

# **Psalms**

## Songs of the Soul

Marilyn Kunz & Catherine Schell

Published by Q Place

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# 1

## Psalm 1

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### A Portrait of Fulfillment

**M**any people think of life as a pursuit of personal pleasure. Marketing companies and the movie industry appeal to that message and spread it deeper into the core of society. Since what is forbidden is often more enticing, advertisements use immorality to sell products, and movies portray situations that elevate licentiousness. What is evil is drawn with color and vibrancy, while what is moral is depicted as dull or restrictive or laughable.

With scenes that could unfold on a movie screen and pictures that could be brushed onto a canvas, Psalm 1 sets the foundation for the Book of Psalms with a clear view of life.

In our culture, where do people your age tend to look for fulfillment?

#### **Read Psalm 1:1-3**

1. What negative and positive statements describe the person who is blessed?

What deepening of association do the verbs in verse 1 indicate?

How is this progression true in life?

2. What significance do you see in the series **wicked, sinners, mockers**?

What do people scoff or scorn today?

3. What does the blessed person do?

*Note: **The law** (torah) **of the LORD** is really the instruction of the Lord. For a glimpse of its importance to the godly Jew, read Joshua 1:7-8 and Jeremiah 31:33.*

4. What two responses does the blessed person have toward God's law?

5. A dictionary definition of **meditate** is *to reflect upon; ponder; contemplate*. In the rapid pace of life and with all its distractions, how can a person effectively meditate on the law (or instruction) of the Lord?
  
  
  
  
  
  
  
  
  
  
6. As a result of delighting in and meditating on the law, what is a person like (verse 3)?

What qualities of life and character does this picture imply?

**Read Psalm 1:4-6**

7. What contrast is made between the godly person and the wicked (verses 3-4)?

What is chaff?

What qualities of life and character are implied by this description?

8. Jeremiah 17:5-8 also contrasts the wicked and the godly. What additional insights does it give you about each type of person?
  
  
  
  
  
  
  
  
  
  
9. What future do the wicked have?
  
  
  
  
  
  
  
  
  
  
10. What is the difference between the two ways of life?

## **SUMMARY**

1. How compelling is this portrait of fulfillment to you? Explain.
  
  
  
  
  
  
  
  
  
  
2. If you were to use this psalm as counsel for your life, how would it affect the ways you interact with people around you?
  
  
  
  
  
  
  
  
  
  
3. What aspects of your life would hinder you from the way of life presented in verse two?



What practical changes would you need to make in your life in order to ***delight in the law of the LORD?***

## **PRAYER**

*Dear Lord, help us to be aware when we walk in step with people and messages that aren't in agreement with you. Help our lives to be fulfilled and fruitful by delighting in the way of life that you intended for us. Amen.*