

## ***“PRAYING OUR INATTENTION”***

### **Psalm 1**

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#### **INTRODUCTION**

*Psalm 1 is not prayer, exactly, but the preface to prayer. We do not begin to pray by praying, but by coming to attention. Psalm 1 is the biblical preparation for a life of prayer. Step by step it detaches us from the many things that distract us from God so that we can be attentive before him. Most of us can't step immediately from the noisy high-stimulus world into the quiet concentration of prayer. We need a way of transition. Psalm 1 provides a kind of entryway in to the palace of prayer.*

#### **DISCUSSION QUESTIONS**

1. Do you feel a gap (or chasm!) between “real life” (work, school, family) and your prayer life? Share.
2. Read Psalm 1 carefully. What contrasts do you notice in the psalm?
3. The first word in the psalm is ***blessed***. (Some translate it happy.) What kind of expectation should that bring to our life of prayer? What role has prayer played in your life lately?
4. What significance do you see in the progression from walk to stand to sit (v.1)?
5. “The law of the Lord” is contrasted with the words counsel, way and seat. What does this contrast bring out?
6. The psalmist describes the person who delights in God’s law (v.2). What is your emotional response to Scripture—not what you believe about it but how you feel about it?
7. Tree is the central metaphor of the psalm (v.3). Put your imagination to use. How are law-delighting people like trees?
8. In what ways are the wicked like chaff (vv. 4-6)?
9. How do these two radically different portraits (the tree-righteous and the chaff-wicked) motivate you to delight in God’s word?
10. How does meditation—listening to God speak to us through Scripture—prepare us for prayer? How can you install a procedure for meditation in your life?