

Lesson 1  
Introduction to the Psalms and Psalm 1

1. What stood out to you from the overview of the Psalms in the opening lecture?
  
  
  
  
  
  
  
  
  
  
2. Do you have a favorite Psalm? If so, which one? Is there a particular reason this one is meaningful for you?
  
  
  
  
  
  
  
  
  
  
3. How do you hope this study of the Psalms will impact your life this fall?

Read Psalm 1

4. From verse 1, what three things does the blessed man (person) not do?

5. What does the blessed man (person) do? (verse 2)
6. What metaphor does verse 3 use to describe the benefit of living this way?
7. What is the contrasting imagery in verse 4?
8. Use a dictionary to define the terms “wicked” and “righteous”. Do those definitions seem to fit with the use of these terms in Psalm 1? What is your understanding of how the Bible as a whole would distinguish the wicked from the righteous?
9. How do verses 5-6 summarize the fate of the “wicked” versus that of the “righteous”?