

April 12, 2026

Every Moment Holy (Psalms 1)

Warmup: Complete the sentence and share with your Life Group: "Delight is when..."

READ Psalm 1

- How are people who delight in Scripture described in Psalm 1? What images stand out to you and why?
- Verse 2 speaks of meditating "day and night" on God's Word. How would you describe the practice of meditating on Scripture? How is meditation different than simply reading Scripture?
 - a. How can meditating on a single verse or passage lead to delight?
- Can you recall a season or moment when God's Word brought you joy or assurance? What was happening in your life at that time?

REFLECT

- In the sermon Pastor Neil said, "There are spiritual things and there are non-spiritual things." Is this what Neil really said? What words make this statement false?
- Jot down your thoughts to the following questions and pair-share with another person in your Life Group.
 - a. What areas of your life do you typically think of as spiritual?
 - b. What areas of your life do you tend to think of as non-spiritual?
- Another thought Neil preached was, "Everything is done as part of our relationship with God, whether we realize it or not." How does this statement challenge or encourage you? Explain.

RESPOND

- As you meditate on the Psalms this week, where do you imagine God meeting you—in your routines, responsibilities, or quiet moments? When distractions come, what strategy could help you remain present with Him?
- Which Psalm will you intentionally pray this week for yourself? For your family? For your neighbors?

"To transform religious and irreligious people into Fully Devoted Followers of Christ."