

Three Methods of Making Dwelling a Habit

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; ² but their delight is in the law of the LORD, and on his law they meditate day and night. 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. (Psalm 1:1-3 NRSV)



Journaling Psalm 1

- 1) Read the whole passage, paying attention to the words or phrases that stand out, then write down what you notice.
- 2) Identify words or phrases you particularly connect with; if you find yourself saying, “That’s my experience!”
- 3) Write down the words or phrases that don’t make sense to you or you do not understand; maybe even things you disagree with.
- 4) Write a few sentences about your interaction with the Psalm.

Praying Psalm 1

When you read Psalm 1, use a translation that is meaningful for you. As you read it, use your imagination to rewrite the Psalm in your own words. For example –

1 Lord, I know I am happiest, I’m truly blessed when I am following you — when I’m looking for you, when I’m seeking you instead of following after other things.

2 God, your word is delightful. Make your Word my delight. Make my delight your Word. Help me always to find my delight in you.

3 God, your ways are sure and strong and provide a sturdy foundation — your ways bring guidance in all things.

Watching for Psalm 1

We looked at the first 3 verses in Psalm 1; for each day this week, read one of the verses 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.

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 are making wise decisions, people who are asking for help from trusted family and friends; then notice how that impacts their lives.

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 know who have a daily practice of reading the 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 in the lives of others around them?

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.”*

- “Like trees planted by streams of water...” What a lovely image. Who do you know that is like this? What are the habits that they have set in place that help them become like this?