

The Nourished Life

THE TREE AND THE VINE · PSALM 1:2 & JOHN 15:3-7 · MARCH 3, 2024 · PASTOR NIC FRIDENMAKER

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

(Psalm 1:2)

Nourishment

- In Nature
- In Humans

Nutrients

- Law of the Lord (Psalm 1:2)
- Words of Jesus (John 15:7)

The Malnourished Life

- Convenience
- Disconnectedness

The Nourished Life

- Delights
- Remains

DISCUSSION QUESTIONS

1. Start this time by meditating on Psalm 1:2. You can do this on your own or in a group, either way read over or say from memory Psalm 1:2 seven times. What are some things that stand out right away? If your understanding grew a little deeper with each recitation, how did it change?
2. What are ways that meditating on things (scripture, events, conversations, etc.) have helped you understand them better?
3. How can you incorporate meditation into your daily life, either individually, as a group, or with one or two friends?
4. When you think about remaining in Christ, what images or scenes conjure up in your mind?
5. One that lives life with the Words of Christ in them lives life in certain ways, likewise one who lives without the Words of Christ in them lives life in certain ways, compare and contrast what life looks like without the Words of Christ?
6. When you imagine the good life, the blessed life, that comes from walking with God, what does that look like for you?
7. Finish this time by meditating on 1 John 15:3-7 just like in question one. What are some things that stand out right away? What changed or occurred to you as you meditated a little longer?

DIG DEEPER

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

- Spend time, if you are able, near some trees. Consider their growth, the depth of their roots, and where they have grown. Ask God to guide your mind, through His Word, on ways for you to grow, deepen your roots in Him, and where you will best grow.
- As you go about your week repeat Psalm 1:2 or another easy to remember Bible passage to yourself, note how the meaning of it may grow or change.
- Continue with the Eastbrook Church Lenten devotional: eastbrook.org/devotionals.
- Explore some of the following resources:
 - "Psalm 1" by the Bible Project (bibleproject.com/explore/video/psalm-1/)
 - "The Farewell Discourse and Final Prayer of Jesus" by D.A. Carson