

OUTPOURING

A Study of Psalms

Summer Bible Study
and Discipleship Guide
2021



Sundays:

Bible Classes: 8:30 am

Worship Assembly: 9:30 am

Tuesdays:

Celebrate Recovery: 5:30 pm

Campbellball: 6:00 pm

Wednesdays:

Teenside Dogwood Devo: 11:30 am-1:00 pm

Bread for Life: 4:00 pm

Online Bible Study: [youtube.com/collegeside](https://www.youtube.com/collegeside)

UCSC Bible Study: 6:30 pm

Fellowship 5K: 6:30 pm

Core Groups:

Core Groups are an important part of our ministry and fellowship at Collegeside. Our Core Groups meet regularly during the summer. If you would like information on joining a Core Group, please call the church office: 931-526-2661.

JUNE:

June 4: Teenside 7-UP Night

June 10: Kidside Night

June 14: Teenside Guys Night/Girls Night

June 16: Ladies Connect Lunch

June 17: Kidside Night

June 21-24: Impact

JULY:

July 4-9: Short Mountain Bible Camp

July 15: Kidside Night

July 21: Ladies Connect Lunch

July 23: Teenside Guys Night/Girls Night

July 29: Kidside Night

AUGUST:

August 1: VBS 4-6 pm

August 4: Family Worship Night: 6:30

August 8: VBS 4-6 pm

August 11: Wednesday Night Classes Resume

August 15: Connect Sunday

VBS 4-6 pm

August 15-19: UCSC Week of Welcome Activities

August 18: Ladies Connect Lunch

August 20-21: UCSC Welcome Retreat

August 22: UCSC Ice Cream Social

We desire to be a church family that lives ***On Mission***. As we have studied this quarter in the Wednesday night seminar, living ***On Mission*** includes both dedicated study and intentionally sharing the Gospel with others. Our sincere desire is that this guide will help you grow in your personal relationship with the Lord, increase your understanding of the Word, and help you confidently share the Gospel with others. This 8-week booklet includes the following:

7

primary types of Psalms. The reading plan is listed on the first page of the guide, and the weekly readings are on the first page of each week's activities.

Memory Work: Having the Word in our hearts is important to God. This is the motivation for our weekly memory verse. Each week there is a verse to write on your heart for the Lord.

Daily Reflection Questions: These questions are intended to enrich each day's reading. After you finish the selected passage, consider the 3 questions to help you reflect on that day's reading. There is a space in the guide for you to record your thoughts.

Personal Bible Study: The personal Bible allows for further consideration of the scripture. This portion of the guide is designed to help deepen your understanding and make a personal application of the text.

Family Discussion Guide: Bible reading plans aren't only for adults. Reading with your children helps them develop a love for God and to value His word. These questions will help you start conversations that help your children apply spiritual principles to their young lives.

Spiritual Development Activities: These exercises will help you put into practice the principles from each week's readings.

Inviting someone to participate in this summer's reading plan is an accessible way to begin sharing the Gospel with others. The guide contains questions about the readings to help you enter into spiritual conversations. There is a place in the guide for you to make notes about your conversations.

Questions to discuss:

- Did you read anything this week that was familiar? What? Where had you come across it before?
- What part of this week's reading was most meaningful to you? Why? Did anything speak directly to some part of your life right now?
- Did anything from the reading encourage, inspire, challenge, or convict you? Which verses or passages? What have they motivated you to do or consider?
- Did you see yourself in any of these Psalms? Can you identify with the speaker? How?
- What did you learn about God from this week's readings?
- Of all of the things God did include in scripture and could have included in scripture, why this? What do you think He wants us to learn from these passages?
- Are there spiritual truths in these passages that contradict the message the world wants people to believe? What? Which message – scripture or secular – is easier for you to accept?
- What is the benefit of applying the spiritual principles of these passages to our lives?

When it comes to studying the Book of Psalms there are many approaches and those approaches vary widely. The same is true when it comes to dividing the Psalms into categories or types. Truly, there are as many ways to divide and classify the Psalms as there are people to divide and classify them. Regardless of how the Psalms are classified or divided, each is an outpouring of emotion to the Lord.

We have chosen to study the Psalms in 7 categories that many scholars generally agree on. For week 8, we have selected Psalms that no study of the book could ignore. Each type is unique in the way the authors pour out their hearts to the Lord, and each type has something to teach 21st century disciples. The following is a brief description of the types of Psalms we'll read over the next 40 days:

Week 1: Psalms of Praise

Psalms of Praise seek to magnify God's name. They primarily express admiration for His virtues and character.

Week 2: Psalms of Lament

Psalms of Lament are cries for help and deliverance in times of despair. These can be communal and ask for deliverance for Israel as a group or individual.

Week 3: Psalms of Thanksgiving

Psalms of Thanksgiving express gratitude for the things God has done and provided.

Week 4: Psalms of Imprecation

Imprecatory Psalms ask God to judge the enemies of His people and often ask God to pour out His vengeance on them. These Psalms are appeals to God's divine wrath.

Week 5: Psalms of Wisdom

Psalms of Wisdom contain practical advice for righteous living, and instructions for living in God's will.

Week 6: Psalms of Enthronement

Psalms of Enthronement and Royalty celebrate God as the sovereign ruler over all creation. Often, God's provision and mercy are the subject.

Week 7: Psalms of Ascent

The Psalms of Ascent were songs sung by Jews as they travelled to Jerusalem for feasts and festivals. These songs praise God for His continuous faithfulness and goodness.

Week 8: Psalms We Love

These are the Psalms we know by heart. They give us comfort and provide the anchors for our soul. These are some of the most accessible portions of scripture.

Week 1: Psalms of Praise

- ☐ Monday, May 30: Psalm 8
- ☐ Tuesday, May 31: Psalm 65
- ☐ Wednesday, June 1: Psalm 98
- ☐ Thursday, June 2: Psalm 145
- ☐ Friday, June 3: Psalm 150

Week 2: Psalms of Lament

- ☐ Monday, June 7: Psalm 3
- ☐ Tuesday, June 8: Psalm 13
- ☐ Wednesday, June 9: Psalm 55
- ☐ Thursday, June 10: Psalm 130
- ☐ Friday, June 11: Psalm 142

Week 3: Psalms of Thanksgiving

- ☐ Monday, June 14: Psalm 30
- ☐ Tuesday, June 15: Psalm 95
- ☐ Wednesday, June 16: Psalm 100
- ☐ Thursday, June 17: Psalm 107
- ☐ Friday, June 18: Psalm 136

Week 4: Psalms of Imprecation

- ☐ Monday, June 21: Psalm 28
- ☐ Tuesday, June 22: Psalm 35
- ☐ Wednesday, June 23: Psalm 59
- ☐ Thursday, June 24: Psalm 79
- ☐ Friday, June 25: Psalm 109

Week 5: Psalms of Wisdom

- ☐ Monday, June 28: Psalm 1
- ☐ Tuesday, June 29: Psalm 25
- ☐ Wednesday, June 30: Psalm 34
- ☐ Thursday, July 1: Psalm 37
- ☐ Friday, July 2: Psalm 112

Week 6: Psalms of Enthronement

- ☐ Monday, July 5: Psalm 24
- ☐ Tuesday, July 6: Psalm 48
- ☐ Wednesday, July 7: Psalm 93
- ☐ Thursday, July 8: Psalm 97
- ☐ Friday, July 9: Psalm 99

Week 7: Psalms of Ascent

- ☐ Monday, July 12: Psalm 121
- ☐ Tuesday, July 13: Psalm 122
- ☐ Wednesday, July 14: Psalm 125
- ☐ Thursday, July 15: Psalm 127
- ☐ Friday, July 16: Psalm 131

Week 8: Psalms We Love

- ☐ Monday, July 19: Psalm 46
- ☐ Tuesday, July 20: Psalm 51
- ☐ Wednesday, July 21: Psalm 84
- ☐ Thursday, July 22: Psalm 118
- ☐ Friday, July 23: Psalm 23

Daily Readings:

Monday: Psalm 8

Tuesday: Psalm 65

Wednesday: Psalm 98

Thursday: Psalm 145

Friday: Psalm 150

Weekly Memory Verse:

I will praise the Lord
all my life; I will sing
praises to my Lord as
long as I live.

Psalm 142:2

Daily Reflection Questions:

- What fundamental truth does this text reveal?
- How does this text inform the way God intends me to view myself, others, my circumstances, and the world?
- How can I apply the truth of this text to my life in a practical way?

Daily Reflection Notes:

Community Conversation Suggestions:

- Did you find anything in these passages familiar? What had you read or heard before?
- Did anything encourage, inspire, challenge, or convict you? What verses? How did they challenge you?
- What is the benefit of applying the spiritual principles from these passages to your life?
- What spiritual principles in these passages contradict the message of the world?

Community Conversation Notes:

Week 1: Psalms of Praise

Personal Bible Study

Day 1: Psalm 8

Research the difference between the Hebrew words **LORD** and **Lord** used in verse 1. How are these words distinct? How does the unique meaning of each word deepen the meaning?

Day 2: Psalm 6

David opens this Psalm stating *praise awaits* God. What does David's awaiting praise reveal about his attitude toward God? What does this reveal about how David views his circumstances? Read 1Thessalonians 5:18. In what ways does this scripture call modern disciples to adopt David's attitude?

Day 3: Psalm 98

Psalm 98 begins with the call to sing a new song to the Lord. What *old song* have you been singing? What does your *old song* focus on? How can focusing on praise and thanksgiving to God help you sing a *new song*?

Day 4: Psalm 145

Notice David's *I will* statements and action verbs in verses 1-7. What 6 things is David resolved to do? What do these statements teach us about David's priorities, commitment to worship, and desire to make God known to others? What *I will* statements define your spiritual commitment? What action verbs describe your spiritual life? How can 21st century believers adopt David's resolute determination and implement it in a practical way?

Day 5: Psalm 150

The word *praise* is used 13 times in these 6 verses, and each time is the Hebrew word *hallu*. Of the 6 Hebrew words translated praise in English, *hallu* conveys the idea of *boastful shouting*. What does verse 2 tell us to *boastfully shout* about? How can you *boastfully shout* about God's power and greatness in your personal life? Who should you *boastfully shout* your praises to, and why is it important?

Day 1: Psalm 8

What does praise mean? Why do people receive praise?
Why does God deserve to be praise?

Day 2: Psalm 65

What can you praise God for? What good things can
you see that God has made and God has done?

Day 3: Psalm 98

What kind of song would you
sing to God? What would be the

Day 4: Psalm 145

Write an *I will* statement of your
own naming something you will
praise God for everyday or say

Day 5: Psalm 150

Who can you share your praise
for God with? What will

Week 1: Psalms of Praise Spiritual Formation Activ-

Write a Psalm of Praise to the Lord.

- Write praise that reflects God as Adonai and as Yahweh. (Psalm 8)
- Include praise in your *new song*, and release your old song to God. (Psalm 65)
- Include your *I will* statements committing to the ways you will praise God in the future. (Psalm 145)
- Include what you would boastfully shout about in praise

Daily Readings:

Monday: Psalm 3

Tuesday: Psalm 13

Wednesday: Psalm 55

Thursday: Psalm 130

Friday: Psalm 142

Weekly Memory Verse:

You, Lord, hear the
desire of the afflicted;
You encourage them
and listen to their cry.

Psalm 10:17

Daily Reflection Questions:

- What fundamental truth does this text reveal?
- How does this text inform the way God intends me to view myself, others, my circumstances, and the world?
- How can I apply the truth of this text to my life in a practical way?

Daily Reflection Notes:

Community Conversation Suggestions:

- Did any of these Psalms resonate with you? Which ones? Could you identify with any of the speakers?
- Have you ever cried out to God like the writers of these Psalms?
- Based on these Psalms, what did these writers believe about God? Do you view God the same way?

Community Conversation Notes:

Day 6: Psalm 3

David wrote this Psalm in the middle of a crisis, but he doesn't believe he is defeated. Why not? When you face a crisis, can you share David's confidence? Why or why not? How did Jesus' work on the cross and in the tomb ensure you the same confidence David had? Read Hebrews 2:14-15 and Revelation 20:10.

Day 7: Psalm 13

What is David really asking when he cries out *How long?* In the absence of a divine response on *our time*, what do most people usually do in a crisis? Read 1 Peter 5:7. What is one reason God *does not* want us to handle problems on our own? What is the connection between faith, patience, and casting our anxiety on God?

Day 8: Psalm 55

David is hurt because of a friend's betrayal. What does David's honesty to God reveal about his relationship with the Lord? Are you as honest with God about your feelings? What does this Psalm teach about the kinds of problems we can take to God? Read Hebrews 2:16-17. Why should Jesus followers feel an even greater freedom to share our pain with God?

Day 9: Psalm 130

What is the writer *lamenting* in this Psalm? Does sin cause you to *lament*? Why would God's ability and willingness to forgive inspire fear? Read 1 Peter 1: 17-21. How does Peter connect God's forgiveness with hope and fear?

Day 10: Psalm 142

David wrote this Psalm while hiding from Saul. While David's words are literally true, they are spiritually true for us. How? How does David's honesty before the Lord inspire his faith and reassure him of God's faithfulness? What does David's honesty teach us?

Day 6: The Invocation or Address to God

An invocation is purposely asking God to be present. Psalms of Lament often begin with a cry to the Lord. This invites God close to listen to your heart. Where do you see *invocation* in Psalm 3?

Day 7: The Lament or Problem

The lament is the problem causing the speaker trouble or upset. In the Lament, the speaker talks to God about his problem. What is the lament in Psalm 13?

Day 8: The Request for Help from the Lord

After telling God the problem, the speaker will request the Lord's help solving it. This shows faith in God. What does the speaker ask God to do in Psalm 55?

Day 9: The Expression of Trust in the Lord

After the speaker has asked for help, he often expresses confidence that God will intervene. This is another way of showing faith. What verses contain expressions of trust in Psalm 130?

Day 10: Declaration of Praise

Psalms of Lament often end with the writer praising God for all that He has been, all He is, and all He will be in the future. Where is the declaration of praise in Psalm 142?

Week 2: Psalms of Lament Spiritual Growth Activity

Reflect on what you have learned reading the Psalms of Lament. Has this study encouraged you to open your heart to God in new or more complete ways?

Is there a situation or idea that is causing you grief, pain, anxiety, or one you feel is beyond your control? *1 Peter 5:7 gives God's children permission to unburden ourselves by coming to Him and expressing our distress.* God wants to be present in our pain.

Try a writing a Psalm of Lament. Including all 5 elements: the invocation, lament, request, expression of trust, and praise.

Daily Readings:

Monday: Psalm 30

Tuesday: Psalm 95

Wednesday: Psalm 100

Thursday: Psalm 107

Friday: Psalm 136

Weekly Memory Verse:

Give thanks to the
Lord; His love endures
forever.

2 Chronicles 20:21

Daily Reflection Questions:

- What fundamental truth does this text reveal?
- How does this text inform the way God intends me to view myself, others, my circumstances, and the world?
- How can I apply the truth of this text to my life in a practical way?

Daily Reflection Notes:

Community Conversation Suggestions:

- How does our culture view appreciation? Do you think it's different than these writers viewed appreciation? How?
- How did these Psalms make you feel? How would you describe the *mood* in these Psalms? Do you think being thankful generally improves your mood? Is that a psychological principle or a Biblical principle?
- When you pray, do you spend more time asking or thanking?

Community Conversation Notes:

Day 11: Psalm 30

Psalm 30 was traditionally sung on the Feast of First Fruits. This is the day Christ was resurrected from the dead. Read Psalm 30 in light of this observation. What stands out to you? Why is this a special Psalm of Thanksgiving?

Day 12: Psalm 95

This Psalm centers on worship. How are verses 1-5 similar to verses 6-7. How are they different? How is our worship lacking if we approach worship with only one of these attitudes?

Day 13: Psalm 100

Reflect on verse 3. To what degree do you live like you belong to God and not to yourself? It's not until Jesus finishes His work that we know the cost of becoming His: 1 Corinthians 7:23. To what extent does your lack of thankfulness for the price Jesus paid influence your perspective that you can live for yourself?

Day 14: Psalm 107

Consider verses 4, 10, 17, and 23. What kinds of trouble were these groups of people in? Consider verses 6, 13, 19, and 28. What was God's response to each group? According to verses 8, 15, 21, and 31, how should these groups of people respond to God's deliverance? What has God redeemed you from? What wonderful deeds has God done for you? How should you respond?

Day 15: Psalm 136

For this Psalmist, everything that God has done is a display of His enduring love. How is the cross the ultimate display of God's enduring love? Do you fully believe that God's love endures forever—for you personally? How would your life change in a practical way if you fully believed this truth about God?

Day 11: Psalm 30

David had some difficulties in his life. Every time David asked God for help, God always did. Why is it important to thank God for His help? What has God helped you do? What can you ask God to help you with in the future?

Day 12: Psalm 95

How does God want us to sing to Him? Why is it important to sing with joy? Does singing with joy mean we can only sing happy songs?

Day 13: Psalm 100

At the temple, the gate opened onto the court, the court was the first place people entered, and anyone could come into the temple court. What attitude does God want us to come to Him with if we are enter His gates with thanksgiving and His courts with praise?

Day 14: Psalm 107

This writer says *give thanks to the Lord for He is good*. What good things does this writer mention? What good things has God done for you?

Day 15: Psalm 136

What is the number 1 reason to give thanks to God? How did God show His great love us? See Romans 5:8.

Week 3: Psalms of Thanksgiving Spiritual Formation Activity

Each day this week, reflect on the following questions:

- What has God provided for me physically?
- What has God provided for me materially?
- What has God provided for me spiritually?
- What has God provided for me circumstantially?

After you make the list, thank God for His provision in your life. If it's not your habit, this week, begin your prayers with thanksgiving.

Daily Readings:

Monday: Psalm 28

Tuesday: Psalm 35

Wednesday: Psalm 59

Thursday: Psalm 79

Friday: Psalm 109

Weekly Memory Verse:

Declare them guilty, Oh
God! Let their intrigues
be their downfall.

Banish them for their
sins, for they have
rebelled against you.

Psalm 5:10

Daily Reflection Questions:

- What fundamental truth does this text reveal?
- How does this text inform the way God intends me to view myself, others, my circumstances, and the world?
- How can I apply the truth of this text to my life in a practical way?

Daily Reflection Notes:

Community Conversation Suggestions:

- Did these passages strike you as strange? Are you surprised language like this is in scripture?
- Do these Psalms change or add anything to your perspective on what's acceptable to pray for?
- What do these Psalms teach about the nature of God?
- Of all the passages in the Bible, why do you think these particular Psalms are included?

Community Conversation Notes:

Day 16: Psalm 28

What attitude or spiritual condition is David writing about in this Psalm? How does God view hypocrisy? Read Matthew 23:1-32. What warning does Jesus give about hypocrisy? How can hypocrisy sneak into the lives of sincere Believers, and how can we guard against it?

Day 17: Psalm 35

Is David asking for God's permission to take revenge on those who've wronged him or for God to exact His holy justice? How do you know? Are we ever given permission to take revenge on others? See Romans 12:19. What is the correct course of action when we have been wronged? Matthew 5: 43-48 and 18:15-17. How does this Psalm serve as an example of how a human struggle can be worship?

Day 18: Psalm 59

Saul had sent men to watch David's house in order to kill him when David wrote this Psalm. Why is David more confident in God than in his enemies? How did Jesus experience false accusations and betrayal? Having known both, how does the cross give 21st century disciples even confidence that God is our fortress and our shield?

Day 19: Psalm 79

Asaph most likely wrote this psalm after Babylon had invaded and leveled Jerusalem. He was afraid Israel's spiritual identity would be destroyed. How is this plea to God understandable in light of the circumstances that inspired it? What about now? Read this Psalm with the 21st century church in mind. How do Asaph's words apply to the church today? Can you pray this Psalm or part of it for the church in the 21st century?

Day 20: Psalm 109

What evidence in this Psalm supports David's claims that the person he is writing about is doing harm? Read Micah 6:8. How does this verse justify David's feelings toward the wrongdoer? Just because David asks for these imprecations, does it mean God will oblige? What does this show about our ability to share our hearts with God?

Week 4: Psalms of Imprecation

Family Discussion Guide

Day 16: Psalm 28

What does it mean when we say God is just? Why is God the only one who can be perfectly just? Read Deuteronomy 32:4 and Job 34:12.

Day 17: Psalm 35

When people try to stop us from worshipping God or doing what God says is right, what should we do?

Day 18: Psalm 59

What is an enemy? How can we recognize an enemy of God? Who is our true enemy? Read Ephesians 6:12.

Day 19: Psalm 79

How do you think it makes God feel when leaders of other countries try to hurt Christians or keep them from worshipping? What should believers do when that happens?

Day 20: Psalm 109

When someone hurts us, is it ok to hurt them back? Read Romans 12:17

Week 4: Psalms of Imprecation

Spiritual Formation Activity

Imprecatory Psalms are hard to read. Remember that they are never directed at an individual and always directed at a group that actively opposes God. Imprecations are actually calls for God's justice to be met out on His enemies. Often they call for God to fulfill a promise that His enemies will be defeated. These are not requests for personal retribution.

Consider the following New Testament examples of Imprecation: Luke 10:10-16, 1 Corinthians 16: 21-22, Galatians 1:8, 2 Thessalonians 1:6-10.

While it may seem harsh, there is room in Christian prayer for imprecation. Consider writing an imprecation for one or all of the following:

- The Enemy and his agents
- Governments that oppose or prevent Christian work
- All enemies of God

Daily Readings:

Monday: Psalm 1

Tuesday: Psalm 25

Wednesday: Psalm 34

Thursday: Psalm 37

Friday: Psalm 112

Weekly Memory Verse:

The fear of the Lord is
the beginning of
wisdom; all who
practice it have a good
understanding.

Psalm 111:10

Daily Reflection Questions:

- What fundamental truth does this text reveal?
- How does this text inform the way God intends me to view myself, others, my circumstances, and the world?
- How can I apply the truth of this text to my life in a practical way?

Daily Reflection Notes:

Community Conversation Suggestions:

- Did you find anything in these Psalms familiar? What? Where have you heard these before?
- What do these Psalms teach about God?
- Do you find any spiritual truths in these passages that contradict the message of the world? What did you notice?
- What wisdom from these Psalms can you apply to your life in a practical way? What wisdom can you apply spiritually?

Community Conversation Notes:

Week 5: Psalms of Wisdom

Personal Bible Study

Day 21: Psalm 1

What blessing does this Psalm pronounce? How can you discern the difference in evil and godly counsel? See Psalm 119:11 and 2 Timothy 4:3-4. In what practical way does being rooted in the word help believers yield fruit and prosper?

Day 22: Psalm 25

What kind of attitude is necessary if we are to learn from the Lord and understand His ways? Refer to verse 4-5, 8-10, 12, and 21. If we adopt a posture of humility before the Lord, what is the result? When we hope (also wait in Hebrew) in the Lord, what does it produce in our lives? See verse 3 and 21.

Day 23: Psalm 34

Psalm 34 praises God for His deliverance, but nowhere does it promise the righteous person a trouble-free life. What assurances about God does the Psalm offer those who are suffering?

Day 24: Psalm 37

Among other things, Psalm 37 offers advice to avoid fretting or worry. Read verses 1-8. What strategies do verses 3, 4, 5, 7, and 8 offer to combat fretting?

- v.3 _____ in the Lord
- v.4 _____ in the Lord
- v.5 _____ to the Lord
- v.7 _____ before the Lord
- v.8 refrain from _____ and turn from _____

Day 25: Psalm 112

Here the Psalmist directly connects generosity with our fear or reverence for the Lord. How are the 2 connected? Why is generosity a requirement for God's people? How does a stingy or even greedy heart endanger our faith?

Day 21: Psalm 1

What is ungodly or wicked counsel? Why should believers avoid it? Where can you find godly counsel?

Day 22: Psalm 25

David writes that he puts his trust in the Lord. What does it mean to trust God? What makes God trustworthy?

Day 23: Psalm 34

When David says to fear the Lord, does David mean we are supposed to be afraid of God? What does it mean to fear the Lord?

Day 24: Psalm 37

What are things the wicked do according to this Psalm? What are things the righteous do? Which does God reward?

Day 25: Psalm 112

What does it mean to delight in God's commands? How does this writer describe the person who does delight in obeying God? Do you delight in obeying God?

**Week 5: Psalms of Wisdom
Spiritual Formation Activity**

Sharing Godly Wisdom

- What wisdom have you gained by being obedient to the Lord?
- What wisdom did you learn through disobedience?
- What Godly wisdom would you like to pass on to your children or others that you love?

Write down the wisdom you have gained in your walk with the Lord and share it with someone you love.

Daily Readings:

Monday: Psalm 24

Tuesday: Psalm 48

Wednesday: Psalm 93

Thursday: Psalm 97

Friday: Psalm 99

Weekly Memory Verse:

The Lord sits enthroned
over the flood; the Lord
is enthroned as King
forever.

Psalm 29:10

Daily Reflection Questions:

- What fundamental truth does this text reveal?
- How does this text inform the way God intends me to view myself, others, my circumstances, and the world?
- How can I apply the truth of this text to my life in a practical way?

Daily Reflection Notes:

Community Conversation Suggestions:

- When you think about God, how do you picture Him? Do these Psalms change or shape that for you?
- If God were physically reigning on earth, do you think people would view Him and treat Him the way they do now? Why?
- Did anything from this week encourage, inspire, challenge or convict you? Which passages? What have they motivated you to do?

Community Conversation Notes:

Week 6: Psalms of Enthronement

Personal Bible Study

Day 26: Psalm 24

Read verse 1. David makes this declaration before he begins a discussion of holy living. How does verse 1 inform a believer's approach to holy living? How does 1 Peter 1:13-16 further support David's perspective?

Day 27: Psalm 48

This Psalm speaks to God's protection, provision, and help for Jerusalem, and praises Him for His continued presence. How does the church function as a modern day Jerusalem? What spiritual applications can you make for the church when you view her as the 21st century Jerusalem?

Day 28: Psalm 93

Read verse 5. Why is it essential to the character of God that His *statutes stand firm*? See Numbers 23:19, Titus 1:2, Hebrews 13:8, and Psalms 18:30. How could our faith increase if we lived as if we truly believed God's statutes were unchangeable?

Day 29: Psalm 97

Read verse 7. In ancient Israel, it was easy to identify the false gods people worshipped because they had physical idols. What false gods and idols do people worship today? How easy is it to recognize them in our own lives, in the lives of others, or in our culture? Refer back to Psalm 24:1. How is worshipping anything other than Jehovah worshipping a false god? How can we become aware of idol worship in our own lives?

Day 30: Psalm 99

God's holiness has been a theme throughout this week's Psalms. While God desires relationship with us, He is more than just our friend. How should God's holiness affect the way we view Him? How should His holiness affect the way we approach Him in prayer? What about the way we speak about Him to others?

Week 6: Psalms of Enthronement Family Discussion Guide

Day 26: Psalm 24

Read verse 1. How do you take care of your things? Would you view your belongings differently if you thought God was just letting you use them?

Day 27: Psalm 48

Why is it important to know about the history of God's people? Are we part of the story of God's people? How?

Day 28: Psalm 93

We call earthy kings and queens *Your Majesty*. What does majesty mean? How is God majestic?

Day 29: Psalm 97

What does it mean to reign over something? How does God reign over the earth? How long will God reign? Why should the earth be glad?

Day 30: Psalm 99

Read verses 2-3. Do all the nations in the world praise and worship God? What can you do to help your part of the world praise and worship God?

Week 6: Psalms of Enthronement Spiritual Formation Activity

Choose 1 verse from each of these
Psalms and memorize it.

Psalm 24:

Psalm 48:

Psalm 93:

Psalm 97:

Psalm 99:

Daily Readings:

Monday: Psalm 121

Tuesday: Psalm 122

Wednesday: Psalm 125

Thursday: Psalm 127

Friday: Psalm 131

Weekly Memory Verse:

Blessed is everyone
who fears the Lord and
walks in His ways.

Psalm 128:1

Daily Reflection Questions:

- What fundamental truth does this text reveal?
- How does this text inform the way God intends me to view myself, others, my circumstances, and the world?
- How can I apply the truth of this text to my life in a practical way?

Daily Reflection Notes:

Community Conversation Suggestions:

- How do you feel about *going to church*? Do you view *going to church* and worshipping God as the same thing? For you, what makes them the same, different, or both?
- Could you identify with any of the speakers in these Psalms? Have you ever felt or thought the things that they expressed? If so, then which ones resonated with you? Why?
- What did you learn about God from these Psalms? What do you think God wants us to learn from them?

Community Conversation Notes:

Week 7: Psalms of Ascent

Personal Bible Study

Day 31: Psalm 121

When you experience difficulty or trouble, where do you *expect* your help to come from: God, yourself, others? How would believing God watches over you change your expectation in a practical way? In a spiritual way?

Day 32: Psalm 122

David connects travelling to Jerusalem to worship. How can 21st century disciples read this Psalm as a symbol for corporate worship? Why is a desire for peace the natural outgrowth of a love for worship?

Day 33: Psalm 125

According to verse 1, what is it that gives stability to our lives? What does authentic trust in the Lord require of modern disciples? What evidence in your life proves your trust in God?

Day 34: Psalm 127

This Psalm begins by inviting God into our work then ends by discussing the blessing of children. How are structures, cities, and children all *built*? Why is it equally important to invite God into the construction of a *house* and a *home*?

Day 35: Psalm 131

This Psalm speaks to contentment. Why would contentment have been on the minds of those travelling to Jerusalem to worship? Why does God desire that we be content? See 1 Timothy 6:6-12. What is the connection between pride and a lack of contentment?

Week 7: Psalms of Ascent Family Discussion Guide

Day 31: Psalm 121

What does it mean to *watch over* something or someone?
How do you feel knowing God is watching over you?

Day 32: Psalm 122

What does it mean to *go to the house of the Lord*? Is
that something *you* do? Why was David glad to go?

Day 33: Psalm 125

What does trust mean? What does it mean to trust God?
How can you show God you trust Him?

Day 34: Psalm 127

Is it important to ask God to help you with everything
you do? Why?

Day 35: Psalm 131

What does being content mean? Why is that important to
God?

Week 7: Psalms of Ascent Spiritual Formation Activity

Think about your favorite worship song. Why is it your
favorite? Does it give you hope, comfort, strength?

Write out at least one verse of your favorite worship song and
the chorus if it has one. Put it in a place where you can read it
daily.

Either privately or with others, sing your favorite worship song
to God as a prayer or in intentional praise.

Daily Readings:

Monday: Psalm 46

Tuesday: Psalm 51

Wednesday: Psalm 84

Thursday: Psalm 118

Friday: Psalm 23

Weekly Memory Verse:

The LORD is my light
and my salvation-whom
shall I fear? The LORD
is the stronghold of my
life— of whom shall I be
afraid?

Psalm 128:1

Daily Reflection Questions:

- What fundamental truth does this text reveal?
- How does this text inform the way God intends me to view myself, others, my circumstances, and the world?
- How can I apply the truth of this text to my life in a practical way?

Daily Reflection Notes:

Community Conversation Suggestions:

- Did you find anything in these passages familiar? Which ones? Where have you come across them in the past?
- After reading through all of the other types of Psalms, could you put any of these into one of those categories?
- After spending 8 weeks in the Book of Psalms, has your opinion about the book changed? Have you learned anything in general? About God? About yourself?

Community Conversation Notes:

Day 36: Psalm 46

Read verse 10. Why is stillness necessary to know that God is God? Why is stillness a requirement if we are going to allow God to be our refuge, strength, and help? How is a lack of stillness dangerous to our faith?

Day 37: Psalm 51

This Psalm is ultimately about repentance. What is the difference between an apology and true repentance? Why is repentance essential for righteousness? What is the connection between repentance and humility? Which do you do more of: apologize or repent? What practical steps can you take to increase repentance?

Day 38: Psalm 84

What deep spiritual desire does this Psalm express? Read Matthew 5:6. What spiritual desire does Jesus call disciples to? What is the connection between spiritual appetite and the ability to experience God's blessings?

Day 39: Psalm 118

Psalm 118 is often included in the group of *Messianic Psalms*, or Psalms that foretell the coming of Jesus. What verses in this Psalm point to Christ? Compare Psalm 118:22 to Matthew 21:42, Mark 12: 10-12, Luke 20:17, and 1 Peter 2:4-7. How do these point to God's preplanning for Jesus and His work? How does all of this help reinforce that God's love endures forever?

Day 40: Psalm 23

In 23:1 God uses His personal name. What is it? Read Exodus 3: 13-15 to further identify the Psalm 23 shepherd. Note all of the things Shepherd Yahweh does for His sheep in Psalm 23. Now Read John 10:7-18. How does Jesus describe himself? What do these passages tell you about the way God and Jesus *want* to lead you? As sheep, why do we resist being led if our shepherds are good and only want our good?

Day 36: Psalm 46

What are you afraid of? How does it make you feel to know that God doesn't want you to be afraid? How can you let God calm your fears?

Day 37: Psalm 51

How do you know when someone is truly sorry for what they did? How can we show God we are truly sorry for our sins?

Day 38: Psalm 84

What do you think it will be like to be in the presence of God? What does verse 4 say? Are you excited to be with God one day?

Day 39: Psalm 118

Who should you trust more: people or God? Who should you turn to for truth: people or God?

Day 40: Psalm 23

Sheep only listen to their shepherd. Sheep will not follow the shepherd of another flock because they don't recognize his voice. According to Psalm 23, who is our shepherd? How can we recognize His voice so we can follow Him?

Week 8: Psalms We Love
Spiritual Formation Activity

- If you don't already know it by heart, memorize Psalm 23.
- If you already have Psalm 23 memorized, choose another of this week's favorites and memorize it.



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