

## PERSONAL REFLECTION GUIDE

9/14/25

At Southland Church, we are committed to help you KNOW Christ, LIVE like Him, and make Him KNOWN. This guide is designed to help you reflect on and apply what you learned from the sermon this weekend. Use this guide as a quiet time this week. Write your answers in a journal, with the date and main passage noted at the top of the page.

- What main point from the sermon stood out to you? What did the Holy Spirit convict you of or encourage you with?
- What's something in life right now that you really enjoy or "delight in"? What makes you enjoy it so much?
- **Read Psalm 1.** If in a group, have two different readers read the whole psalm aloud. What word, phrase, or idea stands out to you from this psalm?
- In verse 1, there are three verbs: "walk...stand....sit." What do you notice about this progression? What are some influences today that can lead us from God's ways?
- Paul in **1 Cor 15:33** reminds us that "bad company corrupts good character." How is this related to Psalm 1:1-2? How have you seen this play out in life? What can be done to prevent this corruption as we witness to a fallen world?
- If you were one of the first readers, what do you think it would mean to "delight ... in the Lord's instruction"? How is it different than just reading it?
- How would you rate your own "desire" in the Lord's instruction (or His Word)? Why would you rate it that way?
- **Read Jeremiah 17:5-10.** How is this passage related to **Psalm 1:3-5**? What do these passages reveal about the nature of God and people?
- Based on these two passages, how can the righteous and unrighteous be identified? What habits do each of them have?
- Do you find this psalm more encouraging or worrying? Why?
- What would it take for you to show more and more the marks of this blessed person from Psalm 1? And less and less the marks of the wicked person?
- What did you learn or remember through this study, and who will you teach that to this week?
- Based on this passage or the sermon, what is one step of obedience the Holy Spirit is leading you towards this week?

## LOOKING AHEAD TO NEXT WEEK

Read Psalm 8. Spend time in worship over the Lord and His creation.



**UPCOMING EVENTS** – for more info, [southlandsc.org/events](https://southlandsc.org/events)  
**9/16 Jonah Bible Study Group** – connect with others and God's Word  
**9/21 Volunteer Fair** – learn about serving and get connected  
**10/5 Parent Equip, 6-7pm at ILMS** – learn about kids and technology

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## FAMILY DISCUSSION GUIDE

Southland Church is committed to helping parents raise the next generation of disciples who KNOW Christ, LIVE like Him, and make Him KNOWN. This guide is meant to help you as a family, particularly those over 12 years old, to discuss the Sunday sermon. You can do this in an evening devotion or over lunch after service.

A few tips to get started: (1) Make this a phone-free conversation. You and your family put the phones away, except for the person who looks up the Scriptures. He/She would read the passage and then put his/her phone away. (2) Set the pace for how vulnerable to be. If you give a shallow answer, you are more likely to get a shallow answer from your kids. (3) Do not feel like you have to ask all of these questions. Just focus on having a good honest discussion.

Open with prayer, asking God to lead you to know more about Christ and live like Him.

- What stood out to you from the sermon this week as challenging or encouraging?
- What's something in life right now that you really enjoy or "delight in"? What makes you enjoy it so much?
- **Read Psalm 1** out loud, having each family member read one verse.
- What do you notice about the progression in verse 1 (walk, stand, sit)? What do you think it means about how people interact with wicked ways?
- Do you believe that friends, shows/movies, and social media shape the way we think and act? Why or why not?
- Would you say that most of your friends and things you enjoy move you towards God or away from Him? Why?
- What's the difference between reading the Bible and delighting in it?
- On a scale of 1-10 (10, being really high), how would you rate your delight in the Bible right now? Why?
- What would it look like to be "planted" or rooted in God's Word? What would have to change in your life?
- Based on verses 3-5, what are the main differences between the righteous and the wicked in this psalm?
- What is one way we – as a family – could "delight in God's Word" this week?
- What is one thing you want to put in practice from these passages or the sermon?

Ask if there is some way you can pray for your family members, and then close in prayer.

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