

Groups Guide

10/19/25

Guest: Dr. Stephen Rummage

The Four Marks of a Blessed Life

Scripture: Psalm 1

Belong:

Leader Note: In this section we like to encourage group interaction and connection. We typically do this with an icebreaker question or two for you to choose from. You can also do a “highs and lows” check in for your group, or “describe how you are doing today in one word” type of interaction.

Icebreaker:

Option 1: What brought you to First Orlando? How long have you been attending? What do you enjoy most about a typical Sunday morning?

Option 2: As the weather has started to cool off and we are enjoying the Fall season, what is your favorite beverage to order at a coffee shop?

Believe:

Leader Note: This is the main part of our group discussion where we read and talk about a chosen passage of Scripture. The types of questions we want to ask here are open ended questions that will help someone thoughtfully answer and not create a “yes” or “no” scenario. It is helpful as well if you can offer a follow up question that says something like, “Tell me more about what you just said.”

Background of Psalms 1: “It seems likely that this psalm was specially composed as an introduction to the whole Psalter...The tone and themes of the psalm bring to mind the Wisdom writings, especially Proverbs, with their interest in the company a man keeps, in the two ways set before him (cf. e.g. Prov. 2:12ff., 20ff.), and in moral types, notably the scoffers; note too the imagery drawn from nature, and the interest in the logical end of a process.” - Derek Kidner, [Psalms 1–72: An Introduction and Commentary](#), vol. 15, Tyndale Old Testament Commentaries (Downers Grove, IL: InterVarsity Press, 1973), 63.

Read Psalm 1:1-6

Leaders note: *We always recommend you read the passage you are discussing as a group. You can read it aloud or (even better) ask 1-3 people in the group to read the passage aloud.*

1. In today's culture we use the idea of #blessed about a lot of different things. How would you describe the idea of this type of "blessed" life and the one that the writer of Psalms 1 is describing?
2. What stood out to you in this passage?
3. What did you learn about God?
4. What do you learn about people? What two types of people does the writer contrast?
5. Does this passage connect to another passage or verse of Scripture?
6. Is there anything in the passage that you find confusing or you would like to understand better? Share this with the group.

Become:

Leader Note: Our goal for group time is to study the Word of God and start taking steps that will help us become more like Jesus.

In the message today, Dr. Rummage shared 4 marks of the blessed life. (Briefly describe these 4 marks as a review for your group).

Mark 1: Your Direction Psalm 1:1

Mark 2: Your Delight Psalm 1:2

Mark 3: Your Distinctiveness Psalm 1:3

Mark 4: Your Destiny Psalm 1:4-6

1. Which of the four do you find the most challenging? Explain why this mark feels harder than the other marks of the blessed life.
2. Which of the four marks do you want to pray through and focus on this week and why?

Before your group ends make sure to do these three things:

1. Ask for prayer requests.
2. Pray for the needs of your group
3. Invite them to come again for the next gathering.