

Praying the Psalms

Psalm 1 – Praying for Wisdom

The Psalms are poetry meant to be sung or recited regularly as devotional. They are a beautiful expression of the human experience while at the same time drawing us to a larger view of reality. Regular praying and singing the Psalms is transformative, helping us look at the world and ourselves differently, always drawing us back to God.

In Psalm 1 we find a contrast between two different lifestyles and we are encouraged to meditate on God's word day and night, expecting that we might do that individually and when we meet collectively as an assembly of believers.

For this Psalm we will do that using a loose version of the Lectio Divino method of meditation. With each reading have one person read the whole Psalm aloud and slowly. Try to listen as the Psalm is read rather than using your eyes to follow along. After each reading remain silent for 5-10 minutes to meditate/think about the passage before answering the questions.

Start by praying and asking the Holy Spirit to speak to you through this Psalm.

Read through Psalm 1.

1. What words or phrases has the Holy Spirit caused to stand out for you as the Psalm contrasts two ways of living?

Read through Psalm 1 again.

Watch the following short clip from the Bible Project:

<https://bibleproject.com/explore/video/psalm-1/>

2. What added understanding or thoughts stand out for you?
3. What lifestyle transformation is the Psalm encouraging us to nurture? By what means?

Read through Psalm 1 again.

4. What specific situations in your life does this Psalm relate to? How might you use Psalm 1 to pray?

Pray Together