

## **Cell notes for week beginning 05/06/11**

Psalm 1

### **How to be blessed!**

*These questions are given as a guide. Please do not feel you have to read them out as written – make them your own in leading us through together. The important thing about our Word time is that we get to applying the Word to our lives and not just do a Bible study, so make sure that questions and prayer and ministry in response helps in this.*

### **Word**

Read Psalm 1

What ways can group members see to be blessed in this psalm?  
How have group members known this kind of blessing working out in their own lives?  
(Share any particular stories group members feel able to.)

There are things that hold us back from walking in this way of blessing.

What are the struggles that individual group members face?  
(It may help to break into 2's or 3's to enable everyone to share more freely)

Once group members have shared, pray for one another for strength not to walk in the way of sinners and to find our fulfillment in the Lord. Pray for one another to be fruitful trees and to prosper in all we do. If as you pray for one another there is a sense of anything the Lord wants to say, share that with one another to build up, encourage, strengthen and comfort one another.

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### **Welcome**

Share a blessing or a struggle from the last week.

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### **Worship**

Psalm 1:1,2 says that the man who delights in the law of the Lord and meditates on it day and night is blessed.

Choose a short psalm of praise, or a few verses of a longer psalm. Ask each group member to read it in turn, so that it's reading is repeated a number of times – perhaps use different translations if they're available within the group. Then encourage group members just to reflect on what they have read. What inspires them? What makes them want to praise and thank God? Share thoughts and then bring prayers of praise and thanksgiving. (You might like to write short prayers and then have other group members read out each others prayers.) Finish by reading the psalm out loud together.

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### **Witness**

*Not so the wicked, they are like chaff that the wind blows away.*

Prays for friends, family members, work colleagues of group members, who are in danger of being blown away because they do not know Christ.