



## Week of September 19, 2021 In the Habit of Dwelling Psalm 1:1-3

### Day One: Read Psalm 1:1-3

<sup>1</sup> Happy are those who do not follow the advice of the wicked, or take the path that sinners tread, or sit in the seat of scoffers; <sup>2</sup> but their delight is in the law of the LORD, and on his law, they meditate day and night. <sup>3</sup> They are like trees planted by streams of water, which yield their fruit in its season, and their leaves do not wither. In all that they do, they prosper.

- Our worship series is called “In The Habit.” We’re exploring discipleship habits that connect us more deeply with God in ways that shape our lives into Christ’s likeness. This week we’re exploring how being “In The Habit” of “Dwelling in the Scriptures” is a powerful habit that roots us in Christ and enables us to bear fruit in daily life. Read Psalm 1. What thoughts come to mind? What questions rise for you when you read this Psalm?

### Day Two: Read Psalm 1:1

- Psalm 1 is known as a Wisdom Psalm. It provides practical, spiritual guidance and timeless wisdom that is as relevant today as it was when it was first written centuries before Jesus was born. As you read verse 1, think about a time when someone gave you really good advice that you followed. How did that advice benefit you? Can you think of a time when you learned a valuable lesson from bad advice?

### Day Three: Read Psalm 1:1-3

- Journaling is a good method for dwelling in scripture. Today, read the whole passage (above) paying attention to the words or phrases that stand out. Write down what you notice. Then, identify words or phrases with which you deeply resonate. Finally, write down words or phrases that you do not understand or maybe even disagree with. Finish by writing a few sentences about your interaction with this Psalm.

### Day Four: Read Psalm 1:1-3

- Praying the scripture is a good way to dwell in God’s Word. Again, read the entire passage from Psalm 1, using your imagination to re-imagine, and re-write the Psalm in your own words. Use your God-given creativity to reimagine the passage as a prayer. There is no right or wrong way to pray. You get to use the inspiration that God breathes into you using the words that seem just right for you as you dwell in the Word.

### Day Five: Read Psalm 1:1-3

- Watch for reminders of Psalm 1 today. We’ve looked at the first three verses of Psalm 1 this week. So for each of the next few days, read just one verse in the morning. Memorize it if you want. Then, as you move through the day, watch for real-life examples of that verse during the day. For instance, today read verse 1: “Happy are those who do not follow the advice of the wicked, or take the path that sinners tread, or sit in the seat of scoffers...” Watch for people around you who make wise decisions. Watch for people who are asking for help from trusted family and friends. Then notice how that impacts their lives. On another day, read verse 2: “...their delight is in the law of the LORD, and on his law, they meditate day and night.” Pay attention to people you may know who have a daily practice of reading their Bible. Ask them about their daily habit. What works? What is helpful? Do they use a schedule? How does daily meditation create blessing in their lives and the lives of others around them? On one more day, read verse 3: “They are like trees planted by streams of water, which yield their fruit in its season, and their leaves do not wither. In all that they do, they prosper.” Who do you know who is like this? What are the habits that they have set in place to become like this?