

# Beginning the Journey: Delight and Discipline

## Psalm 1

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Tuesday Morning Men's Bible Study

Park Cities Presbyterian Church

September 12, 2017

### Psalm 1

<sup>1</sup>Blessed is the man  
    who walks not in the counsel of the wicked,  
nor stands in the way of sinners,  
    nor sits in the seat of scoffers;  
<sup>2</sup>but his delight is in the law of the LORD,  
    and on his law he meditates day and night.

<sup>3</sup>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.

<sup>4</sup>The wicked are not so,  
    but are like chaff that the wind drives away.

<sup>5</sup>Therefore the wicked will not stand in the judgment,  
    nor sinners in the congregation of the righteous;  
<sup>6</sup>for the LORD knows the way of the righteous,  
    but the way of the wicked will perish.

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### Table Discussion Questions:

1. What are some reasons we need a guide for worshipping God?
2. Can you think of ways that we make a religion out of only pieces of the truth?  
    Why is this dangerous to us and to others outside the faith?
3. What strikes you about the “blessed man” of Psalm 1? What is his delight?  
    How does he guard and enjoy it?
4. When are spiritual disciplines (religious duties) most difficult to engage in?  
    What should we do in those challenging moments/seasons?
5. Why is it important to read the Psalms with Jesus in mind? When has His grace proved a deep source of delight to you personally?