

Knee Deep

The Good News is Renewal | Week 22

Reflection Questions

Psalm 1 is more like an introduction to a book than its first chapter. It sets the stage for the Psalms and shapes the way all the rest are to be read. Psalm 1 lays out two paths: life vs death, hope vs despair, blessing vs futility. The former comes through the way of God; Psalm 1 invites us into it. There we find renewal.

1. Sunday opened with “Numb” by Linkin Park. Do you share the passion for the Way (“law”) of the Lord as the Psalmist does, or does your relationship with God seem more like the lyrics in “Numb”?
2. When reading Psalm 1, do you identify more with the blessed man or the wicked man? Why?
3. Which song is closest to where you’re at spiritually: “Hurt” by Johnny Cash, “Bring Me to Life” by Evanescence, or “Comfortably Numb” by Pink Floyd?
4. Think of some of the other Psalms we’ve read (e.g. Ps 2, 22, 91, 137). How does Psalm 1 shape your reading of these and every other Psalm?
5. In what ways does “delighting” and “meditating” on (and by implication, following) the Way of the Lord lead to the path of blessing, hope, and life this Psalm talks about? In what ways doesn’t it?

Memorize Psalm 1:1-6

Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. ² But his delight is in the law of the LORD, and on his law he meditates day and night. ³ He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers. ⁴ Not so the wicked! They are like chaff that the wind blows away. ⁵ Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous. ⁶ For the LORD watches over the way of the righteous, but the way of the wicked will perish.

Week 22 Reading Plan

Mon: John 3

Tues: Ps 85

Wed: Ps 86

Thur: Ps 87

Fri: Ps 88

Extra read or memorization: Ps 119 zayin

Action Step

Each weekday, carve a prayer time with God. Use a Psalm from Sunday or the reading plan to guide you.