

Linger
Week's reading: Psalm 1
Discussion Guide: December 17, 2023

CHECK UP:

Memory work: This is what is written: The Messiah will suffer and rise from the dead on the third day, and repentance for the forgiveness of sins will be preached in his name to all nations, beginning at Jerusalem. You are witnesses of these things. I am going to send you what my Father has promised; but stay in the city until you have been clothed with power from on high.

- Luke 24:46-49

In what way did you continue to "write" Acts 29 this past week?

OPEN:

- Who did you B.L.E.S.S. this past week? What action steps did you take?

- How have you felt about the book of Psalms? Have you enjoyed reading it? Avoided it? Been confused by it? Impacted by it? Etc...

READ and ASK: Psalm 1, Philippians 4:4-9

- Blessed are those who do not what?

- Blessed are those who do what?
 - o What does that look like?

- How is the person described that "lingers" (meditates) on God's word?
 - o What does it mean to meditate on God's word?

- Donald Whitney has said, *"It is possible to encounter a torrential amount of God's truth, but without absorption you will be little better for the experience. Meditation is absorption."* What benefit do you think it would be if we learned to "linger" as a church?

- In Philippians 4 what does Paul instruct us to linger on?
 - o What do you tend to think and linger on most? What is the fruit of such lingering?

APPLY:

- When it comes to reading scripture and other spiritual practices, do you pause and linger or do you typically rush or go through such practices mindlessly?
- The Psalms are full of expressions from people who lingered on the things of God, how might lingering on some of these Psalms benefit you?
- NEXT STEP: How can you begin intentionally lingering on the things of God this week?

Memory Work:

Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the LORD, and who meditates on his law day and night. – Psalm 1:1-2

Next Week's Reading:

Psalm 2