

ROOTED WEEK 1 Discussion Guide

Planted by Living Water

Psalm 1; Matthew 7:24-27

Big Idea: Resilient faith is formed slowly as we receive God's Word deeply and practice it daily.

Look Closely: Psalm 1

Read Psalm 1 slowly, paying attention to its repeated words, images, and contrasts.

1. What contrasts do you notice between the two ways of life described in this psalm? List everything the text says about each one.
2. Notice the progression in verse 1: walking, standing, and sitting. What may this movement suggest about the way counsel gradually becomes a settled way of life?
3. What words in the psalm describe the person's relationship with God's instruction? How is "delighting" in the Word different from merely knowing or agreeing with it?
4. Compare the images of the tree and the chaff. What makes the tree stable and fruitful? What makes the chaff vulnerable to the wind?
5. The tree produces fruit "in its season." How does that phrase shape the way we understand growth, faithfulness, and seasons when little progress is visible?
6. Psalm 1 ends by saying, "The LORD knows the way of the righteous." What does this add to the psalm's message about human practice, God's grace, and final judgment?

Day and Night

The Hebrew word translated "meditates" in Psalm 1:2 is *hagah*. It can describe murmuring, repeating, or lingering over words.

7. What would it look like to "meditate" on Scripture rather than simply read it and move on? How might reading slowly, repeating a phrase, speaking it aloud, or carrying it through the day affect the way we receive it?
8. What voices or messages receive the most repeated attention in ordinary life? How can news, entertainment, anxiety, outrage, comparison, or resentment begin to shape the way a person sees the world?
9. Scripture can become information to collect, occasional inspiration, or ammunition to use against someone else. What dangers come with each of these approaches? What would it mean to let the Word examine and form us first?

Look Closely: Matthew 7:24-27

Read Matthew 7:24-27. Remember that these words conclude the Sermon on the Mount.

10. What similarities do the two builders share? What is the one decisive difference between them?
11. Jesus says, “Everyone who hears these words of mine.” Look back over Matthew 5-7 and identify several teachings Jesus expects his hearers to practice. Which of these teachings would have been especially difficult for his first hearers?
12. The same rain, floods, and winds strike both houses. What does this suggest about the difference between biblical resilience and a life protected from hardship?
13. How does the storm reveal rather than create the condition of each foundation? What might life’s storms reveal about the beliefs and practices that have been forming beneath the surface?

Bringing the Texts Together

14. Compare the tree in Psalm 1 with the house in Matthew 7. What connections do you see between roots and foundations, meditation and hearing, fruit and obedience, or chaff and collapse?
15. Both passages describe two ways and two final outcomes. What do they teach about the relationship between receiving God’s Word and living a life that can endure?
16. The wise builder does more than hear Jesus. How does obedience help God’s Word move from information into character?

Living It Out

17. What teaching of Jesus have you understood but continued to postpone putting into practice?
18. What would a realistic, repeatable return to Scripture look like in your present season of life? Consider reading, listening, repeating one verse, reading with someone else, or remaining in one short passage throughout the week.
19. Choose one short passage from the words of Jesus to return to each day this week. What particular act of obedience does that passage place before you?

Practice for the Week: One passage. One week. One act of obedience.