

Psalms – Lesson 1 Workbook

Psalms 1

Psalm 1:1-2

1. A blessed person doesn't do three things, according to verse 1. What are they?

2. What does a blessed person do?

3. How do they go about doing this??

Psalm 1:3-4

1. According to verse 3, what is the blessed man who delights in the law of the Lord like?

2. What does a tree like that do?

3. By contrast, what is the result of the wicked?

Psalm 1:5-6

1. What is the result of the wicked?

2. What is the assumed result of the righteous?

3. At the end of Psalm 1, what do you suppose the psalmist wishes for us to conclude?

John 15:1-5

1. What does Jesus say that He is?

2. What does a healthy branch off the vine do?

3. What happens to branches that don't bear fruit?

4. According to verse 4, what does a branch need to do to bear fruit?

5. Apart from Christ, verse 5 says, what can we do?

John 15:6-11

1. What happens if we do not abide in Christ, according to verse 6?

2. By abiding in Christ, and by allowing His words to abide in us, what happens?

3. How do we “abide” according to verses 9-11?

4. How do we abide in Christ’s love?

5. How do we obey Christ’s commands? How does Psalm 1 help us do this?

Homework

- Memorize Psalms 1:3
- Ask God to help you abide in Christ, bear much fruit, and grow spiritually

Psalms – Lesson 2 Workbook

Psalms 23

Psalms 23

1. What struck you about Psalm 23?

2. How does the shepherding God gives us according to this psalm relate to our game?

Psalms 23:1-2

1. In Psalms 23:1, David says that the Lord is his shepherd. As a shepherd, what do you think David is trying to communicate here?

2. Because God is a good shepherd, what do we lack according to verse 1?

3. According to verse 2, what state of being does God put us in?

Psalms 23:3-4

1. What do you think verse 3 means when it says that the Lord “restores our soul?”

2. With a shepherd like this, and according to verse 4, what do we have to fear?

Psalm 23:5-6

1. What do you think it means that God prepares a table before us "in the presence of my enemies?"

2. What else does God do for us as our shepherd according to these verses?

3. What hope do we gain from all these things according to verse 6?

John 10:11-16

1. How does Jesus refer to Himself?

2. What makes Him the Good Shepherd?

3. What comparison does Jesus make?

Homework

- Memorize Isaiah 40:11
- Ask God to help you follow Jesus, remembering that He is the good shepherd.

Psalms – Lesson 3 Workbook

Psalm 27

Psalm 27:1-5

1. According to this text, who/what shall David fear?

2. What happens when the wicked advance to devour David?

3. How does David feel when war breaks out against us?

4. What does David ask from the Lord?

5. What will happen on the king's day of trouble?

Psalm 27:6-10

1. Where will David sacrifice with shouts of joy?

2. Whose face is he set on seeking?

3. What does David ask the Lord not to do?

Psalm 27:11-14

1. What does David ask the Lord to do for him?

2. Why do you think false witnesses rise against David?

3. Of What does David remain confident?

4. For whom should we wait?

Homework

- Memorize Psalm 27:14
- As you face life's challenges do not be afraid and remember God is with you.

Psalms – Lesson 4 Workbook

Psalm 35

Psalm 35:1-5

1. Based on context, what do you think the word contend means in verse 1?

2. Why is God our salvation?

3. Based on context, what do you think the word chaff means?

Psalm 35:6-9

1. Why do we wish for our enemies to be punished? Why do we feel the need to have revenge?

2. Read verse 10. How does that verse change your answer to the previous question, if at all?

Psalm 35:15-20

1. Based on context, what do you think the word assailant means?

2. Why would David compare his enemies to lions?

3. Throngs are large groups of people. Why do you think it is so important to thank/praise God publicly?

Psalm 35:21-27

1. In Psalm 35:23, David uses the word contend, as he did in verse 1. Do you think their meanings are the same in both sets of contexts?

2. What do you think the word vindicate means?

3. In verses 26 and 27, David wishes that those who wrong him would never know God, and that those who are faithful to him dwell in the place of the Lord. Think back to the last group building question. It is so easy to decide which person you want to be, so why is it so hard to live that out?

4. Why is it so important to thank God for everything He has done for us?

Colossians 3:13

1. Do think this verse relates better to the first half of Psalm 35 or the second half?

2. Do you think Paul (the author of Colossians) has a different view of forgiveness and repentance than David? Explain your answer?

3. Why do you think it seems harder for David to forgive his enemies than it is for Paul?

4. Is it hard for you to forgive your enemies? Why/why not?

Homework

- Memorize Psalm 43:1
- Remember – If God is for you, who can be against you?

Psalms – Lesson 5 Workbook

Psalm 51

Psalm 51:1-4

1. Transgressions are the same thing as sins. What do you think it means to “blot them out”?

2. What do you think the word iniquity means? How does that apply to the verse?

3. Why is it good to acknowledge that you have done wrong?

Psalm 51:5-8

1. Read verse 6 again. What do you think it means?

2. Hyssop (verse 7) is a herb that was commonly used in ancient medical remedies. When David asks God to cleanse him with it, he is associating physical healing with spiritual. What is the difference between the two?

3. David wishes for even those who God has punished to rejoice, because the Lord forgives all of us. Do you believe that everyone, no matter their worth, sin, or beliefs, deserves to receive God’s forgiveness?

Psalm 51:9-12

1. Verse 9 repeats pleadings included in verses 1-2. Why do you think David uses this kind of repetition?

2. In verse 10, David asks God to “renew the steadfast spirit within him”, saying that the spirit was once in him but is no longer there. How could the spirit have been lost? Through sin? Disbelief in God?

3. How could a mere “willing spirit” sustain us (verse 12)?

Psalm 51:13-16

1. In verses 13-15 David promises to spread the word of God’s reputation after he is cleansed and forgiven, along with singing of his righteousness. Would being promised something in exchange be more motivating to God? Why or why not?

2. According to Psalm 51:16, God does not “delight in” earthly sacrifices — why do you think that is?

Psalm 51:17-19

1. Emotional sacrifices seem to please God. Looking back to the question of the difference between physical and emotional sacrifice, did your opinion change? Why do you think God prefers the latter?

2. David seems to return to the topic of sacrifice often, including in the last verse of the chapter. Why is it so important?

Luke 5:31-32

1. What do you think Luke intended when he wrote these verses?

Homework

- Memorize Proverbs 20:9
- Search your heart and know that you need God's forgiveness. Set your heart on the Lord.

Psalms – Lesson 6 Workbook

Psalm 91

Isaiah 25:4

1. What do you think this verse is saying?

2. Based on what we've already learned, how might it relate to Psalm 91?

3. What do you think "the wall" represents in this verse?

Psalm 91

1. What struck you about Psalm 91?

2. Did you notice new things about the chapter as you read/heard it for the second, third and fourth times? What did you notice?

Psalm 91:1-8

1. "The Most High" and "The Almighty" both represent God, so why do you think David describes them with two separate titles?

2. Based on context, what do you think the word pestilence means?

3. This translation uses the metaphor that God covers us with His feathers and puts us “under His wings”. Why do you think the figure of speech applies to this chapter?

4. What kind of person would you define as “wicked?”

Psalm 91:9-16

1. How do we make God our dwelling, rather than just heaven being a dwelling?

2. What might “our tent” represent? Our lives? Our homes?

3. In most parables or other Bible stories, a serpent or a snake normally represents Satan, so in this verse, David is saying that we will conquer Satan. Who/what do you think “the great lion” represents?

4. According to David, the Lord seems to require an agreement between us honoring Him and Him protecting us? Does this make sense to you? Do you agree with it?

5. With the gift of eternal life, would you choose to follow God in return? Do you think that decision is common?

Isaiah 25:4

1. Did this verse relate to Psalm 91 in the way you thought it would, if at all?

2. In your opinion, which passage describes protection better? Why?

Homework

- Memorize Isaiah 25:4
- Enter a deeper relationship with God, abide in Him and make Him your dwelling

Psalms – Lesson 7 Workbook

Psalm 121

Psalm 121

1. What struck you about Psalms 121?

2. How does it compare to any other Psalms lessons that you have studied?

Psalm 121:1-4

1. What do you think the “mountains” are supposed to represent?

2. What effect do you think David asking and answering the same question has on those who read the verse or listen to his song?

3. David seems to emphasize the fact that God will not rest if it means that His children, whom He created, are safe from sin and temptation. Why do you think this point is so important?

Psalm 121:5-8

1. God is referred to as “shade”, as in from heat or bright sunlight. This metaphor can mean that, as shade on a hot day, God is our shelter, protecting us from danger. How might this figure of speech contribute to the reader’s understanding?

2. David says, over and over, that no harm will come to us, for God is watching over us at all times. He always has, is, and will be taking the best care of us. Is this surprising for you to hear? Why do you think David repeats it so frequently here?

Homework

- Memorize Jeremiah 3:23
- In the presence of evil do not be afraid. Know God is always with you no matter what.

Psalms – Lesson 8 Workbook

Psalm 139

Job 34:21-22

1. What message do you think the author was trying to convey in these verses?

2. How could it relate to the message of Psalms 139?

Psalm 139

1. What struck you about Psalm 139?

Psalm 139:1-6

1. How does reading these verses make you feel?

2. Do you feel safe? Protected? Or does this description of God's all-knowing love make you feel uncomfortable?

Psalm 139:7-12

1. These verses best relate to those in Job 34 that we read earlier. How do you think the different authors took different approaches on this topic? Why?

2. Is God always being there for us a good or a bad thing?

3. Think of something in your life that is darkness. It could be a person, or a situation, or just a feeling that you have. Now think of something in your life that represents a light. Imagine the light getting rid of the darkness. God is light, and sin is darkness. Sin can never overtake God. He will always be there to get rid of the darkness. How do you see this concept in your own life?

Psalm 139:13-18

1. David compares our creation to being "woven", or "knit together". Why do you think he made this connection? How does God creating us relate to being "knit together"?

2. Verse 16 is saying that God knows exactly how our entire life is going to play out. He knows every move that we will make. Why do you think this is? Does this mean we can't make our own decisions?

Psalm 139:19-24

1. Verses 19 and 20 say that God is wicked toward those who disrespect him. As long as you believe and trust in Him, He will continue to guide you. Why do you think that David thinks this way? Do you agree with this?

2. "Abhor" means to regard with disgust or hatred." Is it okay for David to abhor God's enemies here? Why or why not?

3. Why do you think David ends this Psalm with a prayer that God would search his heart?

Jonah 2:1-9

1. Where is Jonah when he prays this?

2. Where might you be in life when you feel similarly?

3. What is the basic premise of Jonah's prayer?

4. Is that a prayer you have ever prayed? Would anyone be willing to share what that time was like for you?

Psalms 139:7-12 (Again)

1. How do the Jonah 2:1-9 and Psalm 139:7-12 compare?

2. How are these scriptures different. How are they similar?

Homework

- Memorize Hebrews 4:13
- Remember you can turn to God in times of need and He will help you when you repent of your sins.

Psalms – Lesson 9 Workbook

Psalm 146

Psalm 150

1. Why does David put such an emphasis on this message of praising the Lord?

2. What are the two places that David says you should praise God?

3. What are the two reasons listed in this passage you should praise God?

4. What are the eight things listed within this passage with which you can praise God?

5. Are these the only ways, places, and reasons you should praise God?

6. What is the point of Psalm 150?

Psalm 146

1. What struck you about Psalm 146?

2. Do you see a relationship between this Psalm and our opening game?

Psalm 146:1-5

1. David says in verse 2 that we should “praise the Lord all my life.” How does the way you praise God change over the course of your life?

2. David uses the word “prince” in verse 3. Why do you think he chose this term?

3. David seems to illustrate that when you die, your life on Earth becomes meaningless. Do you agree with this?

4. What are some ways that you can put your “help” and “hope” in the Lord?

Psalm 146:6-10

1. Why do you think that David relates God’s creation of the Earth to His faithfulness?

2. In verse 8, David says that “The Lord lifts up those who are bowed down.” Why did David choose these words?

3. Do you believe that “the foreigner, the fatherless, and the widow” are more deserving of love and support than the “wicked”? Do you think that is what David is saying?

4. What does the last verse communicate to you?

Psalm 146, 150

1. How does Psalm 146 relate to Psalm 150?

2. How are Psalm 146 and 150 different?

MAKING IT REAL - Activity

1. Write two lines about who God is — “The Lord is _____.”
2. Write two more lines about what God has done — “He has _____.”
3. Write two more lines about how those actions make you feel.
4. Write two more lines about praising God.

Homework

- Memorize Exodus 15:2
- Review the Psalm you wrote throughout the week, praising God as you do so.