you are not bearing fruit? In what ways have you experienced this?
10. In Psalm 1:4, why do you think the psalmist contrasts a deeply rooted tree with chaff blown by the wind? What are some things that can make a person's life look successful externally while their spiritual life is actually becoming increasingly empty? Which do you relate to the most right now, the tree or the chaff? Explain.
11. Meditating on God's Word can change the trajectory and paths of our lives. How does this Psalm motivate you to make meditating on God's Word a regular practice?
12. How can this group pray this week for our church, you, and your meditating?

A way to meditate:

Lectio Divina: Each week, enjoy spending 10 minutes a day reading a Bible passage 4 times:

Reading 1: Read each word slowly.

Reading 2: Reflect on the meaning.

Reading 3: Respond by considering an application.

Reading 4: Rest in God's presence and empowerment.

Recommended: Also use the [Meditation Tool](#) on the church's website.