

Life Application Notes

Week beginning 29th June 2020

Psalms Part 1 - *Psalm 1*

Dave McNee

Opening Up

When is a time that you have had to relearn something? What was it, how long did it take?
When has your thinking on a subject been reformed because of what someone has said?
How did that change your point of view?

Dave says that the Psalms, and the Law of the Lord more generally should be able to reform our thinking patterns, as a personal trainer can reform our physical performance. Has this happened to you?

Digging In

Emotions in the Psalms

Dave listed 16 emotions that can easily be found in the Psalms. Read through Psalms 33. How many emotions can you find in this one Psalm? (Joy, love, fear, awe, frustration, hope, gladness)

Are there particular psalms that you turn to in response to particular emotions? Below are some examples. How do these impact you in that emotional state?

- Afraid - Psalms 56
- Far from God - Psalms 139
- Awe/praise - Psalms 103
- Troubled - Psalms 88

Meditating on the Law of the Lord day and night

Read Psalm 1:1-2. Dave gave eight tips to help us find the time and the tools to meditate on the Law of the Lord day and night. Have you struggled to form a regular habit? What of these have you tried? What could you do differently with the tips below?

1. Have "my Bible" not "a Bible"
2. Have a time and a place
3. Make a plan
4. Turn off your notifications
5. Try an audio bible
6. Try reading narrative fast
7. Try reading wisdom slow
8. Build in other habits too

What does success in this look like?

Read Psalm 1:3-4. Note how the psalmist describes the one who meditates on the Law of the Lord night and day. How would this look in real life? Can you think of anyone who fits the description? How does this person:

- Give colour?
- Give shelter?
- Bear fruits of the spirit?
- Give praise to God?

Rounding Off

Read Psalm 1:5-6. It can be difficult to hear that the unrighteous “will not stand in the judgement”, as we as humans are naturally wicked. Read Romans 3:21-26, and remember that we have righteousness through Jesus!

Pray that God uses the psalms to speak into every part of our lives and that we would be reformed by them. Pray for each other as we commit or recommit to meditating on the Law of the Lord day and night.