

## HOW TO THRIVE IN 2025

*Psalm 1 // December 29, 2024 PM*

I. Exercise *faith* in God's blessed *testimonies* (vv. 1-2).

II. Exercise *love* in God's blessed *temple* (vv. 3-4).

III. Exercise *hope* in God's blessed *tribunal* (vv. 5-6).

### QUESTIONS FOR FAMILY WORSHIP

1. What does the word "blessed" mean? Why is it significant that Psalm 1 begins with this word and Psalm 2 ends with it?
2. What does the blessed man reject in v. 1? If all of us have walked in the counsel of the wicked, who does this ultimately speak of?
3. How do vv. 1-2 reflect Deuteronomy 17:14-20, and why is that important to understand?
4. What is meditation, and how do we do it?
5. What is the blessed man like, and what are the wicked like? Can you explain the significance of the agricultural pictures in vv. 3-4?
6. What do we learn about the judgment day in vv. 5-6? How does this teach us to live in the present?
7. In light of Psalm 1, what are some practical ways we might pursue blessedness in the new year?

### QUESTIONS FOR PRIVATE REFLECTION

1. Is God's word my absolute authority, and do I delight in and meditate upon it?
2. Pastor Nick argued that this psalm calls us to Christ-exalting faith, love, and hope as the path to a thriving life. Where do I see each of these virtues in the text, and can I give a simple definition of each one?
3. How does Psalm 1 point me back to the original garden and forward to the new earth? Why is it important for me to read Psalm 1 in light of the broader biblical-theological context?