

# BETHEL SMALL GROUP QUESTIONS

Psalm 1 – 05/12/24

## STOP AND PRAY

*Holy Spirit, open my heart and my mind to Your truth today! Then help me to be a Doer of the Word and not a Hearer only!*

- 1) What are a few of the things your mind is often filled with? For example, if you wake up in the middle of the night, what are you thinking about? If you're struggling to fall asleep, what's going on in your head? What are you most often talking about with friends or searching online?

Read Psalm 1:1–2

- 2) What are some of the things the Psalm says to avoid? What ways of life might we be tempted to meditate on rather than God's way?
- 3) When you hear the word "meditating" and think of meditation, what comes to mind? What is different about biblical meditation? (For reference – Psalm 1:2; Joshua 1:8; Philippians 4:8; Psalm 143:5)
- 4) What are the two pictures given of the blessed person and the wicked person?

Read Psalm 1:4–6

5) What is the end result of meditating on God's Word, or meditating on the world's way?

6) How does this apply when the wicked seem to prosper and God's people suffer?

Read Colossians 3:16

7) What are the natural outworking actions of meditating on God's word according to this verse?

8) What is one practical step you will take to meditate on God's Word this week, and take time to fill our minds with the things of God, rather than the things of this world?

*Take time to pray for each other.*

Use this prayer as the theme of your prayer time: "*Lord, your word is amazing! You have given us such a gift in revealing yourself through the Scriptures. Help me to meditate on the word. Saturate my mind and my days with the words of instruction found in the Bible, and plant me like a tree that flourishes.*"