

# 01 THE TWO WAYS

KEY TEXT: PSALM 1:1-6

## CENTRAL truth

Many people think that we find happiness by doing whatever we want, whenever we want. However, as we begin studying the book of Psalms, we are invited to observe two ways of living: the righteous way and the wicked way. The author of Psalm 1 reminds us that we don't find happiness by defining it ourselves. Rather, **we find true happiness by obeying and delighting in God's Word.**

## key question

What does it mean to meditate on God's Word?

In the Bible, *meditating* means carefully concentrating on something to know it. In the case of Psalm 1, the truly happy person pores over God's Word to know Him and His ways. He or she prioritizes it and carefully contemplates it, looking to obey God.

## keep in mind

- Psalm 1 highlights that those who obey and delight in God's Word find true happiness. It's worth addressing that even when we obey God's Word, we will sometimes still experience pain and heartbreak. Using the **Give an Answer** note in this section, help students to see that the Lord's ways lead to an eternal joy that we can give us confidence and hope.
- Perhaps you have students who struggle to even pick up their Bibles and read them. Encourage them with the reminder that although becoming someone who delights in Scripture is not easy, it is certainly worth it. As a practical next step, you may want to provide students with our Daily Bible Reading Plan (available for free at <https://explorethebible.lifeway.com/studentextras/>) and any helpful tips that have encouraged you to consistently read God's Word.

## application

What are some ways we can practically meditate on Scripture this week?

## the win

**FOR THE STUDENT:** Students should leave this week's session understanding that reading and obeying God's Word leads to delight and true happiness.

**FOR THE LEADER:** Help students to see that happiness is not found in doing whatever we want, whenever we want. The truly happy person delights in the Lord and His ways through His Word.

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