

ROOTED

IN THE SPIRIT

Message 1: Rooted

January 25, 2026

GROUP GUIDE

This guide is designed to help you grow in your relationship with God and develop meaningful, lasting relationships with others. Get together with friends, or visit brookwoodchurch.org/groups to build some new relationships. *Let's seek God together!*

INCLUDED IN THIS GUIDE

1. Connect
2. Pray
3. Main Scripture
4. Explore and Discuss
5. Personal Application
6. A Practical Exercise
7. Scripture Memory

CONNECT

Here are some questions to get the conversation rolling.

- Did anything stand out to you from the devotional or your Bible reading this week?
- Share a time you felt really close to or far away from God.
- How do you sense God moving in your life?

PRAY

Spend a few minutes in prayer, drawing your attention toward God. Consider these prayer points as you invite God to lead and guide you.

- God, there's so much going on in my life, I pray you'd settle my heart and mind.
- I believe you have good plans for me. I'm open to what you want to say and do.
- Show me new and beautiful things as we study and explore the truths of Scripture.
- Help me hear your voice and give me the courage to follow where you lead.
- May the power of Jesus rest on the people at Brookwood.

MAIN SCRIPTURE

Psalm 1 (NIV)

- ¹ *Blessed is the one
who does not walk in step with the wicked
or stand in the way that sinners take
or sit in the company of mockers,*
- ² *but whose delight is in the law of the LORD,
and who meditates on his law day and night.*
- ³ *That person is like a tree planted by streams of water,
which yields its fruit in season
and whose leaf does not wither—
whatever they do prospers.*
- ⁴ *Not so the wicked!
They are like chaff
that the wind blows away.*
- ⁵ *Therefore the wicked will not stand in the judgment,
nor sinners in the assembly of the righteous.*
- ⁶ *For the LORD watches over the way of the righteous,
but the way of the wicked leads to destruction.*

EXPLORE AND DISCUSS

Don't rush through these questions. The goal is not to get *right answers* or even necessarily get to all the questions. Use this time of reflection and discussion to help deepen your relationship with God and cultivate a heart that is both curious and hungry for more.

1. As you read this week's Scripture, what stands out to you?
2. Picture yourself walking, standing and sitting. What's the difference?
3. Why do you think the writer differentiated these three postures? What's he trying to get us to see and understand?
4. According to this passage, what brings happiness (deep joy and gladness)?
5. On a scale of 1-5, if extremely struggling is 1 and experiencing deep gladness and joy is 5, where are you? Why do you think that is?

Insight: *The law of the LORD* sometimes refers to the specific laws and commandments given to us in Scripture (like in the book of Leviticus). But in this instance, and throughout much of the Psalms, the *law of the LORD* simply refers to God's instruction and guidance. Delighting in the law, then, means something like savoring or being hungry to hear and follow God.

6. What does it mean to meditate on God's Word, and what does it look like to do this *day and night*?
7. The word *wicked* is used four times in this Psalm (more than 500 times in the whole Bible). What does it mean to be wicked?

8. Look at the stark contrast between verse 3 and verses 4-5. Consider the imagery. In your own words, describe the difference between these two types of people.
9. This Psalm makes it clear there are two different paths we can take. What are specific results of these two different ways of life?
10. What pulls you away from experiencing deeper life in God? What draws you in?
11. What questions, if any, does this passage raise for you?
12. Which part of this Psalm encourages or inspires you the most?

PERSONAL APPLICATION

What steps can you take to become more rooted in God? Ask God what He wants you to know and remember from this week's study and discussion. Write down what comes to mind so you don't forget!

A PRACTICAL EXERCISE

Carve out about 20-30 minutes this week, and write down things you wish were more true of you.

SCRIPTURE MEMORY

One of the best ways to hear God throughout the day is to memorize Scripture. God often brings His Word back to mind at just the right time! Here's a verse to memorize based on this week's theme:

He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.

Psalm 1:3 (NIV)