**1. Motivate**

What song or jingle often gets stuck in your head?

* It’s a Small World (Disney World attraction)
* something we played in band practice earlier in the day
* what you heard on the radio on the way to work

A video introduction to the lesson is available. View it at <https://watch.liberty.edu/media/t/1_midt1ino> If you have no wi-fi where you teach, best to download to your computer from <https://tinyurl.com/39ssdyzr>

* a favorite hymn
* a goofy commercial
* a rock and roll song from the 50’s, 60’s, 70’s …
* the Brylcreem commercial (show’s your age)
* a song by your favorite artist

**2. Transition**

What gets “stuck in your head” shows what you’ve heard or thought of often.

* Consider daily reading and thinking about God’s Word.
* Saturating our minds with Scripture keeps us focused on the things of God.

**3. Bible Study**

3.1 Blessing and Delight

Listen for a description of the godly person.

Psalm 1:1-3 (NIV) Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. 2 But his delight is in the law of the LORD, and on his law he meditates day and night. 3 He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.

The passage starts with “blessed” is the man. What are some synonyms for the word blessed?

* fortunate
* lucky
* pleasant
* happy
* satisfied
* joyful

Avoiding what three *negative* actions lead to *spiritual* happiness and blessing?

* avoid counsel from wicked people
* don’t hang around with those who demonstrate sinful attitudes and actions
* don’t get into the practice of mocking, making fun of others

What kind of progression can we see in these activities?

* first just pay attention to unrighteous proposals
* then participation, dabbling
* then joining, becoming a “member” of those who sin against God

How and where we invest our time sets us up for the influence we receive. Why does that happen?

* we see the activities
* we hear the arguments
* they began to appeal to us
* we feel foolish *not* accepting the ideas and participating

Alternatively, what kinds of things does the righteous person pursue?

* read, think about God’s law, God’s Words
* meditate often, daily on God’s Truth

How do we position ourselves to be influenced by godly people?

* regular attendance, participation in church activities
* being careful the friends we choose
* don’t hang out with people whom you sense have ungodly attitudes,
* praying that we, our children, our grandchildren will have good friends
* avoid places where we know there will be sinful influences
* avoid entertainment where the worldview is definitely *non*-biblical

What does the image of the tree tell us about the righteous person?

* planted by streams of water : always close to a source of life (God’s Word)
* yield fruit : Fruit of the Spirit
* leaf does not wither – doesn’t become spiritually dry

What do you think it means to meditate on God’s law day and night?

* you are daily reading and applying the Truth of God’s Word
* when something happens, a relevant verse or spiritual concept comes easily to mind
* you apply spiritual concepts to daily happenings
* your mindset is based on Biblical principles
* your perspective is biblical, rather than worldly

When has a Bible verse stuck with you during a season of life?

* a promise you read during a particular trying time
* the verses that spoke to you when you came to faith in Christ
* a verse or passage that seem to sum up your determination to walk with the Lord
* a verse or passage that you heard taught or preached on and it seemed to reach up and slap you in the face with its importance and significance

How can you recognize someone who delights in God’s Word?

* often comments on or quotes an appropriate verse in a situation
* they have the joy of the Lord … “Joy, joy, joy, down in my heart”
* God’s Word is the foundation of his or her life and they are rarely shaken by bad times
* their Bible is well worn from often being handled and read

3.2 Pursue Righteous Living

Listen for contrast to the previous verses.

Psalm 1:4-6 (NIV) Not so the wicked! They are like chaff that the wind blows away. 5 Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous. 6 For the LORD watches over the way of the righteous, but the way of the wicked will perish.

What illustration did the psalmist use to contrast the ungodly with the righteous described in verse 1-3? How do the ungodly differ?

* like chaff that comes off wheat
* the wind blows it away
* it is useless
* you want to get rid of it

What is the destiny of the ungodly?

* will not withstand in the judgment
* cannot be counted among the assembly of the righteous
* when “stuff” happens in life, the ungodly will not be able to handle it
* they don’t have the foundation of God’s Truth
* their lives are shaken and fall
* they will perish

What is an assurance for the righteous?

* God watches over the way of the righteous
* God is looking after you … protecting, providing, guiding
* they are survivors

How can we demonstrate our delight in God’s Word?

* read and think about it daily
* apply the Truth you read to your life
* memorize it
* share it with others (like other things in your life you are excited about … “our team won”, “I got a raise”, “our daughter/son got a full scholarship”, etc.)

3.3 Focused on Right Thoughts

Listen for what should fill our thoughts.

Philippians 4:8 (NIV) Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things.

What are the qualities of wholesome thoughts, according to the passage? What are their opposites?

|  |  |
| --- | --- |
| Wholesome Thoughts | Opposites |
| * true * honorable * just * pure * lovely * commendable * morally excellent * praiseworthy | * false * immoral, dishonorable * unfair * obscene, corrupt * unlovely, ugly * wrong, lamentable * corrupt * shameful |

How does *thinking* on these things affect the way we *act*.

* recall the computer terms “Garbage In, Garbage Out”
* the topics we think about the most show up in the way we act
* if I focus on sports most of the time, then I will be involved in sports, talk about them, use sports terms, collect sports stuff, spend my money on sports
* same thing is true for the virtues in Paul’s list
* contrast to focusing on some of the opposites … if we think about those things, then we act in ways that cause us harm and do not glorify the savior

How can we practice the things Paul taught in the passage? How do you keep your focus on godly thinking that leads to godly living?

* must make the choice as to what you read, look at, think about
* keep busy … when your mind is idle, it’s too easy to follow after things that are on the negative side of our list
* “an idle mind is the devil’s workshop (playground)”
* fill your mind with God’s Truth … daily reading and meditating on God’s Word

In addition to these qualities Paul taught about, he also modeled them before those around him. Who in our lives needs to see us model these qualities?

* children
* grandchildren

Use the last page as a handout so your learners can take home the application points of this week’s lesson.,

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View at <https://watch.liberty.edu/media/t/1_unts4c87>

Download (best if you have no WIFI where you teach) from <https://tinyurl.com/yyomgtdg>

* people we work with
* neighbors
* young believers in our church

A video of application points from a previous lesson on the same passage is available.

View at <https://watch.liberty.edu/media/t/1_unts4c87>

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Make some room.

* Most of us spend more time in front of a screen than we would want to admit.
* Consider reducing that time by thirty minutes per day to make some room in your schedule for Bible intake and meditation.

Make a list.

* In a journal or on a device, identify ten meaningful verses you would like to commit to memory.
* Devise a plan to start memorizing Scripture.
* Consider reaching out to a trusted leader, mentor, or friend to help you get started or to hold you accountable.

Take a retreat.

* Take a half day or full day to get alone with God and your Bible.
* Don’t rush through reading Scripture, but as you read, pray about what you read.
* Meditate on its words, meaning, and application to your life.

Double Puzzle

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Aiee Cucaracha ! What a mix-up! Those clue words are all scrambled. If you check your Bible verses for the week, you’ll find those words. Anyway, you have to use them to substitute the letters that match the numbers in the message below. If you get mixed up, help is available at <https://tinyurl.com/yvnmfthp> . There’s also further family activities.

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