



**Life Group Discussion Guide**  
**The Practices of Grace**  
**Listening – Psalm 1**  
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Main thought:

The wise person practices listening to God's voice which leads to blessing rather than the wrong voices which lead to destruction.

Welcome and Fellowship Time (suggested time 10 min)

Open in Prayer

Ice-Breaker (suggested sharing time 5-10 min)

- What is your preferred exercise? What is your least favorite thing to do for exercise?

Verse of the week (suggested sharing time 5min)

- What is a verse or truth from God's Word that has stood out to you this week from your own personal Bible reading?

Digging In (suggested time 15 min)

Read or recap Psalm 1, and discuss the following questions.

- What stood out to you from this passage or message?
- What is the progression that you see in verse 1? Why is this significant?
- What does it mean to delight in the Law of the Lord? How have you found yourself delighting in God's Word? (2)
- What does meditation mean in this verse? How are we to practice meditating on God's Word? (2)
- Read verses 3 and 4 and talk about the metaphors used and their significance.
- What is the warning to us in this passage if we don't listen to God's voice?
- Read 2 Timothy 3:16. Talk about the various ways God's word is useful to us.
- What is the purpose of studying God's Word? (See John 5:39-42).



Application (suggested time 10 minutes)

- One of the deeply held values at South Hills Church is that “God’s Word in us...changes us”. How have you experienced this?
- What keeps you from hearing and responding to God’s voice on a regular basis?
- What are various ways to increase Bible intake and application?  
Which one can you practice this week?
- What application or take away did you most need to hear and apply this week from this passage?

Prayer (suggested time 10 minutes)