

FAMILY WORSHIP

THE TWO PATHS

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PSALM 1

- ¹ Blessed is the man
 who walks not in the counsel of the wicked,
nor stands in the way of sinners,
 nor sits in the seat of scoffers;
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
That yield its fruit in its season,
 and its leaf does not wither.
In all that he does, he prospers.
- ⁴ The wicked are not so,
 but are like chaff that the wind drives away.
- ⁵ Therefore the wicked will not stand in the judgment,
 nor sinners in the congregation of the righteous;
- ⁶ For the LORD knows the way of the righteous,
 but the way of the wicked will perish.

SUMMARY

As we stand on the threshold of a new year, Psalm 1 invites us to pause and consider the path we are walking. Scripture presents two ways before us—the way of the righteous, rooted in God’s truth and flourishing like a tree planted by streams of water, and the way of the wicked, unstable and ultimately empty. This psalm calls us to examine our desires, choices, and direction as we look ahead, urging us to choose the way that leads to life, endurance, and lasting fruit in the year to come.

1 Kings 10:8

⁸ Happy are your men! Happy are your servants, who continually stand before you and hear your wisdom!

Joshua 1:8

⁸ This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

HOW DO WE KNOW WHICH PATH WE'RE WALKING?

- Hold it up to the Light.

THE PATH OF RIGHTEOUSNESS ISN'T MADE UP OF PERFECTLY CHOSEN MOMENTS. THE PATH OF RIGHTEOUSNESS IS A LIFE SHAPED BY DELIGHT IN GOD'S INSTRUCTION - COME WHAT MAY, IN EVERY SEASON.

WE HOLD IT UP TO:

- The truth of God's Word
- The wise counsel of other believers
- The conviction and the guidance of the Holy Spirit
- Remember: God walks with you on the path wherever it leads.

Matthew 7:13-14

¹³ Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. ¹⁴ But small is the gate and narrow the road that leads to life, and only a few find it.

DISCUSSION QUESTIONS

1. Psalm 1 describes two very different paths. As you reflect on the past year, where do you see evidence that you've been walking toward the way of the righteous? Do you see evidence of drifting toward the other way?
2. The righteous person is described by what they delight in. What has most shaped your attention, time, and joy this past year, and how might that reveal the direction of your life?
3. The psalm uses the image of a tree planted by streams of water. What spiritual practices or rhythms have helped keep you rooted and nourished—and which ones might God be inviting you to strengthen or begin in the new year?
4. Psalm 1 warns against subtle influence (walking, standing, sitting). Where do you feel the strongest pressures—culturally, relationally, or personally—that could slowly pull you off course?
5. As you look toward the new year, what is one intentional choice you can make to more fully walk the way of the righteous, and how can this group help you remain accountable and encouraged?

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