



*Psalms Volume 2: Life-Changing Lessons*  
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## CONTENTS

New Community Bible Study Series	6
Introduction	11
<b>Session 1</b>	
<i>The Road to Blessedness</i> —Psalm 1	13
<b>Session 2</b>	
<i>Godly Guilt</i> —Psalm 38	22
<b>Session 3</b>	
<i>Choosing to Trust God</i> —Psalm 56	30
<b>Session 4</b>	
<i>Fear Not</i> —Psalm 91	39
<b>Session 5</b>	
<i>The Blessings of Obedience</i> —Psalm 112	47
<b>Session 6</b>	
<i>Dwelling Together in Unity</i> —Psalm 133	54
Leader's Notes	62

## SESSION ONE

# The Road to Blessedness

### PSALM I

Some people base their day on a horoscope, hoping the stars will guide them. Others call on a psychic, trying to get some kind of insight into the unknown that lies ahead. All through history people have wanted to get a glimpse over the veil of time and see the future. The truth is that no person can accurately predict events.

Psalm 1 raises a few eyebrows because the psalmist says you can know your future before it happens, that you can be certain of your “blessedness quotient.” This psalm contrasts the way of a godly person and the way of the wicked. It claims that certain people are going to experience what the Bible calls “blessedness” in their future.

When you think of this word, *blessedness*, what comes to your mind? Blessedness, as the Bible describes it, is the heart condition the whole world is looking for. It really is. It can't be defined in a short sound bite. But it can be experienced by anyone and everyone who walks through this life with God.

Blessedness is:

- An indescribable inner sense of well-being and total security; a calm assurance of your self-worth
- That vitality of spirit you feel deep down in the core of your being when you know you are rightly related to God and can sense his presence and activity in your life
- The knowledge that you are being conformed into the image of Jesus and being used regularly for his purposes; that your life is making a difference
- The rock-solid confidence and peace that God is providing protection and guidance for your life, that he is in control even in the middle of life's storms and trials

- The certainty that God is going to take you home to be with him someday and that you will spend eternity in his presence

That is blessedness!

Though words can't capture and contain the fullness of biblical blessedness, it is what every heart yearns to experience. And in Psalm 1, God lets us know that we can live in blessedness.

## Making the Connection

1. What are some of the ways people try to control their future so that they can feel safe and secure?

## Knowing and Being Known

### Read Psalm 1

2. The psalmist paints a dramatic contrast between the "blessed person" and the "wicked person." What contrasts do you see?
3. Tell about a time in your life that you really experienced biblical blessedness.

*What led to this season of intimacy with God and connection to his plan for your life?*

## Read Psalm 1:1

### At the Intersections of Life

The psalmist is painting a picture. You are a traveler along the road of life and you come to a crossroads. As you stop at this intersection, one way points to a call to obedience and following God's plan and teaching; it is the road to blessedness. The other way is also well marked and looks attractive. There are people standing at the intersection calling out to you. Psalm 1 calls them "wicked," "sinners," and "mockers." Like a salesman on commission, they see you and start talking ... they want to sell you their product.

They tell you that the road marked by obedience does not lead to blessedness. They say, "Come on over here; let's have a discussion because you need to know the truth. The road named obedience leads to bondage, narrow-minded living, and it is a moral straitjacket. There is no fulfillment on that road." They offer their counsel, argue their theories, and shout their slogans. "Live for the day!" "You only go around once!" "Nice guys finish last!" "Do unto others before they do unto you!" They will do all they can to get you to follow their counsel and leave the path of blessedness.

4. What are some of the voices in our culture that are shouting out and seeking to get this generation to leave God's road of blessedness and walk the path of the wicked?

*What are some examples of how these voices are prevailing and what are some of the consequences?*

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5. We all hear the voices of the wicked, the sinners, and the mockers. They never shut up! What are some of the things you have done to keep yourself from being distracted and influenced by these voices?
  6. Imagine yourself standing at the crossroads and you see a person right there, at the intersection, about to take a step off the road of blessedness and head down the path of the wicked. It all looks and sounds so good. What advice would you give this person?

**Read Psalm 1:2; 119:1 – 9; and 2 Timothy 3:14 – 16**

### Surprising Delight

What do you delight in? We all have things that hit the spot when it comes to personal delight. A comfortable chair, a cold drink, a big bag of chips, Sunday afternoon, a remote control clenched in our fist, and football games on multiple channels. Delight! A roaring fire, a quilt over your knees, a hot cup of coffee, and a good book. Delight! A table covered with food and encircled with family members, great conversations, and hearty laughter. Delight! Each of us has moments in life that bring a depth of emotion that can be described as delight.

The psalmist points out that another way to experience blessedness is to delight in the words of the Bible. He does not say, “Force yourself to read the Bible,” or, “Study the Bible because it’s good for you.” The picture is clear. When we delight in God’s teachings and truth revealed in the Bible, we grow in blessedness. As we naturally meditate on the truth of Scripture, day and night, blessing flows. In this life, lots of things can bring us delight, but on the top of the list should be a delight in God’s Word.

7. Tell about a person you know who delights in God's Word. How has their example of loving the Bible influenced you?

*How does their meditation on the truth of the Bible shape their life and character?*

8. How do you seek to grow a love for studying and meditating on the Bible into your life?

9. What is a passage in the Bible that brings you great delight? Read it and share how God speaks to you through it.

*If there is a passage in the Bible you have memorized, would you share it with your group and tell them what this portion of Scripture means to you?*

## An Oasis in a Desert

A blessed person is like a flourishing tree growing by a river. For most of us the picture of a green tree is no big deal. But this psalm was written in a place and time where water was a precious commodity. The image in Psalm 1:3 conveys the idea of an oasis. It is a picture of a tree that is healthy and has an absolutely unlimited supply of water flowing to its roots. There is life, hope, fruitfulness, purpose, and prosperity. What a beautiful picture of what our lives can look like when they draw nourishment, every day, from God!

**Read Psalm 1:3; 84:5 – 7; 92:12 – 15;  
and John 4:13 – 14**

10. When you are living in the blessedness of God's presence and drawing life from him, what is some of the fruit that grows in your life?

*When you let yourself get disconnected from the flow of his presence and life, how does that affect your fruitfulness?*

11. Some people want to define prosperity only in terms of financial gain. When you are walking close with God and drawing from the life of his Spirit, what are some of the ways God allows you to prosper, beyond just dollars and cents?

## Read Psalm 1:4 – 6 and Galatians 6:7 – 9

### The Road of Disobedience

All of us face the decision to follow the road of blessedness or the pathway of barrenness on a daily basis. As we grow in community and learn to love each other, we begin to do all we can to help others stay on the right path. The second half of Psalm 1 gives a sobering picture of the cost when we walk the wrong path.

Every time an opportunity arises to make a right choice but we take the wrong path, the psalmist says, prepare for barrenness. It might not come overnight, but it always comes. When we are not planted by the river of God that feeds our souls and lives, a dry season is on the horizon. We will all be tempted by shortcuts that promise immediate profitability, but over the long haul it leads to barrenness. If we continually choose the pathway marked “disobedience” and refuse to listen to the Spirit of God, the Bible warns us that God is not mocked and we will reap what we sow.

Psalm 1 teaches that each of us is going to wind up with great feelings of blessedness or a deep experience of barrenness. It is going to be one or the other. If we want to know which it will be, the psalmist says it is all determined by which road we take at life’s most important intersection. The road of obedience leads to blessedness ... it’s guaranteed. The road of disobedience leads to barrenness. The choice is that clear.

### Celebrating and Being Celebrated

We all should learn to notice, drink in, and appreciate moments of blessedness. Then, we should talk about them and celebrate them. In a world filled with bad news, let’s learn to rejoice in the great moments of blessedness and delight that take many shapes and forms.

Blessedness in relationships are those unforgettable family joys that come our way. It is when you are at the table, looking around at kids who are laughing and eating and enjoying life; you want to grab your digital camera, take a picture, and put it

on your computer screen so you can relive the moment over and over. In these moments you just say, “God, you satisfy my soul. This is a blessed, precious moment.”

It is those treasured moments of fellowship with other Christ followers, whether you are meeting over coffee, serving with someone, or just working out together. You are sharing life at a deep and rich level. Your heart cries, “This is a blessed, treasured moment. This is something special that is reserved for God’s children.”

There are moments of blessedness when there is a miraculous answer to prayer, or a mysterious and yet unmistakable presence of the Holy Spirit. In these moments we say, “This is a precious moment. I am a blessed person.”

We all have these moments of profound blessedness, but we don’t often share them with others. Take time as a group and tell about a time you experienced the rich blessedness of being God’s child. Rejoice and celebrate with each other, and draw hope from each other’s stories.

## Loving and Being Loved

If you find yourself regularly heading down the road of barrenness, consider asking one of your group members to come alongside and support you in your effort to stay on the path of blessedness. Identify a person whom you trust, who loves God and who loves you. Then, talk with them about the struggles you face and invite them to pray for you, speak into your life, and keep you accountable.

## Serving and Being Served

Because reading, knowing, and meditating on God’s Word is one of the ways to grow in blessedness and stay on God’s path for your life, consider this act of service: If you have children, grandchildren, nieces, nephews, or other young people you can influence, send them a daily email with a short portion or a

chapter from the Bible. They might not open the Bible every day, but most of them check their email multiple times each day.

You can get Bible programs for your computer at a reasonable cost and you can even find free Bible programs online. Cut and paste a passage and send it off to the young people in your life. Invite them to read it and share a brief insight with you from the passage (even a sentence or two). This simple act of service can help propel them along on the road to blessedness.