

January 17-18, 2026

Title: Habits of Grace, Pt 3: “Drift or Delight” – Psalm 1

Big Idea: Guard against drift by cultivating joyful meditation on Christ’s Word.

Read Psalm 1. What is challenging or surprising—and why might that have mattered to the original audience?

When you hear the word “*habit*,” what comes to mind for you—something life-giving, something frustrating, or something you feel stuck in?

The psalm describes a progression: *walk* → *stand* → *sit*.

Where do you see that kind of progression—or slow compromise—in your own life (in thinking, habits, or influences)?

What voices, inputs, or habits most shape your thinking right now?

Psalm 1 describes the “blessed man”—but none of us live this perfectly.

How does Jesus fulfill Psalm 1 in a way we cannot—and how does our positionally righteous ness in Christ change the way we think about habits, obedience, and repentance?

What is the difference between reading the Bible out of duty versus engaging it for delight? Where do you currently feel tension there?

Practice Together: (to model joyful meditation)

- Pray
- Choose a Psalm to read together

- **H**ighlight anything that stands out
- **E**xplain what it means
- **A**pply it to your life
- **R**espond by meditating on the truth

- Pray the passage

What is one small, concrete step you could take this week to move from drift toward delight?