

The Planted Life

THE TREE AND THE VINE · PSALM 1:1-3 & JOHN 15 · FEBRUARY 18, 2024 · PASTOR MATT ERICKSON

"That person is like a tree planted by streams of water..."
(Psalm 1:3a)

Introducing this Series

The journey of Lent
The two passages: Psalm 1 and John 15
Seeing these passages through the lens of Jesus Christ

The Happy Person is Not Like This (Psalm 1:1)

The meaning of "blessed" or "happy"
The plural imagery of the wicked, sinners, and mockers/scoffers
The progression of activity: walk, stand, sit

The Happy Person Does This (Psalm 1:2)

The "law" of the LORD
The activity of delight and meditation

The Happy Person Looks Like This (Psalm 1:3)

A tree planted
Near streams of water
Fruitful, green, and prospering

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Review: where are we "planted"?
Repent: where do we need a change?
Restart: how might we need to invite God to replant us?

DISCUSSION QUESTIONS

1. What is your favorite place to be outside, whether nearby or farther away?
2. This week we begin our new Lenten preaching series, "The Tree and the Vine," based in the Psalm 1 and John 15. Whether you are on your own or with others, begin your study in prayer, asking God to speak to you, and then read Psalm 1 aloud.
3. Psalm 1 begins with a first verse that describes the happy life in a negative way, or what the blessed life does not look like. What doesn't the blessed person do?
4. How have you found this true in your own life, both positively and negatively?
5. In verse 2, the happy or blessed life is described by a certain activity. What is that activity?
6. Although we may think of "law" in slightly undesirable ways, this word (Hebrew: *torah*) means the instruction or guidance of God. What do you think it looks like at a practical level to meditate on God's instruction?
7. Verse 3 offers one of the most striking pictures of what life with God looks like. What stands out to you about this picture of the life with God that is blessed or happy?
8. Our focus this week is on living a "planted" life. It is helpful to see that the happy life is like the tree and meditating on God's word is like nourishing streams of water. From your perspective what does it mean to be planted in this way?
9. What is God speaking to you through this study? If you are with a small group, discuss that with one another and then pray about what you shared. If you are on your own, write it down, pray about it, and share this with someone during the next few days.

DIG DEEPER

This week dig deeper in one or more of the following ways:

- Memorize Psalm 1 or John 15:5
- Continue with the Eastbrook Church Lenten devotional: eastbrook.org/devotionals.
- Take some time to meditate on the first three verses of Psalm 1. Perhaps you might want to draw, paint, letter, or sketch aspects of these verses to help you. Perhaps you might want to write your own prayer back to God as part of your reflection. Share this with a friend.
- Explore some of the following resources:
 - Eugene Peterson, *Answering God: The Psalms as Tools for Prayer*
 - Timothy Keller, *Prayer: Experiencing Awe and Intimacy with God*
 - "Psalm 1" by the Sons of Korah: [youtube.com/watch?v=8yUcC93khzU](https://www.youtube.com/watch?v=8yUcC93khzU)
 - "Psalm 1" by Poor Bishop Hooper: [youtube.com/watch?v=FVy6M1gWNmo](https://www.youtube.com/watch?v=FVy6M1gWNmo)