**WOODLANDS CHURCH**

**September 30th 2018. Seasons**

**Discussion notes: Psalm 1. Ephesians.**

In Psalm 1 the Psalmists talks about ‘walking’ ‘standing’ and ‘sitting’ with groups of people that the psalmist sees as ‘bad news’. In contrast Ephesians has a ‘Sit, Walk, Stand’ pattern as the book unfolds. What can we learn from these two contrasting scriptures as we review the seasons of life?

1. Psalm 1 is a ‘life Psalm’ for many people. Can you think of some bible references to a believer being like a ‘tree’? How does this natural picture in Psalm 1 speak to your spiritual life?
2. In the Autumn leaf colour change is a real mark of the season. Do you know what sort of season you are in now? Which of the four seasons would you say most applies to your life?
3. Psalm 1 verse 1 talks about people we walk with, stand with and sit with. What sort of people do you ‘walk’ with? How do they affect the pace of your spiritual growth?
4. Ephesians 4:8 literally can be translated ‘walk in the light’. How do we walk in the light with God? How do we walk in the light with our Christian brothers and sisters? What advice does Ephesians give? Can you summarise and apply it to your own situation?
5. To be ‘seated with Christ’ is somehow to see ourselves with the perspective of heaven. It’s very opposite to the ‘seat of mockers’ in Psalm 1:1 Do you find it easier to be cynical or faithful?
6. Standing in a day of trouble is Paul’s command for us in Ephesians 6. What does a day of trouble look like? Are you confident that you could stand in one?

Psalm 1 suggests that if we live rooted in God with spiritual wisdom we will flourish in every season of life. Ephesians shows us how o live like that in more detail. Resolve to prayerfully walk with one another as a group through all the seasons of life.