

Word Notes Sunday 29/05/16
Clare Reed: Psalms: Real Life, Real God. Week 1

Summary (read this bit out to remind cell members what was said on Sunday, listen to the podcast if you missed the talk <http://www.newmarketcommunitychurch.co.uk/podcasts.htm>.)

Key Text: Psalm 1

The psalms are a collection of songs or poems written by Old Testament followers of God and used in their prayer and worship. This makes them different from much of the rest of the Bible in that whilst they are still God's word, they are written not from God to us, but from us to God. They model our response to God.

Real Life: Quickly glancing through the psalms we see that they cover the full spectrum of real life –not just the Sunday morning “happy Christian” parts! There is everything from elated joy to utter despair.
Real God: The psalms model walking through life with a God that isn't just based in the history and theory of the Bible, but a God who is real in our day-to-day lives, right there with us. Psalms is about God being real to us as we run, stumble, clamber and stagger along on the rocky, muddy paths of life.

Read psalm 1

One of our biggest motivators to keep going along our path, over the rocks, through the mud, is the dream we are holding in our minds. In psalm 1, the psalmist paints a picture of what it is to be blessed. Is this the dream of blessing which we carry?

Application (*this is the bit where cell members get to participate. Lead discussions around these points*)

On Sunday, we saw how following some origami instructions was much easier with someone modelling the process in real life. Can you share a time in your walk with God when you have appreciated someone modelling the right way for you?

Read Psalm 1:1.

- Can you think of different examples of how we might “walk in step with the wicked”, “stand in the way of sinners” or “sit in the company of mockers”?
- Which of the three descriptions speaks to you personally? (Don't feel you have to share your response with the group, this might just be for personal reflection)
- Can the group suggest an antidote to each of these things?

Read Psalm 1:2.

- The Psalmist describes delighting in God's word. As a group, brainstorm some honest words to describe your feelings about God's word.
- What helps you to delight in His word? Share ideas to encourage each other.
- Can anyone share a time when meditating on His word “Day and night” has been a blessing to them?

Read Psalm 1:3.

Take a few moments to daydream as a group –what would this metaphor of the tree look like in your life? You might like to use your dreams to help set some goals.

Witness (*this is the bit where the cell talks, plans and prays about how to share the Good News*)

How can we model “real life, real God” to those around us?