

# The route to blessing #1

*We're going to spend a few Sundays understanding and meditating on Psalm 1. It tackles the fundamental question: how can I be happy?*

## Read Psalm 1

Focus on verse 1.

- ❓ *What is the first step towards being blessed by God?*
- ❓ *Why is this negative message so unpopular with our world today?*

The message is “repent”. Being blessed by God involves turning away from practices and attitudes that may be normal, enjoyable, and even seem “sensible” to us.

## Beware walking with the “wicked”

- ❓ *What do you think it means to “walk in step with the wicked”?*

It is a mistake to think that “wicked counsel” (NIV84) is limited to those who might encourage us to lie, steal or harm others. In the Bible, wickedness refers to any way of living that leaves God out of the picture. Wicked counsel is both the encouragement of friends to waste money on frivolities, and the “sensible” advice of a kindly gran who tells you to “look after number one”.

- ❓ *Can you think of some subtle (and so more dangerous) ways in which people might live by “wicked” counsel?*

## Care in company

- ❓ *Why is the company we keep so important?*

As any parent knows, the company we keep—the friends we choose to spend time with—is one of the most significant factors in how our character develops. Their attitudes and values can rub off on us without us noticing. And so all too easily we can find ourselves adopting the life, or “way”, of “sinners”—those who deny and defy God’s rule in life.

## Steer clear of mockery

- ❓ *Why can mocking others be so tempting to do or to watch?*

Mockery puts us in the position of feeling we are superior to others. That makes it soul acid that eats away at us, leaving us with a distorted view of ourselves and a sneering cynicism about others.

## Apply

Think about your values—how you think life should be lived. Think about the friends you spend time with, the comedy shows you watch, the books you read.

- ❓ *What effect do they have on you? Could they be leading you away from enjoying life under God’s rule?*
- ❓ *Are there any practical steps you need to take?*
- ❓ *Is there anything you’re trying to avoid confronting? Remember—without repentance, there is no blessed life!*