July 27, 2025

“The Good Life” – Bobby Warrenburg

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.

1. The sermon opens with the story of Tom Hanks in Castaway. Have you ever experienced a "forced timeout" or difficult season that ended up leading to growth or clarity? What did you learn about yourself during that time?

2. The psalm describes a progression: walking → standing → sitting, and wicked → sinners → scoffers. Can you think of an example (personal or observed) where small compromises led to bigger problems over time? What made the difference in stopping or continuing that progression?

3. "Show me your friends and I'll show you your future." Who are the voices that currently influence your decisions and values? What are potential "counsels" in your life that might be leading you away from flourishing?

4. The sermon tells of a man whose life of small deceptions led to a tragic hit-and-run. What "little tests" do we face regularly that shape our character? How can we approach these differently?

6. The word "delight" seems odd paired with "law." But the sermon explains Torah as "instruction" or "aim", God's guidance toward flourishing. What would it look like to approach God's word as guidance for thriving rather than just rules to follow?

7. The sermon describes meditation like a lion savoring its prey - ruminating, relishing, anticipating. How is this different from how you might typically approach Bible reading or spiritual reflection? What would "meditating day and night" practically look like in your current season?

8. The sermon suggests meditation involves asking: "What does this reveal about God's character? What if I really believed this? How would my relationships change?" Pick one aspect of Psalm 1 and work through these questions together.

9. The image is of a tree transplanted from its native soil to canals in Babylon - thriving in harsh circumstances. Where do you feel "transplanted" or out of your natural environment right now? How might God be providing streams of life even there?

10. "The good life will never be complete until everybody else around you is experiencing the good life." How does your spiritual growth benefit your community? What "fruit" might you be bearing that you don't even notice?

11. Chaff has no weight, no roots, no nutritional value - it just blows away. What makes a life substantial versus superficial? What gives your life weight and depth?

The sermon acknowledges "we all have chaff-like tendencies." How does recognizing our own frailty change how we read this psalm? How does grace factor into becoming this flourishing tree?

12. The sermon ends by connecting to Psalm 2: "blessed is the one who takes refuge in him [the Messiah]." How does taking refuge in Christ differ from trying to achieve the good life through our own meditation and effort?

13. Dietrich Bonhoeffer's poem asks "Who am I?" and concludes "Whoever I am, thou knowest, oh God, I am thine." How does being known and claimed by God free us to pursue authentic flourishing rather than performing righteousness? What would change in your pursuit of the good life if you truly believed you are fully known and fully loved by God?

14. Based on this study, what would a realistic "meditation day and night" practice look like in your life? What specific part of God's instruction do you want to delve deeper into?