

LIFE GROUPS

SERMON NOTES



A Recipe for True Happiness

Psalm 1 January 1, 2023

START TALKING | asking questions to get you thinking.

1. How would you describe what it means to be blessed?
2. What does it take to achieve this state of being blessed?

START SHARING | asking questions that engage with the message.

Read Psalm 1

3. Explain the contrast between a blessed person and those who are not blessed as described in verse 1-2.
4. Explain what a truly happy person does (verses 2-3).
5. Pastor Steve had some thoughts about atheism. What are the results of atheism, and the “Just Do You¹” attitude according to Psalm 1:4-6, 14:1; Jeremiah 17:9; and Prov 28:26?

START LIVING | asking questions that apply God’s Word to daily life.

6. What are the areas in your life where you don’t feel blessed (a condition of being fulfilled, content, secure)?
7. How has Psalm 1 helped you identify what you need to do to be more blessed?
8. In what ways do you need to improve your devotions?

¹ The expression “do you” or “you do you” means to do what’s right for you, whatever that may be.