READ PSALM 1 TOGETHER AS A FAMILY

Devotional: What does it mean to be happy IN Jesus? Psalm 1 tells us that we enjoy Jesus most when we spend time with Him in His word, the Bible. Because as we do, it does something inside of us that brings all sorts of good things out! Psalm 1 also tells us how we can feel unhappy and far from Jesus. This happens when we spend time with people who aren't good for us. People who might bring us down instead of help build us up! And something happens inside of us that begins to make us feel yucky and we may start to bring others down too. Just like if there was a tree planted in a big garbage dump where all the trash from our city goes. All that yucky trash starts to get down in the soil where the tree gets all its nutrients. But in that kind of soil there really isn't anything good for the tree to use to grow. So, the leaves on the tree are brown and crinkly, and the fruit on that tree looks kind of like a rotten apple with flies all around it. And who wants to eat that fruit! Psalm 1 tells us that the tree planted by streams of water has big, green leaves and produces delicious fruit... imagine the juiciest, sweetest apple you've ever tasted! It also tells us that because it's so strong it doesn't get knocked down or blown away! Now that's a strong tree! So, what kind of tree would YOU want to be? A garbage dump tree with rotten fruit, or a big strong tree with yummy fruit? Psalm 1 tells us we CAN be the strong tree with help from Jesus! He wants to help us, and He does this by teaching us in His word. So let's praise God and thank Him for this wonderful blessing!

Big picture review: God's word is important to us as His children. It makes us strong when we know what is true about Him and about ourselves. God's word is a gift to us!

Questions to consider:

- What does this Psalm teach us about who God is?
- How does this Psalm point us to Jesus?
- What does this Psalm say about us as God's people?

Action steps: What ways can you grow strong in Jesus through His word this week? Here are some ideas:

- Read Psalm 1 with your parents every day and turn it into a prayer. Ask God to make you a strong tree!
- Look around and see the friends in your life that may need to be built up and be a strong tree friend to them. Tell them it's Jesus that helps you to be a strong tree!
- Thank God for the strong tree friends and family in your life that help build you up and tell them how grateful you are.
- Memorize the memory verse from Psalm 1 this week and share it with a friend. Tell your friend that they can ask God to make them a strong tree just like you!

Memory verse: "He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers." Psalm 1:3

Dive deeper questions (ages 8-11):

- What does it mean to be blessed?
- Can we be happy and enjoy God, not just what He gives us?
- What happens to a tree when it isn't given the nutrients it needs?
- What nutrients do you need to be a strong tree physically? Spiritually?
- What happens to you when you aren't given what you need to grow? Have you seen this in your life? Where do you see it?