

PRAY WITH THE KING

LIFE GROUP MATERIAL

3^d Meeting THEME: Truly blessed

Prepare yourself. Pray for your Life Group's meeting. Read Psalm 1

20.00 – 20.10 Start Sometimes we say: 'be blessed'. What do we mean by that? Sing today Psalm 1 if you can.

20.10 – 20.15 Pray. Thank God for the Bible and especially for the book of Psalms. Pray for the Holy Spirit to teach you how to understand, use and appreciate this book of songs and prayers.

20.15 – 20.40 Bible passage Before you start reading:

Today we start to look at the book of Psalms. The first two Psalms belong together and form the gate through which you enter into a pathway of prayers, sung and prayed by God's people (worldwide & throughout history), containing their laments and praises, their joy, their anger and their loneliness – ultimately ending with only praise, when God is all in all. Before you start, there is something you shouldn't overlook: The Psalms were designed to be sung and prayed by Gods gathered people, led by God's anointed king. This king was so to say the 'lead-singer'. So be aware that when the Psalm says 'I', God's people hear this 'I' from the mouth of the king and join him in singing. The king they were looking for was the Son of David, the Messiah, Jesus! He is the central person in the whole book of Psalms. Be aware that Jesus has been singing all these Psalms, knew that they are about Him, and still have their function to sing as God's people. From this flow a few lessons:

- When you want to sing a Psalm and use it for your prayers, see how it relates to Jesus.
- When you want to sing a Psalm and use it for your prayers, be aware that even when you do this alone, singing and praying with the Psalms is a corporate act. You may not feel the sadness expressed in this Psalm. However, it might be good to sing it, to be voice of the 'body' – since others may feel this sadness now.
- Be aware that singing and praying the Psalms may sometimes ask your patience (you don't feel this way, words sound strange), but ultimately will be rewarding, helpful to fuel and grow your prayers.

Read Psalm 1 twice. Then:

Look again at verses 1-2

- How is what is described here not always so attractive for us?
- Have a (quick) look at Matthew 5:3-12. What strikes you?
- Look at Deuteronomy 17:18-20 and at Joshua 1:8-9. Psalm 1 verse 1-2 had to be sung. But who had/has to hear these words and why?

Look again at verses 3-4

- Is God's blessing for those who meditate upon his Word and do not go the way of sinners always obvious? (You might have a look at Jeremiah 12:1-2 and at Genesis 39:5, 23)

Look again at verses 5-6

- The ones who seem to be blessed are not always the truly blessed ones. The ones who seem not to be blessed sometimes are the truly blessed ones. (See also I Peter 2:4, 3:14, 4:12-14, 5:10). What should we learn here?

20.40 – 20.50 Digging deeper

This Psalm fits Jesus better than us. But it is also for us. What is the main thing from this Psalm you want to keep in mind this week?

20.50 – 21.00 End Read the Psalm again and let the Psalm inspire your prayers!