

Leader Helps – Lesson 1

Be sure to tell your group that you may not get through the whole lesson, so ask everyone what questions they want to make sure they get to.

Read the Psalm out loud before you begin our discussion. This is a short Psalm so you may want to read it in a couple of translations. **You can ask the group which translation they like best and why.**

Because the Psalms are poetry, you could have 3 women read the Psalm in this order:

Reader A: Verses 1-3

Reader B: Verses 4-5

Reader C: Verse 6

The goals of this lesson is to teach:

- That we all have a real choices to make in the way we live and that these choice have real consequences.
- Choosing to life God's way results in blessing; choosing to live life any other way results in destruction.
- Meditating on God's Word is powerful because you are bringing the very presence of God into your life. (You can't separate God from his Word; Hebrews 4:12)
- The blessings of being like a tree by water with fruit, healthy leaves and prosperity is not a reward for living the right way. It is the result of bringing the **presence of God** into your life by filling your mind and heart with his Word.

How does a person meditate on God's Word? (From the Quest Bible)

Meditation is a combination of reviewing, repeating, reflecting, thinking, analyzing, feeling and even enjoying. It is a physical, intellectual and emotional activity.

In some ways, meditation doesn't easily fit into Western culture. We value action and busyness more than stopping and considering. The authors of the psalms were from another time and culture, one with a tradition that valued meditation. As a result, meditation came more naturally for them and others with their Middle Eastern background. We have to overcome some cultural obstacles to learn to meditate.

There are many ways to meditate on God's Word. Some possibilities include: 1) Take time to read a verse or passage over and over. 2) Begin to memorize all or part of it. 3) Listen – quiet your hear to allow the Holy Spirit to speak to you through Gods' Word. 4) Consider how to it fits with the rest of the Bible and life in general. 5) Become emotionally involved – allow yourself to feel what God feels, his desires expressed through his words. 6) Move from meditation to application – connect your thoughts to action. Consider how the truth and power of the Word of God should affect your behavior.

You could ask if anyone would like to share from their experience of meditating on scripture. How do they do it? When? What are the benefits? Do they find it difficult or easy?

When you assign **Lesson 2 for next week**, you might want to give a heads up to the activity in the Response section of taking a Praise Walk. Encourage the women to do this and report back to the small group.