

Summer Psalms: Psalm 1

Life Steps | July 30 & 31, 2016

Day One

Psalm 1

Begin to memorize and mediate on Psalm 1. Read Psalm 1 several times out loud and then write out Psalm 1 in your journal. Circle the two or three words that resonate most with you and explain why.

Day Two

Psalm 1

Continue to memorize. What does Psalm 1 teach us about God, humanity, and life itself? Why do we need to be reminded that the “righteous” succeed and the “wicked” will perish? (Psalm 14, Romans 3:23-26) On an emotional level, what lines stand out in Psalm 1? Explain.

Day Three

Psalm 15

The Psalms are meant to instruct the mind. How could you use this Psalm to teach your family the characteristics of a “righteous” person? Write a proactive sentence for each key lesson.

Day Four

Psalm 8

What does Psalm 8 teach us about God and human beings? How are we like and different than God? What does Psalm 8 teach us about Jesus? What does it teach us about our responsibilities as human beings? Recite Psalm 1 from memory.

Day Five

Psalm 133

What emotions does Psalm 133 stir up within you? Why is “living together in unity” so difficult? What kind of commitments does unity require of us? How do the principles of unity and purity conflict with each other? Why does Jesus place such a high value on reconciliation and unity?

Day Six

Psalm 1

Read Psalm 1 then recite from memory. Meditate on the difference between being chaff and a fruit bearing tree. Journal your reflections. Hint, read Galatians 5:13-26.

Day 7

Psalm 139

Identify the myriad of emotions described in Psalm 139. In what way does the wonder of creation appear to affect the psalmist? What does he ask God to do in his concluding prayer? Pray through Psalm 139.