

Life Lessons from Book of Psalms

LESSON 1: A HEART CONDITION

REFLECTION

Begin your study by sharing thoughts on this question.

1. Think of a friend who knows you well. How would that person describe you?

BIBLE READING: Psalm 1:1–6 NIV

1 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.

4 Not so the wicked!
They are like chaff
that the wind blows away.

5 Therefore the wicked will not stand in the
judgment,
nor sinners in the assembly of the righteous.

6 For the LORD watches over the way of the
righteous,
but the way of the wicked leads to destruction.

DISCOVERY

Explore the Bible reading by discussing these
questions.

2. What is the difference between a good person and a wicked person?

3. How can righteous people remain pure?

4. What kind of fruit do God's people produce? (John 15:5, 16; Galatians 5:22)

5. What future awaits unrighteous people?

6. What are the end results of righteous living and selfish living?

INSPIRATION

The heart is the center of the spiritual life. If the fruit of a tree is bad, you don't try to fix the fruit; you treat the roots. And if a person's actions are evil, it's not enough to change habits; you have to go deeper. You have to go to the heart of the problem, which is the problem of the heart.

That is why the state of the heart is so critical. What is the state of yours?... The state of your heart dictates whether you harbor a grudge or give grace, seek self-pity or seek Christ, drink human misery or taste God's mercy. No wonder, then, the wise man begs, "Above all else, guard your heart."

David's prayer should be ours: "Create in me a pure heart, O God." And Jesus' statement rings true: "Blessed are the pure in heart, for they shall see God."

Note the order of this beatitude: first purify the heart, then you will see God. Clean the refinery, and the result will be a pure product. (*From The Applause of Heaven by Max Lucado*)

RESPONSE

Use these questions to share more deeply with each other.

7. Why is it important for us to guard our hearts?

8. How can we evaluate the condition of our hearts?

9. How can we protect ourselves from evil influences?