

SMALL GROUP/E-GROUP LESSON NO. 1

Sermon Series : “PONDERING ON THE PSALMS (1)”

Message Title : “*SPIRITUAL DISTANCING – KEY TO TRUE JOY & LASTING HAPPINESS!*”

Message Text : Psalm 1:1-3

BACKGROUND/INTRODUCTION:

Psalm 1 can be considered as the “door” to the Book of Psalm. It gives us an overview of what the whole of the Book of Psalms is all about - The Way of the Righteous & Blessedness and the Way of the Wicked & Death. Psalm 1:1-3 teaches us the key to true joy & lasting happiness & important principles of “spiritual distancing”!

A. POSE THE ICEBREAKER QUESTION/S (WELCOME TIME)

- 1) *When was the first time that you read the Bible? Why?*
- 2) *What comes to your mind every time you hear the word “Bible”?*

B. PONDER THE PSALM (WORD TIME)

- 1) *Ask someone to read Psalm 1!*
- 2) *According to the psalmist, who is the “blessed” man? (vv. 1-3)*
 - a. *He distances himself from those who do evil or wickedness, v. 1*
 - b. *He delights in the Law of the Lord, vv. 2-3*
- 3) *According to the psalmist, how do we show our delight in God’s Law or Word? [v. 2b, (a) He meditates on it day and night, and (b) He model/shapes his life based on it!/He obeys the Lord’s Word!]*
- 4) *Why delight in the Law of the Lord or His Word as seen in the analogy of the tree? (v.3)*
 - a. *Productive/Fruitful Life - “yields its fruit in season”*
 - b. *Prosperous/Successful Life - “whatever he does prospers”*
 - c. *A Purified or Sanctified Life! – John 15:3; 17: 17*
- 6) *What about the wicked or don’t trust or fear the Lord, what shall be their end? (vv. 3-6: Fruitlessness and destruction)*
- 7) *Pastor Vial shared pointers on “Spiritual Distancing” based on the teachings of our passage. They are: (1) Avoid sins & a sinful lifestyle! [1Cor. 15:33] (2) Daily draw near to God & wash our hearts through confession! [Jas.4:8] (3) Take a daily dose of the Word & Prayer! and (4) Daily put on our new self/man! [Eph,4:22-24]*

- a. *Which do you need the most in your walk with the Lord?*
- b. *How can you improve this area of your life? What practical step/action are you going to do to improve in this area?*

C. PRAY TO & PRAISE THE LORD (WORSHIP/PRAYER TIME)

- 1) *Ask each member for their prayer request/concern & spend time praying for one another.*
- 2) *Close the meeting by praying for God’s blessing for each one present & their families!*

D. PASS THE WORD TO OTHERS (WITNESS TIME)

- 1) *Talk and discuss how you can invite more guests into your group.*