



# focus.

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Spend the next few minutes helping your group focus their attention on God.

**sing** | together



**read** | together

**Psalm 119:17-24**

- [17] Deal bountifully with your servant,  
that I may live and keep your word.
- [18] Open my eyes, that I may behold  
wondrous things out of your law.
- [19] I am a sojourner on the earth;  
hide not your commandments from me!
- [20] My soul is consumed with longing  
for your rules at all times.
- [21] You rebuke the insolent, accursed ones,  
who wander from your commandments.
- [22] Take away from me scorn and contempt,  
for I have kept your testimonies.
- [23] Even though princes sit plotting against me,  
your servant will meditate on your statutes.
- [24] Your testimonies are my delight;  
they are my counselors. (ESV)

# read.

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Read the passages for today aloud as a group. Then ask each individual to reread the passages and mark anything God illuminates.

## **Psalm 1:1–4**

- [1] Blessed is the man **who walks not in the counsel of the wicked,** nor stands in the way of sinners, nor sits in the seat of scoffers;  
[2] but his delight is in the law of the LORD, and on his law he meditates day and night.  
[3] He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.  
[4] The wicked are not so, but are like chaff that the wind drives away. (ESV)

## **Psalm 119:10–16**

- [10] With my whole heart I seek you;  
let me not wander from your commandments!  
[11] I have stored up your word in my heart,  
that I might not sin against you.  
[12] Blessed are you, O LORD;  
teach me your statutes!  
[13] With my lips I declare  
all the rules of your mouth.  
[14] In the way of your testimonies I delight  
as much as in all riches.  
[15] I will meditate on your precepts  
and fix my eyes on your ways.  
[16] I will delight in your statutes;  
I will not forget your word. (ESV)

# discuss.

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Lead your group through the following discussion questions. Help them thoughtfully reflect and respond to God's direction.

**| 1 |** Did anything stand out to you as we read our passages for today?

**| 2 |** What does it mean to meditate on the law day and night?

What is the difference between simply reading and meditating on scripture?

How might we go beyond simply reading to meditating on God's word?

If you don't have a regular practice of reading the Bible, how can you establish that practice while also including reflection and meditation on what you have read?

**| 3 |** According to our passages what are some of the outcomes we get with regular time in scripture?

**| 4 |** One practice associated with meditation on scripture is memorization. Psalm 119:11 compares it to "storing God's word in our hearts."

Have you ever attempted to memorize scripture?

If so, what generally motivates you to do so?

If so, how is scripture memorization impactful for your life?

**| 5 |** Take a moment to look up Jeremiah 15:16. It's our memory verse this week.

Spend ten minutes working, phrase by phrase, to memorize this short verse.

Practice on one another and remind one another that with devoted time, hiding God's word in our hearts is possible.

# pray.

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Direct your attention now to listening prayer. Follow the prompts below as you guide your group to hear and obey God.

**| 1 |** Spend a moment with the verse you just memorized. Meditate on it in prayer. Ask God to draw your attention to any part of the verse he wants to address or direct in your life. Respond in prayer.

**| 2 |** Talk to God about your relationship with His word. Ask Him if there is an area of obedience He is calling you to regarding His word. Respond in prayer.