

WEEKLY GROUP GUIDE



Scripture: Psalm 1



Week of: September 1, 2025



Message Title: The Way to Flourish



Speaker: Ps. Lenard Tavernelli

1. ICEBREAKER (5–10 MINS)

What's one small thing that consistently brings you joy or refreshment? (It could be a routine, a food, a hobby, or a place.)

2. READ TOGETHER

Read **Psalm 1** aloud as a group.

Ask: **What image, phrase, or truth stands out to you most as you hear this psalm?**

3. GROUP DISCUSSION (30–40 MINS)

DISCUSSION QUESTIONS: *You don't need to go through all the questions with the group. Choose the most relevant ones.*

1. Blaise Pascal said, "*All men seek happiness.*" Why do you think we so often chase happiness in the wrong places? What has God been showing you about true joy?
2. Psalm 1 presents two ways to live: the way of the blessed and the way of the wicked. Why do you think Scripture often simplifies life into "two paths"? How does this clarity help us examine our own hearts?
3. Verses 1–2 describe a downward spiral of sin—walking, standing, sitting. Have you ever seen this progression in your own life or in others? What makes sin's pull so subtle yet so powerful?
4. The blessed person *delights* in God's Word and meditates on it day and night. What does it look like to "delight" in Scripture? How is that different from reading out of obligation?

5. Verse 3 compares the blessed person to a tree planted by streams of water. How does this image speak to stability, nourishment, and fruitfulness in the Christian life?
6. The psalm says the tree *bears fruit in season*. What might that fruit look like in your own life? How have you seen God produce fruit in others who are rooted in His Word?
7. The wicked are described as chaff—rootless and weightless. What does it mean to live a “chaff-like” life? How can we guard against this in our own walk with Christ?
8. Psalm 1 ultimately points us to Jesus as the truly blessed man. How does seeing Christ as the fulfillment of this psalm give us both humility and hope?
9. Psalm 1 shows that true flourishing comes through being rooted in God’s Word. How does a life of delighting in Scripture equip us to *proclaim the truth of Jesus* and *grow as mature disciples* together as a church?
10. Our core values *include Bible knowledge, worship, fellowship, prayer, evangelism, service, giving, and missions*. Which of these values do you see naturally flowing out of a life rooted in God’s Word, like the tree in Psalm 1? Which one is God prompting you to pursue more deeply right now?

4. Prayer (10–15 mins)

Encourage honest and specific reflection.

Prompt:

Pray for deeper delight in God’s Word and for roots that go deep in every season. Ask God to produce spiritual fruit in our lives and guard us from being like chaff blown by the wind. Pray that Bethel would flourish together as a church—rooted in Christ, proclaiming His truth, and growing mature disciples for His glory.