

Psalm 1

KEY VERSES

Happy are those

who do not follow the advice of the wicked
or take the path that sinners tread

or sit in the seat of scoffers,

²but their delight is in the law of the LORD,
and on his law they meditate day and night.

³They are like trees
planted by streams of water,
which yield their fruit in its season,
and their leaves do not wither.

In all that they do, they prosper.

⁴The wicked are not so
but are like chaff that the wind drives away.

⁵Therefore the wicked will not stand in the judgment
nor sinners in the congregation of the righteous,

⁶for the LORD watches over the way of the righteous,
but the way of the wicked will perish.

Immersing ourselves in the Psalms helps orient us into a prayerful relationship with God. The psalmist describes those who *delight* in the law of the Lord as *happy* and *righteous*. The audience of the Bible at the time would have heard these words and thought of the Torah - the first five books of the Bible - which described a world that God loved and delighted in, rather than a world bound by the law. **What does it mean to you to delight in the law of the Lord? What makes it difficult for you to practice it?**

In addition to delighting in God's law, the psalmist calls us further to *meditate* on it, day and night. Rather than an eyes-closed, passive act of meditation, the psalmist envisions an active, eyes-open, aggressive meditation in the midst of our dynamic world. **What image of active meditation do you hold in your mind? How can this type of meditation on God's word help your faith become more alive?**

As Christians we live with confidence that we find ourselves right in the middle of this story that the psalmist describes, that is still so alive. However, as grounded as we might feel in our faith, we often find ourselves too busy or distracted to enter into God's story. The danger of our distractedness is that we fall prey to other narratives and voices of this world. Attention-span data is alarming yet it plagues each of us - how often do we give up after waiting too long for a webpage to load? Ben challenges us to read the book of Philippians each day as we enter into this new 11-week sermon series next week. Sustained engagement in the Word produces deep grooves in our souls, helping us become the fully alive version of ourselves that God delights in. **How can you work to improve your attention span this week, committing to all that is real and beautiful in the world - relationships, justice, community, laughter, creativity? Make note of how God opens your eyes.**