

**July 14, 2024**  
**Blessed**  
**Psalm 1**

This week, Bryan Howard, Minister to Students, brought a message from Psalm 1, reflecting on that which makes us blessed. We pondered the questions:

- What does it mean to be blessed?
- What does it mean to enjoy Jesus by saying "no" to this world?
- What does it mean to enjoy Jesus by saying "yes" to His Word?

**GOING DEEPER:**

- The Psalmist writes about being blessed in Psalm 1:1–2. What are some of the incorrect cultural definitions of what it means to be blessed?
- Biblical blessing does not come from external circumstances; it comes from a good internal relationship between God and us. How have you found this to be true in your life?
- The blessed life—the life lived enjoying Jesus—begins when we say “no” to the world’s empty imitation of God’s good gifts. The Psalmist gave three descriptions of our sin – walking in the counsel of the wicked; standing in the way of sinners; and sitting in the seat of scoffers. What healthy “guard rails” have you set up in your life so that you do not become numb to your sin? How do you need to change your schedule this week to make more time for delighting in and meditating on God’s Word?
- In the words of this Psalm, God calls us to move from external behaviors to internal transformation of our hearts to delighting in Jesus. What areas of your life do you need to examine this week (music, movies, social media, need for achievement, need for power or control) in order to move from external behavior to internal heart transformation? What is one concrete step toward internal heart transformation you can make this week?

**ADDITIONAL RESOURCES:**

John Piper, "Look at the Book"

The LORD bless you and keep you; the LORD make his face shine on you and be gracious to you; the LORD turn his face toward you and give you peace. Numbers 6:24–26

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