

Sunday, June 20, 2021 - "Summer in the Psalms - Week 1 - Blessed (Psalm 1)" - Karl Doug Kempton

Key Passages: Psalm 1, Ephesians 4:15, Habakkuk 3:17-18, Jonah 2:8

- Feel free to read the passage(s) out loud as a group
- Allow the group to share freely about what stood out to them from the passage or from Sunday's message

Main Ideas

- The Psalms have the ability to grow us up, both in THEOLOGY and WALK WITH GOD
- It helps us realize that all of our thoughts and feelings are part relating to God...There is a raw honesty present in the Psalms
- If we want true community, we have to be honest with one another
 - Ephesians 4:15
 - Truth → growing up in Christ
- Psalms were originally intimate/personal songs meant to be shared in community
 - "I" is a new concept
 - When one mourns, we all mourn (community)
- Some have said that the book of Psalms is just a long sermon explaining Psalm 1
- There are 2 ways of life (the way of the wicked OR the way of the righteous)
 - We're on one or the other
 - It is a constant process deciding which path we will follow
- What does being blessed mean?
 - Blessed = happy, experiencing joy regardless of circumstances
 - When Jesus was born...good news of great joy
 - God wants us to be happy BUT there's a catch...there is only one path to this happiness
 - Prosperity in Psalm 1 has nothing to do with wealth or circumstances
- The path we choose determines the blessing
 - We are choosing all the time
 - We are incapable of walking the path of the righteous without the Spirit of God
 - We have all we need, but are rebellious by nature
- Delighting in following God is not RESTRICTIVE, it's PROTECTIVE
- The idea of delight is everywhere in the Psalms
- There is a connection between the decisions we make and our experience of the Holy Spirit
- We reach for God but cling to something else
 - We forfeit experiencing more of God's Spirit
 - There are practices that help
 - Generosity peels our hands from our money
 - Serving releases our grip on ourselves
 - Praying for our enemies rids of unforgiveness
 - We don't need more fruit, we need more of the Holy Spirit
- The blessing is found in our delight in God. God wants you to delight in Him and in following his will for your life

Questions (Feel free to use all of these, some of these, or none of these)

1. What or who do you delight in? What does that mean to you?
2. What do you think it means to delight in the Lord?
3. What has God taught you about dinging happiness and joy in the midst of any circumstance?
4. How have you seen the connection between the decisions you make and you experience or lack of experience of the Holy Spirit?
5. How are you doing about having raw honesty with God? How is he challenging you in this area?
6. How is God asking you to delight in Him and his will for you life?
7. What is God inviting you into as a result of this passage or sermon?

****15 Minutes with God Reading Plan-**

Mon: Psalm 21 Tues: Psalm 51 Wed: Psalm 81 Thurs: Psalm 111 Fri: Psalm 141

Songs from the weekend: [Mountaintops - *The Belonging Co*] - [Shall Not Want - *Elevation Worship & Maverick City*] - [Everlasting God - *William Murphy*] - [10,000 Reasons - *Matt Redman*]