

MIXTAPE ▶▶

HITS FROM THE HEART

"Track 1. Wisdom"



Questions for Reflection: Psalm 1

1. What does it mean to be 'blessed'? Does the meaning change for you if the opening word of this Psalm is translated as 'happy' instead of blessed?
2. How does Psalm one and two serve as an introduction to the entire book of Psalms?
3. In what way is Psalm one a wisdom poem?
4. In your own words, how would you summarize the primary truth of Psalm one?
5. According to the Psalm, what does the blessed man avoid?
6. Is there a progression of sin and disobedience in the Psalm (walking, standing, sitting)? What does this kind of progression look like in real life?
7. By contrast, what does the blessed man do? How is it possible to meditate day and night?
8. This Psalm presents two clear paths: the way of the righteous that leads to happiness and the way of the wicked that leads to destruction. What other passages in the Bible support or reflect these two paths? Does the Bible ever present a third path?
9. What is the difference between the chaff and a tree in the context of this Psalm? How do these images describe the character of the wicked in contrast to the blessed?
10. How do people today attempt to find happiness? What can you do this week to walk the path of the righteous toward happiness?