

Wednesday Women's Bible Study
A Heart for God
September 3, 2008 - PSALM 1
A Psalm of Instruction for a Learning Heart

Warm-up: Our theme this year is "A Heart for God". Share briefly an experience of blessing and intimacy with God that grew from your reading of God's Word. OR - Share a time when you felt/feel estranged from God. What helped you renew your heart for God?

1. The first word of Psalm 1 is "blessed". What does the psalm teach, both positively and negatively, about the meaning of this word?
2. Verse 2 describes a woman who is "blessed". What defining choices has she made that will shape all of her life? What does she avoid? What gives joy to her heart? What does it mean to meditate? How does meditation prepare one's heart to know God?
3. Contrast the wicked and the righteous. What characterizes their separate lives? What is the outcome of each?
4. The tree is a central metaphor. Put your imagination to use. How is a "law-delighting" woman like a tree?
5. Psalm 1:2 - **"But his delight is in the law of the Lord, and on his law he meditates day and night."** How is this verse instructive to your life? to your priorities? Ask God for greater love and hunger for His Word. With His help, evaluate your life circumstances and form a plan that makes Biblical meditation a central part of your life. Share a blessing with a friend each day this week.



Galatians 3:13 quotes an Old Testament passage: "Cursed is everyone who is hung on a tree". How is this verse a blessing? Why does a heart for God take "delight" in meditating on these thoughts?