

Walk this way



THE PATH TO THE BLESSED LIFE
A SUMMER SERIES ON PSALMS 1

PSALM 1:1-3

BLESSED IS THE ONE WHO DOES NOT WALK IN STEP WITH THE WICKED OR STAND IN THE WAY THAT SINNERS TAKE OR SIT IN THE COMPANY OF MOCKERS, **[2] BUT WHOSE DELIGHT IS IN THE LAW OF THE LORD, AND WHO MEDITATES ON HIS LAW DAY AND NIGHT. [3] THAT PERSON IS LIKE A TREE PLANTED BY STREAMS OF WATER, WHICH YIELDS ITS FRUIT IN SEASON AND WHOSE LEAF DOES NOT WITHER—WHATEVER THEY DO PROSPERS**



MAIN POINT

THE BLESSED LIFE STAYS BY DELIGHTING
IN GOD'S WORD AND SURROUNDING
OURSELVES WITH GOD'S PEOPLE.

MAIN TEXT – PSALM 1:2-3

“[2] BUT WHOSE DELIGHT IS IN THE LAW OF THE LORD, AND
WHO MEDITATES ON HIS LAW DAY AND NIGHT. [3] THAT PERSON
IS LIKE A TREE PLANTED BY STREAMS OF WATER, WHICH YIELDS
ITS FRUIT IN SEASON AND WHOSE LEAF DOES NOT WITHER—
WHATEVER THEY DO PROSPERS.



► **THE GARDEN WAS GROWING, BUT IT WASN'T PROTECTED.** SOMETHING WAS STEALING THE FRUIT BEFORE IT COULD FULLY FORM.

IF YOU'RE NOT ROOTED IN GOD'S WORD AND SURROUNDED BY THE RIGHT PEOPLE, THE ENEMY WILL SLIP IN AND STEAL THE GROWTH BEFORE IT MATURES.

► **IT'S NOT JUST WHAT'S GETTING IN... IT'S WHAT WE LET STAY IN.**

ONCE WE REALIZED ANIMALS WERE EATING OUR FRUIT, WE BUILT PROTECTION AROUND WHAT WE WERE PLANTING.



➤ **IN ORDER TO BEAR FRUIT YOU HAVE TO PROTECT THE ROOT.**

“THE BLESSED LIFE GROWS WHEN YOU GUARD WHAT’S PLANTED — AND REMOVE WHAT’S POISONOUS.”

➤ **WE PROTECT WHAT WE’RE PASSIONATE ABOUT. IF WE’RE NOT PASSIONATE ABOUT LIVING THE BLESSED LIFE ACCORDING TO SCRIPTURE..CHANCES ARE WE’RE NOT BEING PROTECTIVE OVER IT EITHER.**

THE BLESSED LIFE *STARTS* BY WHAT YOU REMOVE OR AVOID BUT THE BLESSED LIFE *STAYS* BY WHAT YOU KEEP OR ROOT YOURSELF IN
(GOD’S WORD AND SURROUNDING OURSELVES WITH GOD’S PEOPLE)



THE BLESSED LIFE IS ROOTED IN GOD'S WORD

PSALM 1:2 SAYS THE BLESSED PERSON DELIGHTS IN GOD'S LAW AND MEDITATES ON IT DAY AND NIGHT.

NOT JUST READING OCCASIONALLY... BUT DELIGHTING IN IT — CRAVING IT, RETURNING TO IT, CHEWING ON IT LIKE FOOD.

☞ YOU DON'T JUST GLANCE AT GOD'S WORD — YOU GROW IN IT.

☞ YOU STAY ROOTED WHEN YOU BUILD YOUR RHYTHMS AROUND GOD'S TRUTH.



📖 **JOSHUA 1:8**

“KEEP THIS BOOK OF THE LAW ALWAYS ON YOUR LIPS; MEDITATE ON IT DAY AND NIGHT... THEN YOU WILL BE PROSPEROUS AND SUCCESSFUL.”

✂️ **HEBREWS 4:12** — “FOR THE WORD OF GOD IS ALIVE AND ACTIVE...”

🔥 IT'S NOT DEAD INK ON A PAGE. IT'S LIVING TRUTH THAT CUTS THROUGH LIES AND REMINDS YOU WHO YOU ARE IN CHRIST.

🍞 **MATTHEW 4:4** — “MAN SHALL NOT LIVE ON BREAD ALONE, BUT ON EVERY WORD THAT COMES FROM THE MOUTH OF GOD.”



THE BLESSED LIFE IS SURROUNDED BY GOD'S PEOPLE

THE BLESSED LIFE IS ROOTED IN GOD'S WORD BUT IS PROTECTED BY HAVING THE RIGHT PEOPLE IN OUR LIFE.

➡ THE PEOPLE YOU WALK WITH SHAPE YOUR DIRECTION.

➡ THE CROWD YOU STAY AROUND WILL DETERMINE WHO YOU BECOME.

👏👏 YOU NEED FRIENDS WHO PUSH YOU TOWARD JESUS, NOT AWAY FROM HIM. YOU NEED COMMUNITY THAT SHARPENS YOU, NOT DRAINS YOU.



 **PROVERBS 13:20** — “WALK WITH THE WISE AND
BECOME WISE, FOR A COMPANION OF FOOLS
SUFFERS HARM.”

YOU DON'T GROW IN YOUR FAITH BY ACCIDENT.

YOU GROW BY PLANTING YOURSELF IN GOD'S WORD...
AND SURROUNDING YOURSELF WITH PEOPLE WHO
HELP YOU STAY THERE.



🌳 **PSALM 1:3** “THAT PERSON IS LIKE A TREE PLANTED BY STREAMS OF WATER, WHICH YIELDS ITS FRUIT IN SEASON AND WHOSE LEAF DOES NOT WITHER — WHATEVER THEY DO PROSPERS.”

💡 **WHEN YOUR ROOTS GO DEEP INTO GOD’S WORD:**

- YOU STAY STRONG IN STORMS.
- YOU BEAR FRUIT IN THE RIGHT SEASON.
- YOU DON’T WITHER WHEN LIFE GETS TOUGH.
- YOU PROSPER — NOT ALWAYS IN STUFF, BUT IN SPIRITUAL STRENGTH.
- YOU WALK IN THE RIGHT DIRECTION
- YOU GROW



💭 THE OPPOSITE OF DRIFTING IS GROWING

📌 YOUR HABITS TODAY BECOME YOUR HARVEST
TOMORROW.

STAY PLANTED. STAY CONSISTENT. STAY CONNECTED.

THE BLESSED LIFE DOESN'T JUST START STRONG — IT
STAYS STEADY.

YOU WON'T FLOURISH IF YOUR ROOTS ARE SHALLOW OR
YOUR SURROUNDINGS ARE TOXIC.



 STAY IN GOD'S WORD.

 STAY AROUND GOD'S PEOPLE.

 STAY AWAY FROM THE MOCKERS.



GROUP QUESTIONS



1) WHO ARE YOU WALKING WITH RIGHT NOW?
ARE THEY HELPING YOU FOLLOW JESUS — OR
PULLING YOU AWAY?

2) WHAT'S ONE STEP YOU'VE TAKEN LATELY
THAT BROUGHT YOU CLOSER TO GOD? WHAT'S
ONE STEP YOU'VE TAKEN THAT MIGHT'VE
PULLED YOU AWAY?

3) WHAT DO YOU THINK IS THE DIFFERENCE IN
READING GOD'S WORD & DELIGHTING IN IT?



TALK ABOUT THE GARDEN ILLUSTRATION.

4) WHAT'S ONE THING GOD MAY BE ASKING YOU TO REMOVE FROM YOUR LIFE IN ORDER TO **PROTECT** WHAT HE'S GROWING IN YOU?

5) WHAT ARE SOME WAYS YOU COULD SET UP SOME PROTECTION IN YOUR LIFE? (YOU PROTECT WHAT YOU CARE ABOUT)

6) HOW DOES THE CROWD YOU SURROUND YOURSELF WITH AFFECT YOUR FAITH — POSITIVELY OR NEGATIVELY?



PERSONAL REFLECTION QUESTIONS



IF SOMEONE LOOKED AT THE DIRECTION OF
YOUR LIFE RIGHT NOW — WOULD THEY SEE
YOU WALKING TOWARD THE BLESSED LIFE...
OR AWAY FROM IT?

ARE YOU PLANTED IN THE RIGHT PLACE
SPIRITUALLY? – IF NOT, WHAT'S STOPPING YOU
FROM GETTING THERE?



WHAT'S ONE SPECIFIC WAY YOU CAN START
DELIGHTING IN GOD'S WORD THIS WEEK — NOT
JUST READING IT, BUT ACTUALLY CRAVING IT?

IS THERE A RELATIONSHIP, INFLUENCE, OR
HABIT YOU'VE GROWN COMFORTABLE WITH...
THAT GOD MIGHT BE CALLING YOU TO WALK
AWAY FROM?



HEART CHECK:

- WHAT'S ONE HABIT I CAN START THIS WEEK TO STAY IN GOD'S WORD DAILY?
- WHO'S IN MY INNER CIRCLE — ARE THEY HELPING ME STAY ROOTED IN CHRIST?
- AM I PLANTED OR JUST VISITING GOD'S PRESENCE WHEN IT'S CONVENIENT?



SPIRITUAL CHALLENGE:

- 1) **READ GOD'S WORD DAILY**- START A NEW RHYTHM OF BIBLE READING (GO TO NEXT STEPS & DISCIPLESHIP RESOURCES ON OUR WEBSITE FOR BIBLE STUDY TOOLS)
- 2) **GET ACCOUNTABILITY**- FIND A SMALL GROUP OR GODLY FRIEND TO WALK WITH
- 3) **REMOVE WHAT NEEDS TO BE REMOVED**- CUT OUT A TOXIC VOICE THAT'S BEEN PULLING YOU AWAY

