



Series: Seasons in the Psalms
Passage: Psalm 1 and various
Title: The Blessed Life
Speaker: Pastor David Menard 7/6/2025

Discussion Starter – Have you ever owned a tool, piece of equipment, or computer program that has capabilities to perform tasks beyond your initial needs? How do you decide whether to invest the effort to learn and access the full power of the device? God’s word will reward us 100 fold as we invest in it and listen as it speaks to us.

Read Luke 24:44-48

1. What does Jesus say can be learned by a full understanding of the Hebrew Bible, (the Tanakh)?
2. What characteristics of the Psalms has earned the title of the prayer book of God’s people?
3. What is a doxology? What doxology appears at the conclusion of each of the 5 books of Psalms? (Ps 41, 72, 89, 106, and 150)
4. How does Hebrew poetry differ from our English style of rhyme and meter? How can you learn to recognize Hebrew poetry as you read individual Psalms?
5. What can we expect to learn from reading and meditating upon these 150 poems of prayer and worship?
 - a. What other growth, beyond simple learning, can we expect as we invest in the Psalms?

Read Psalm 1

6. What is the full meaning of some of the following key words in Psalm 1? (Blessed, walk, delight, meditate, chaff, and knows)
7. What behaviors does the blessed man not do, verse 1? What practices does he do regularly, verse 2? What is the promised benefit, verse 3?
 - b. How does your daily life align with these practices and behaviors? What would you like to do better?
8. How does this psalm describe a blessed life?
 - c. What is your goal for a “good life”? Does it correspond with Psalm 1?
9. What is the inevitable destiny of the ungodly, verse 4-5?
10. Who is “the blessed man” described in this Psalm? (You can have more than one answer)
11. How is Psalm 1 meditation similar and different from eastern meditation? From academic study? From memorization?
 - d. What raw, transparent, and honest to life questions do you ask of the bible when you read it? How will meditating on the Psalms help you to “get real” with God and bring your hard questions to Him?