



Lyrics of Life Study - Tuesday 9/9/2025 Session 2: Walk This Way

LET'S READ PSALM 1 TOGETHER

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PERSONAL REFLECTION (3 mins)

What or who influences your decisions today?

LET'S WATCH VIDEO - LESSON 2 (19 min)

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Before we dive in...

Main Idea: We can choose a life rooted in God's ways over a life dragged down with immorality by **acting intentionally** and considering the consequences of our decisions.

Head Change: To know that wisdom requires purposeful decision-making.

Heart Change: To feel confident that God provides a path for righteous living.

Life Change: To consider **each circumstance** in life as an invitation to conform to God's way of living rather than the way of those opposed to God.

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GROUP DISCUSSION:

Lisa reminded us that it is easier to be pulled down by others through immoral decision-making than to pull others up to godly decision-making.

QUESTION 1 (5 MINS): Can you share a time when someone else's opinion shaped your choice?

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Lisa noted that the very first word of this psalm is the Hebrew word *ashre*—meaning blessed, happy, or fortunate. We tend to overspiritualize words like blessed. But in the context of biblical wisdom literature, “blessed” refers to those who choose to root their life in God’s ways. They are happy with their circumstances—specifically their relationship with God.

QUESTION 2 (5 MINS): Would you describe your life with God as happy? Why, or why not?

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Although our relationship with God provides biblical happiness, wisdom literature paints a picture that circumstances generally go well for those who walk in the way of the Lord—not always, but generally.

However, God’s people should expect hardship and suffering, as Jesus reminds us in the Gospel of John, saying, “In this world you will have trouble” (John 16:33).

QUESTION 3 - TO IT TOGETHER (3 MINS): How can we understand the psalmist's comment that everything the righteous do seems to succeed, alongside the truth that God's followers might face difficulties?

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PERSONAL REFLECTION

About Joy

Feeling contentment and joy with God does not happen by accident. To illustrate this point, Lisa described the topography of Israel as inhospitable to the large, fruiting tree described in verse 3. The righteous living the psalm describes depends on **the initiative of God and our continued cultivation**—it's not an accident.

QUESTION 1 -

Joy with God doesn't happen by accident — in what areas of your life (like parenting, marriage, work, health, or your walk with Him) do you need to be more intentional in pursuing Him?

QUESTION 2-

What's one step you could take this week to intentionally grow your joy in God?"

Some great options are:

- ☐ **Daily Connection** – setting aside even a few quiet minutes to pray, read Scripture, or simply sit with Him.
- ☐ **Gratitude Practice** – intentionally noticing and naming God's gifts each day, big or small.
- ☐ **Obedience in Small Things** – choosing to follow His leading, even in ordinary tasks.
- ☐ **Worship & Praise** – lifting your heart through music, Scripture, or spoken praise, shifting focus from self to Him.
- ☐ **Community** – surrounding yourself with other believers who encourage and remind you of God's goodness.
- ☐ **Service** – finding joy in giving your time, gifts, or care to others as an overflow of His love.
- ☐ **Rest & Sabbath** – slowing down to enjoy God's presence instead of pushing through busyness.
- ☐ **Replacing Lies with Truth** – catching thoughts like *"I have to earn God's joy"* and replacing them with Scripture that affirms His love.

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PERSONAL REFLECTION

About Wisdom

Walking in wisdom often means considering the consequences of our decisions. Lisa described a time when she didn't responsibly consider the consequences of her poor choices, and it hurt her.

Think of a time when you did not consider the consequences of your decisions and how the aftermath impacted you.

QUESTION 3-
What steps can you take to consider the repercussions of your actions moving forward?

GO DEEPER - HEART WORK

LESSON 2 SUMMARY

Being wise means making wise choices. For those who trust in God, we can choose a life rooted in his ways by **acting intentionally** and **considering the consequences of those actions**. We often make these choices when responding to bad news or to hardships, and those very circumstances are where God tends to do his most impactful work.

The psalms provide insight into how we can begin to make wise decisions by presenting us with two ways of living. Thankfully, the ability to make wise choices does not depend entirely on us. **We must first be like the tree in Psalm 1, planted by God, and then, enabled by his Spirit, we can become more like him who is wisdom itself.**

Read: Read Psalms 111 and 112 together. These psalms are a pair, with Psalm 111 focusing on God's character and Psalm 112 focusing on the character of the righteous person. Take comfort in reading about the mighty love and power of the God who enables us to choose wisely.

Memorize: Memorize Psalm 1. This psalm introduces the theme of the entire book and provides insight when reflecting on any individual psalm.

Consider: Think about your primary relationships. Living wisely means considering the consequences our actions will have on those around us. Reflect on how your decisions and actions are impacting them positively or negatively.

Commit: We can expect to encounter new circumstances almost daily. Commit to meeting each new circumstance by imagining two paths—one path toward living a life rooted in God and another path toward living a life without consideration of God. This week, whenever you meet a new circumstance or challenge, take a breath, imagine those two paths before you, and choose the path leading to life with God.

Psalm 1

1

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,

2

but whose delight is in the law of the Lord,
and who meditates on his law day and night.

3

That person is like a tree planted by streams of water,
which yields its fruit in season
and whose leaf does not wither—
whatever they do prospers.

4

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 leads to destruction.

Practical Tips for Bible Memorization

- Read the verse aloud several times each day.
- Break verses into small sections (“chunks”) and memorize one chunk at a time.
- Write it out by hand — the act of writing helps retention.
- Incorporate the verse into your prayers or conversations.
- Ask yourself: “How does this verse apply to my life today?”
- Living it out reinforces memory.
- Apps like *Bible Memory*, *Verses*, or *YouVersion* offer quizzes, reminders, and progress tracking.
- Set phone wallpapers with the verse of the week.
- Tie memorization to an existing routine:
 - Morning walk, coffee time, before bed.
- Even 5 minutes daily builds strong results over time