



UPSTATE GROUP GUIDE

Through the Bible

May 19- 25

Psalm 1

Things to Know

See Other Sermons Here

[Click Here to Watch](#)

VBS MAX Simpsonville Volunteers Needed

June 23 -26, 2025 - [Click Here to Volunteer!](#)

VBS MAX Haywood Volunteers Needed

June 23 -26, 2025 - [Click Here to Volunteer!](#)

Gospel Connections and Conversations

[Click Here to report your Gospel Connections & Conversations](#)

Studying God's Word *In Community*

*Reminder. Seek to understand and apply God's word, **not** rehash the sermon.*

Sermon Recap

1. The blessed life isn't about avoiding sin—it's about delighting in God.

Psalm 1 doesn't start with a list of dos and don'ts. It starts with desire. The blessed man doesn't just say no to sin—he says yes to the Word of God. You don't stumble into this kind of life; you plant yourself in it.

2. Whatever fills your mind will shape your direction.

You're either being formed by the world or by the Word. The blessed man meditates day and night because he knows this: if you want deep roots and real fruit, you've got to stay near the stream.

3. You're on a path—and it's leading somewhere.

Psalm 1 isn't about two kinds of people—it's about two ways to live. One ends in life, the other in ruin. You don't have to guess which road you're on. Look at what you love, and follow it to its end.

Discussion Questions

1. Psalm 1:1

What does the progression from walking, to standing, to sitting teach us about the subtle nature of sin's influence?

Where do you see this kind of drift in your own life or in the world around you?

2. Psalm 1:2

What does it look like to truly “delight” in the law of the Lord?

How can we cultivate a desire for God's Word rather than treating it as a duty or checklist?

3. Psalm 1:3

The blessed person is described as a tree planted by streams of water—stable, fruitful, and enduring.

What habits or rhythms in your life help you stay spiritually rooted and nourished?

4. Psalm 1:4–5

Why do you think the wicked are compared to “chaff”?

How does this image shape our understanding of a life disconnected from God?

5. Psalm 1:6

The psalm ends with a reminder that the Lord “knows the way of the righteous.”

How does it comfort or challenge you to know that God watches over your path?

Read

Read Psalm 1 and make observations about the text.

- What is God teaching us in the passage?
 - What does this reveal about who God is, what God has done, and how I should respond?
 - Which part of the text was most meaningful to you and why?
 - What do you need help understanding about this passage?
-

Scripture

Psalm 1

The Way of the Righteous and the Wicked

- 1** Blessed is the man^[a]
who walks not in the counsel of the wicked,
nor stands in the way of sinners,
nor sits in the seat of scoffers;
2 but his delight is in the law^[b] of the Lord,
and on his law he meditates day and night.
- 3** He is like a tree
planted by streams of water
that yields its fruit in its season,
and its leaf does not wither.
In all that he does, he prospers.
- 4** The wicked are not so,
but are like chaff that the wind drives away.
- 5** Therefore the wicked will not stand in the judgment,
nor sinners in the congregation of the righteous;
6 for the Lord knows the way of the righteous,
but the way of the wicked will perish.

Footnotes

- a. Psalm 1:1 The singular Hebrew word for *man* (*ish*) is used here to portray a representative example of a godly person; see Preface
- b. Psalm 1:2 Or *instruction*

[The Holy Bible, English Standard Version](#). ESV® Text Edition: 2016. Copyright © 2001 by Crossway Bibles, a publishing ministry of Good News Publishers.
Psalm 1

Living on Mission In Community

Psalm 1 doesn't just invite us to admire the blessed life—it calls us to walk in it. The person who flourishes isn't the one with the most talent, resources, or influence, but the one who delights in God's Word and avoids

the slow drift into compromise. The blessed life is not found in chasing what the world offers but in being rooted where God plants us—sustained by His truth, shaped by His presence, and fruitful in every season. But the path of the wicked is marked by instability, aimlessness, and eventual ruin. In the end, every step we take is forming a direction. So the question is: which path are you walking today, and what are you delighting in along the way?

How is God leading me to respond to His Word this week?

Optional Breakout Questions

Consider making time at the end of the group to break out into groups of 2-4 (keep them gender specific). Have them answer these three questions about their weeks:

1. How did you feed yourself?
 - *(What have you been doing to feed your spiritual life, and how is it going?)*
 2. How did you feed others?
 - *(How did you share the gospel or gospel truth with someone this week?)*
 3. How did you feed your flesh?
 - *(What sins did you struggle with this week? How can your friends hold you accountable?)*
-

Leader Resources

Psalm 1 – The Way of the Blessed Man, The Way of the Wicked Man

1. Session Overview:

Psalm 1 presents a clear and compelling picture of two paths: one that leads to life and flourishing, the other to judgment and ruin. This session explores what it means to live as the “blessed man” rooted in God’s Word and warns against the drift toward wickedness. At its core, this psalm is a call to delight in God’s truth and plant our lives in His presence.

2. Opening (Prayer & Icebreaker):

Icebreaker Question:

What’s one thing that grounds you during a stressful or chaotic week?

Break into groups of 2–3 and ask:

“Is there any way we can pray for our personal walks with God this week?”

Leader Opening Prayer Suggestion:

Pray for hearts that delight in God’s Word and lives that are rooted in His truth. Ask for wisdom to discern the path we’re on and strength to walk in righteousness.

3. Scripture Reading:

Read Psalm 1:1–6 aloud together.

4. Teaching Points:

I. The Way of the Blessed Man (vv. 1–3)

Teaching Point 1: He resists the pull of the world (v. 1)

There’s a progression of compromise: walking, standing, then sitting in sin.

The blessed man is not passive—he avoids worldly counsel and scoffing.

Quote: “Sin is not stationary; it is always moving us deeper into destruction unless we resist it.” – Charles Spurgeon

Teaching Point 2: He delights in the Word of God (v. 2)

His joy is not just in avoiding sin, but in loving Scripture.

“Meditates day and night” suggests constant reflection and application.

Quote: “You become what you meditate on. If you meditate on the Word, you become like a tree.”
– Tim Keller

Teaching Point 3: He is rooted, fruitful, and resilient (v. 3)

The blessed person is stable, nourished, and prosperous in God’s eyes.

This isn’t worldly success, but spiritual flourishing.

Quote: “The tree is no mere channel of blessing but a fruitful life that blesses others.” – Derek Kidner

II. The Way of the Wicked Man (vv. 4–6)

Teaching Point 4: He is weightless and wasted (v. 4)

Chaff is dry, rootless, and easily blown away—symbolizing a wasted life.

Quote: “Without roots in God, everything else becomes weightless in eternity.” – John Stott

Teaching Point 5: He will not stand in judgment (v. 5)

Wickedness is not just morally wrong—it is spiritually fatal.

God will separate the righteous from the wicked.

Teaching Point 6: He is on a road to ruin (v. 6)

The righteous are known by God; the wicked are left to perish.

Every person is on a path—Psalm 1 asks, which one?

5. Discussion Questions:

What does it mean to be “blessed” according to Psalm 1? (v. 1)

In what ways have you experienced the slow drift from walking to sitting with sin? (v. 1)

How would you describe your current relationship with God’s Word—delight, duty, or distant? (v. 2)

What might it look like for your life to be like a tree “planted by streams of water”? (v. 3)

How do verses 4–6 reshape our understanding of success, security, and eternity?

6. Application Points:

Evaluate your inputs. What counsel are you walking in, what content are you consuming, and who are you sitting with spiritually?

Prioritize God’s Word. Consider how you can develop a habit of meditating on Scripture—perhaps through journaling, memorization, or morning reading.

Seek rootedness over busyness. Being planted means stability. Ask yourself: am I growing deeper roots or chasing shallow things?

Reflection Question:

What one step can you take this week to move from distraction to delight in God’s Word?

7. Closing Reflection and Prayer:

Leader’s Closing Reflection:

Psalm 1 reminds us that the most important decision we make is not what we do, but where we are planted. One road leads to life and fruitfulness, the other to judgment and emptiness. In Christ, we find the Blessed Man who walked the righteous path perfectly. He invites us to follow Him.

Group Prayer Prompt:

Thank God for His Word that gives life. Ask Him to help your group be people who delight in His truth and live like fruitful trees. Pray for those who may feel rootless or weary.

8. Memory Verse:

Psalm 1:2

“But his delight is in the law of the Lord, and on his law he meditates day and night.”

9. Leader’s Notes:

- Encourage group members to commit to reading one Psalm a day this week.

Consider assigning a “Psalm 1 Tree Check-in” midweek—ask: “How’s your root system?”

Remind the group: spiritual health is not measured in activity but in rootedness.

