

# Summer In Psalms

## Psalm 1

*#Blessed*

02 July 2023

**Who is Blessed?**

**Do you delight in the law of the Lord?**

**הגה** hagah: to moan, growl, utter, speak, muse

**How might you chew on the word of the Lord?**

### **Lectio Divina**

1. Reading: Read a passage slowly and carefully within the Bible.
  - a. What words or phrases strike me?
  - b. What stands out or emerges from the text?
2. Meditation: Thinking deeply or dwelling upon a spiritual reality within the text.
  - a. What is God saying to me in MY life?
3. Prayer: Have a loving conversation with God.
4. Contemplate: Resting in God's presence
  - a. This is key. Listen. Quiet down and listen.
5. Action: Go and do, apply

**What does blessing look like?**

**What is your picture of a blessed life?**

**What does God want you to DO with the blessing?**

Press in on that question.

We are blessed to be a blessing to others.

We aren't supposed to selfish

And keep the blessing to ourselves.

### **CONTRAST**

*Not so the wicked!*

*They are like chaff that the wind blows away.*

*Therefore the wicked will not stand in the judgment,*

*Nor sinners in the assembly of the righteous*

*For the Lord watches over the way of the righteous,*

*But the way of the wicked leads to destruction.*