

Summer in the Psalms – Week 5

Sermon Title: *Rooted – The Secret to the Good Life*

Speaker: Jarian Felton

Focus Passage: Psalm 1

Belong

What's a song that's been around for ages – maybe one your grandparents loved, or a really old hymn. What's one thing that makes those "ancient" songs still resonate or feel meaningful even today?

Leader Transition (Read Aloud):

This week, Jarian helps us explore Psalm 1, which he calls the "original Spotify or Apple Music playlist of God's people". Just like those old songs can still speak to the human experience, the Psalms are "unfiltered expressions of the longing, disappointment, beauty, and heartache inherent in the human experience". Jarian reminded us that the good life doesn't come from just doing more, but from being deeply "rooted" in God's Word, truth, and Him. Let's explore what it means to be rooted and find the life our souls are craving.

Believe

1. **Rooted in What You "Unfollow":** Read Psalm 1:1. Jarian described this verse as knowing "how to click 'unfollow'". What voices, content, or people might be shaping your thinking, character, or peace in an unhealthy way?

Leader Note: This isn't just about social media but about real-life influences. Jarian pointed out a pattern: "walk → stand → sit," showing how casually engaging with unhealthy things can lead to being "rooted in gossip" or "planted in something you never meant to be in." Sometimes, peace comes from knowing what to stop, not what to start.

2. **Rooted in Delight and Meditation:** Read Psalm 1:2. What does it mean that the blessed person's "delight is in the law of the Lord," rather than it being an obligation? Jarian used a teabag illustration to describe meditating. How does letting God's Word "steep" in you, day and night, transform you rather than just inform you?

Leader Note: David's satisfaction, fulfillment, and peace were found in God's Word, not in worldly success or productivity. Meditation is the key to letting God's voice be louder than lies, breaking strongholds, and cultivating confidence. It's how the Word moves from your head to your heart to your habits.

3. **Rooted in Bearing Fruit:** Read Psalm 1:3. What does Jarian say about the "good life" pictured here, and how does it contrast with being "chaff"? How does the idea that "trees don't rush, trees root" encourage you about God's timing in your life?

Leader Note: Being rooted leads to a "steady, fruitful, deeply rooted life," even if it's not always an easy one. Jarian emphasized that God is growing our roots to hold the weight of the fruit that is coming, and that takes time and nourishment. The contrast is stark: you're either planted or drifting, rooted in something real or tossed around by trends.

Become

1. Jarian shared two "Everyday Ways to Start Meditating": memorizing one verse or meditating through music. Which of these methods feels most approachable for you to begin or deepen your practice of letting God's Word "steep" in you this week?

Leader Note: Encourage committing to one simple step. For memorizing, suggest choosing a verse from Psalm 1. For music, suggest finding worship songs deeply rooted in Scripture.

2. Jarian concluded that meditation makes truth "stick" and moves it from our minds to our hearts to our lives. What specific area of your life do you most want to see transformed as you commit to being more deeply rooted in God's Word?

Leader Note: Encourage participants to name a specific area (e.g., patience, anxiety, decision-making). Remind them that God is shaping them from the inside out.