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 **Week 1**

**Psalm 1**

**INTRODUCTION**

Psalm 1 is all about how to be happy. Talk about some of the happiest moments in your life – what was going on, who was involved, and why was the experience such a positive one for you.

**DISCUSSION QUESTIONS**

1. Psalm 1 says that happy people are defined by the company that they keep. Talk about how your friends influence you – is it for good or bad?
2. According to Psalm 1 happy people delight in the law of the Lord and meditate on it regularly; how do you feel when you read the Bible? How do you think you could find more delight in it?
3. Meditating on God’s Word should change you. How have you been changed by the Bible?
4. Psalm 1 describes happy people as righteous, but it also describes a second group of people – the wicked. What makes these two groups of people different? How can you know which group you’re in?
5. Read Isaiah 55:6-7. What does it say God’s response is to those who turn from wickedness towards Him? How does that impact you and the people around you?

**STEPPING FORWARD**

Psalm 1 gives us the same message as the rest of the Bible – either you have a relationship with Jesus and are considered righteous or you don’t and are considered wicked – the righteous will prosper, the wicked will perish. This week think about the people you know – which side are they on? Is there anything you can do to help them change sides?

*Small is the gate and narrow the road that leads to life, and only a few find it.*

**Matthew 7:14**