



Introduction

Welcome to the INTRUTH Bible Study on Psalms for Elementary!

We believe that studying the Word of God transforms lives!

The Bible is God's message of redemption, as well as our instruction book for life. God wants us to search the Bible so we can understand the TRUTH of His character and His desire for us. Each lesson has 9-10 questions, a memory verse, a Believe the TRUTH, Pray the TRUTH, and a Walk in TRUTH application section.

These lessons teach foundational Scriptural truths that all age groups can enjoy. We encourage you to customize them for your specific group. Younger children may need help to read and answer the questions or understand certain words or concepts. Older students might need help to dig in deeper.

The Psalms are a wonderful example of how to be in relationship with the God of the universe. Psalms encourage us to praise God for who He is and what He has done. They illuminate the greatness of our God, affirm His faithfulness to us in times of trouble, and remind us of the absolute heart of His Word.

The lessons in Numerical Order:

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| 1 | The Path of the Godly |
| 19 | Reflecting the Glory of God |
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We pray that this study will strengthen your relationship with our Lord!

"The Lord is my rock, my fortress, and my savior; my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety." Psalm 18:2

Enjoy!



Psalm 1:6

“For the Lord watches over the path of the godly, but the path of the wicked leads to destruction.”

Lesson 1

Psalm 62:8

“O my people, trust in Him at all times. Pour out your heart to Him, for God is our refuge.”

Lesson 6

Psalm 19:14

“May the words of my mouth and the meditation of my heart be pleasing to you, O Lord, my rock and my redeemer.”

Lesson 2

Psalm 86:5

“O Lord, you are so good, so ready to forgive, so full of unfailing love for all who ask for your help.”

Lesson 7

Psalm 23:1

“The Lord is my Shepherd; I have all that I need.”

Lesson 3

Psalm 91:14-15

“The Lord says, “I will rescue those who love Me. I will protect those who trust in My name. When they call on Me, I will answer; I will be with them in trouble. I will rescue and honor them.”

Lesson 8

Psalms 37:4

“Take delight in the Lord, and He will give you your heart’s desires.”

Lesson 4

Psalm 103:1-2

“Let all that I am praise the Lord; with my whole heart, I will praise His holy name. Let all that I am praise the Lord; may I never forget the good things He does for me.”

Lesson 9

Psalm 46:1

“God is our refuge and strength, always ready to help in times of trouble.”

Lesson 5

Psalm 121:1-2

“The Lord keeps watch over you as you come and go, both now and forever.”

Lesson 10

INTRUTH Psalms



Psalm 138:1a

"I give you thanks, O Lord,
with all my heart."


Lesson 11

Psalm 139:1,5

"O Lord, You have examined my heart and
know everything about me. You go before
me and follow me. You place Your hand of
blessing on my head."

Lesson 12

The Path of the Godly

 MEMORY VERSE: "For the Lord watches over the path of the godly, but the path of the wicked leads to destruction." Psalm 1:6



PSALM 1:1-2 Delight in God's Law

1. What do verses 1-2 tell us not to do? What do they tell us to do?
2. The law of the Lord is His Word, the Bible. What do you think "delighting" and "meditating" on the Bible looks like?
3. Review the definition of Joy/Blessed. Why do you think we are blessed if we delight in the Bible and meditate on it?



PSALM 1:3 Trees Planted in God's Word

4. What does the author David say we are like when we delight in God's Word?
5. What does it mean to produce fruit? What fruit does Galatians 5:22-23 tell us we will bear?
6. What do you think "they prosper in all they do" means? How does this apply to hard and tough circumstances? Also see Romans 8:28.



PSALM 1:4-6 Path of the Ungodly and Godly

- 7. How do verses 4-5 describe the wicked/ungodly?

- 8. Look at the definitions of godly and ungodly. What does 2 Timothy 3:15-16 tell us about how Scripture makes us godly?

- 9. Read verse 6. What path are you on: do you feel that your path is being watched over by the Lord or one that leads to destruction?

BELIEVE THE TRUTH

Psalm 1 teaches us that loving God and loving His Word (the Bible) puts us on a path that is blessed and protected by the Lord. On the other hand, those who don't live in close relationship with God and in His Word are on a path of destruction. How cool is it that the God of the universe wants a close relationship with YOU?!

PRAY THE TRUTH

Dear Jesus, thank You for wanting to be in relationship with me and showing me how You want me to live. I want to be like the tree planted by streams that bears fruit for You. Help me to remember and to be confident that You protect me and watch over me in both good and bad times. In Jesus' name, Amen.

WALK IN TRUTH



How does this Psalm change how you think about God's Word? How can you put this change into action in your life this week, month, or year?



Psalm 1 (NLT)

1 Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers.

2 But they delight in the law of the Lord, meditating on it day and night.

3 They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do.

4 But not the wicked!
They are like worthless chaff, scattered by the wind.

5 They will be condemned at the time of judgment. Sinners will have no place among the godly.

6 For the Lord watches over the path of the godly, but the path of the wicked leads to destruction.

Galatians 5:22-23: But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!

Romans 8:28: And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.

2 Timothy 3:15-16 (MSG): There's nothing like the written Word of God for showing you the way to salvation through faith in Christ Jesus. Every part of Scripture is God-breathed and useful one way or another—showing us truth, exposing our rebellion, correcting our mistakes, training us to live God's way. Through the Word we are put together and shaped up for the tasks God has for us.


Joy/Blessed: God's favor and love; real contentment; a deep, abiding sense of His presence and protection. Deep inner joy that nothing in life can give or steal.

Godly: After a person accepts Jesus Christ as their Lord and Savior, the Holy Spirit helps them recognize God's right way from the wrong; to voluntarily surrender one's own will to do what is right in God's sight; with the Holy Spirit's help, to resist sin even under pressure and temptation.

Ungodly: those who do not know God through Jesus Christ and actively oppose God in disobedience; separated from God; to mock God.

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Reflecting the Glory of God

 MEMORY VERSE: "May the words of my mouth and the meditation of my heart be pleasing to you, O Lord, my rock and my redeemer." Psalm 19:14



PSALM 19:1-6 God's Creation Speaks

1. Verses 1-3 say that God's creation (the earth and sky) tell us about God. What do they tell us about God and His glory?
2. Who all gets to hear and see what God's creation has to say about God? v. 4a
What is your favorite part of God's creation?
3. Read verses 4b-6. How did King David describe the sun and its role?



PSALM 19:7-11 God's Word

4. How does David describe God's instructions and commandments (decrees) in verses 7-8?
Where do we find God's instructions and commandments today?
5. Read verses 9-10. What is the Bible (or God's Law) compared to in verse 10? Do you feel this way about the Bible? Why or why not?
6. What promise is in verse 11? What role does God's Word play in your everyday life?



PSALM 19:12-14 Taking Our Sins to God

7. What do you think “sins lurking in my heart”, or “hidden sins” are? What do you think deliberate sins are?

8. How does David ask God for help with these different sins? Why do we need God’s help when dealing with these types of sin?

9. What two things does David request in verse 14? What do you think David’s request (prayer) show us is God’s role versus our role in this?

BELIEVE THE TRUTH

Psalm 19 reminds us that when we see a sunset, or an ocean, or a mountain, that is God’s creation telling us about the glory of God! This psalm also reminds us that God’s Word, like His creation, is perfect. The Bible is clear and trustworthy and it brings joy to our hearts and revives our soul. What an amazing God! May this same God destroy the sin in your life so that all of our thoughts and words are pleasing to Him.

PRAY THE TRUTH

Lord, thank You that I can witness Your glory in creation. Thank You for giving us the Bible that is trustworthy, right and true. Please help me make the words of my mouth and the meditations of my heart honoring and pleasing to You. Amen.

WALK IN TRUTH



Which verse (or truth) about God’s commands or laws (the Bible) stood out to you the most? Why?

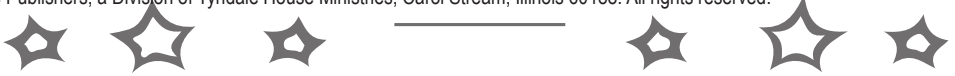


Psalm 19 (NLT)

For the choir director: A psalm of David.

- 1 The heavens proclaim the glory of God.
The skies display his craftsmanship.
- 2 Day after day they continue to speak;
night after night they make him known.
- 3 They speak without a sound or word;
their voice is never heard.
- 4 Yet their message has gone throughout the earth,
and their words to all the world.
- God has made a home in the heavens for the sun.
- 5 It bursts forth like a radiant bridegroom after his wedding.
It rejoices like a great athlete eager to run the race.
- 6 The sun rises at one end of the heavens
and follows its course to the other end.
Nothing can hide from its heat.
- 7 The instructions of the Lord are perfect,
reviving the soul.
The decrees of the Lord are trustworthy,
making wise the simple.
- 8 The commandments of the Lord are right,
bringing joy to the heart.
The commands of the Lord are clear,
giving insight for living.
- 9 Reverence for the Lord is pure,
lasting forever.
The laws of the Lord are true;
each one is fair.
- 10 They are more desirable than gold,
even the finest gold.
They are sweeter than honey,
even honey dripping from the comb.
- 11 They are a warning to your servant,
a great reward for those who obey them.
- 12 How can I know all the sins lurking in my heart?
Cleanse me from these hidden faults.
- 13 Keep your servant from deliberate sins!
Don't let them control me.
Then I will be free of guilt
and innocent of great sin.
- 14 May the words of my mouth
and the meditation of my heart
be pleasing to you,
O Lord, my rock and my redeemer.

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The Good Shepherd



MEMORY VERSE: "The Lord is my Shepherd; I have all that I need." Psalm 23:1



Psalm 23:1-3 The Lord Is Our Shepherd

Psalm 23 was written by King David who remembers his years tending sheep and recognizes the Lord as his Shepherd.

1. Read verse 1. How does David describe the Lord? What did David say he had because of the Lord? Do you agree with this in your life?
2. What else does the Shepherd do for His sheep? vv. 2-3
3. In what ways has the Lord been your Shepherd? What in these verses sticks out to you the most right now?



Psalm 23:4 The Good Shepherd Protects and Comforts

4. What does David say happens when he walks through dark, fearful times? Why? vv. 4
5. The rod and staff are tools the shepherd uses to scare off other animals and lead his sheep. Sometimes this means correcting their path or disciplining them. How does God's correction and discipline in your life bring you comfort and peace?
6. When we are closer to God, we are safer and more at peace. Why do you think that is?



Psalm 23:5-6 The Good Shepherd Blesses

- 7. What does David say God does in the midst of real danger? v. 5a What do you think that means?
- 8. Read verse 5b. Even on your worst day, you will see God’s blessings overflowing in your life if you look for them. Write down ways your cup has overflowed with blessings.
- 9. Read verse 6a. The entire Bible is the story of God pursuing us. What do you think this verse looks like in your life?
- 10. What is the “House of the Lord” referring to? What do you think life will look like for believers in Heaven?

BELIEVE THE TRUTH

David saw both a lot of hardship and success in his life. However, Psalm 23 shows us how David credits God with guiding him and protecting Him along the way. God supplied every one of David’s needs and He will do the same for you. Follow the Good Shepherd closely and your cup will overflow with blessings too!

PRAY THE TRUTH

Dear Lord, Make me more like David, trusting in You as my Good Shepherd. Thank You for making sure I have all I need. Thank You for leading me, protecting me, making me strong, and taking care of my enemies. Help me trust You and go to you when I feel afraid. You are a good God, and I want to be close to You. Amen

WALK IN TRUTH



What does the Lord being your Shepherd mean to you? How does it affect your life?



Psalm 23 (NLT)

A psalm of David.

1 The Lord is my shepherd;
I have all that I need.

2 He lets me rest in green meadows;
he leads me beside peaceful streams.

3 He renews my strength.
He guides me along right paths,
bringing honor to his name.

4 Even when I walk
through the darkest valley,
I will not be afraid,
for you are close beside me.
Your rod and your staff
protect and comfort me.

5 You prepare a feast for me
in the presence of my enemies.
You honor me by anointing my head with oil.
My cup overflows with blessings.

6 Surely your goodness and unfailing love will pursue me
all the days of my life,
and I will live in the house of the Lord
forever.

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The Importance of Godliness



MEMORY VERSE: "Take delight in the Lord, and He will give you your heart's desires."
Psalms 37:4



PSALM 37:1-8 Commit to the Lord

This lesson will focus on excerpts from Psalm 37, but please read the whole psalm and compare and contrast the difference between the godly and the wicked and how God interacts with them.

1. What advice does this psalm give concerning wicked people? Why? vv. 1-2
2. Read verses 3-5. What happens when we trust in the Lord, delight in the Lord, and commit to the Lord?
3. Verse 7 tells us to be still in the presence of the Lord and be patient for Him to act. Is this hard to do? Have you ever seen God work when you do this?
4. What do verses 7 and 8 tell us about anger? Why do you think anger only leads to harm?



PSALM 37:23-31 God Delights in the Godly

5. What do verses 23 and 24 say that God does for the godly? What do you think it means for the Lord to "delight in every detail" of your life?
6. What do verses 27 and 28 say about doing good (not evil) and justice? Why do you think this is important to God?
7. What do godly people do? vv. 30-31 Why is it so important to make God's law your own? What does this look like?



PSALM 37:34, 37-40 God Is With the Godly

8. Read verse 34. How does your hope in God impact your life everyday? Why is “traveling steadily” along God’s path important?
9. What does verse 37 say awaits those who love peace? Why do you think that is? What changes do you need to make in your life to be called someone who loves peace?
10. How do verses 39-40 encourage you? Have you ever experienced this in your life?

BELIEVE THE TRUTH

God calls us to live a godly life. In this Psalm, we see all the blessings and benefits of living the way God wants us to live. God is near to those who draw near to Him, and the wicked will not win in the end. Therefore we don’t need to worry or be angry. Instead if we love peace and put our hope in the Lord, our way will prosper! May you choose to rely on God and live a godly life!

PRAY THE TRUTH

Dear God, thank you for all the wisdom in this Psalm! I pray that you would help me to be honest, do good and love peace. Help me to make Your law my own and to walk steadily along Your path. I trust Your direction and protection. May I commit my life to You, living for You each day, trusting You in every part of my life. Amen

WALK IN TRUTH



This psalm is filled with a lot of wisdom about living a godly life. What stuck out to you most and how can you do this in your life this week?



Psalm 37 (NLT)

A psalm of David.

- 1 Don't worry about the wicked
or envy those who do wrong.
- 2 For like grass, they soon fade away.
Like spring flowers, they soon wither.
- 3 Trust in the Lord and do good.
Then you will live safely in the land and prosper.
- 4 Take delight in the Lord,
and he will give you your heart's desires.
- 5 Commit everything you do to the Lord.
Trust him, and he will help you.
- 6 He will make your innocence radiate like
the dawn,
and the justice of your cause will shine like
the noonday sun.
- 7 Be still in the presence of the Lord,
and wait patiently for him to act.
Don't worry about evil people who prosper
or fret about their wicked schemes.
- 8 Stop being angry!
Turn from your rage!
Do not lose your temper—
it only leads to harm.
- 23 The Lord directs the steps of the godly.
He delights in every detail of their lives.
- 24 Though they stumble, they will never fall,
for the Lord holds them by the hand.
- 25 Once I was young, and now I am old.
Yet I have never seen the godly
abandoned
or their children begging for bread.
- 26 The godly always give generous loans to
others,
and their children are a blessing.
- 27 Turn from evil and do good,
and you will live in the land forever.
- 28 For the Lord loves justice,
and he will never abandon the godly.
He will keep them safe forever,
but the children of the wicked will die.

- 29 The godly will possess the land
and will live there forever.
- 30 The godly offer good counsel;
they teach right from wrong.
- 31 They have made God's law their own,
so they will never slip from his path.
- 34 Put your hope in the Lord.
Travel steadily along his path.
He will honor you by giving you the land.
You will see the wicked destroyed.
- 37 Look at those who are honest and
good,
for a wonderful future awaits those
who love peace.
- 38 But the rebellious will be destroyed;
they have no future.
- 39 The Lord rescues the godly;
he is their fortress in times of trouble.
- 40 The Lord helps them,
rescuing them from the wicked.
He saves them,
and they find shelter in him.

Godly: After a person accepts Jesus Christ as their Lord and Savior, the Holy Spirit helps them recognize God's right way from the wrong; to voluntarily surrender one's own will to do what is right in God's sight; with the Holy Spirit's help, to resist sin even under pressure and temptation.

Ungodly/Wicked: those who do not know God through Jesus Christ and actively oppose God in disobedience; separated from God; to mock God.

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God Is Our Safe Place



MEMORY VERSE: "God is our refuge and strength, always ready to help in times of trouble." Psalm 46:1



PSALM 46:1-6 God Is Our Refuge and Fortress

1. How is God described in verse 1? How is the world described in verse 6a?
2. What does it mean to find our refuge and strength in God? Why do you think God wants you to bring your fears and troubles to Him?
3. Read verses 4-5. How is the city of God (God's people) described? (Compared to the way the way the world was described in vv 2-3.)



PSALM 46:7-9 God Is Our Warrior

4. Read verse 7. Sometimes we need a warrior to lead us in our battles. How is Jesus your warrior?
5. Verses 8-9 describes God's work in this world to bring down everything that opposes His kingdom (evil). Why is this side of God necessary?
6. This side of God is harder to understand but David calls it "glorious" (good). Why do you think that is?



PSALM 46:10-11 Be Still with God

7. How do verses 10-11 tell us the battle will end? Who will be victorious?

8. What do you think it means to “Be still and know that I am God?”

9. Why do you think verse 7 is repeated in verse 11? How does this verse affect the way you view your life today?

BELIEVE THE TRUTH

This Psalm tells us that when we are still we can know that God is almighty, that God is with us, that God is our refuge and our fortress, and that God is fighting for us. God wages war against the evil of this world and He will be victorious. Praise God for the promise to be our fortress! In stillness we can know that God is with us even though it might not feel that way.

PRAY THE TRUTH

Dear God, thank You for being a sure and safe place of security and strength. Guide me to Your presence and promises when I am fearful or overwhelmed. Help me to be still and know that You are God this week. Amen.

WALK IN TRUTH



Set aside just a few minutes every day to truly “be still” before God.

Were you more aware of God or notice a difference when you did this?



Psalm 46 (NLT)


For the choir director: A song of the descendants of Korah,
to be sung by soprano voices.

- 1 God is our refuge and strength,
always ready to help in times of trouble.
- 2 So we will not fear when earthquakes come
and the mountains crumble into the sea.
- 3 Let the oceans roar and foam.
Let the mountains tremble as the waters surge!
- 4 A river brings joy to the city of our God,
the sacred home of the Most High.
- 5 God dwells in that city; it cannot be destroyed.
From the very break of day, God will protect it.
- 6 The nations are in chaos,
and their kingdoms crumble!
God's voice thunders,
and the earth melts!
- 7 The Lord of Heaven's Armies is here among us;
the God of Israel is our fortress.
- 8 Come, see the glorious works of the Lord:
See how He brings destruction upon the world.
- 9 He causes wars to end throughout the earth.
He breaks the bow and snaps the spear;
He burns the shields with fire.
- 10 "Be still, and know that I am God!
I will be honored by every nation.
I will be honored throughout the world."
- 11 The Lord of Heaven's Armies is here among us;
the God of Israel is our fortress.

Refuge: safe place, retreat, the place we go when we are afraid.


Fortress: Ancient cities protected their citizens by building large surrounding walls, which created a fortress that kept chaos out. The walls' constant presence in people's lives created a safe atmosphere where communities could thrive.

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Trust in God Alone

 MEMORY VERSE: "O my people, trust in Him at all times. Pour out your heart to Him, for God is our refuge." Psalm 62:8




PSALM 62:1-2 Waiting and Trusting God

King David was under attack. People were scheming to take over his rule as king and trying to kill him.

1. What does David do before God? Why? v.1 What do you think "wait quietly before God" means?
2. Where does our victory come from? What do you think that means?
3. What three words did David use to describe God in verse 2? Choose one of these words and explain how God is this to you as well.



PSALM 62:3-8 God Is My Refuge from My Enemies

4. What were David's enemies doing? vv. 3-4 What does being attacked by "enemies" look like today?
 5. How is God there for us when we are attacked by our enemies? vv. 5-7
 6. What does David tell us to do in verse 8? What does "trust in him at all times" mean to you?
- 



PSALM 62:9-12 Don't Put Your Trust in Things of This World

7. Read verse 9. How does David describe people (compared to God)? Why is putting our hope in people a bad idea?

8. Verse 10 warns us that money, like people, will also fail us. What are some other things the world tells us to put our trust in? Do these work?

9. Sometimes our trust in God is shaken by difficult times (or enemies), sometimes it is shaken by simply choosing to put our trust in worldly things instead of in God. What are we reminded of verses 11 and 12?

BELIEVE THE TRUTH

Psalm 62 tells us that the things of this world cannot be trusted. Good men will fail us, and bad men (or our enemies) will attack us. But God is our Rock, in Him we cannot be shaken. May you remember that victory comes from God alone!

PRAY THE TRUTH

Dear Lord, thank You for being my rock, my fortress, my refuge. Help me to remember this in times of trouble or when I feel like I'm being attacked. I know that Your Word says that only You can be trusted and that things of this world will fail me. Please help me to remember that when culture tempts me to put my trust in only in You! Amen.

WALK IN TRUTH



Reread the memory verse. What is it that makes you feel 'shaken'? What are some things you can do to put your trust in God when this happens?




Psalm 62 (NLT)

For Jeduthun, the choir director: A psalm of David.

- 1 I wait quietly before God,
for my victory comes from Him.
- 2 He alone is my rock and my salvation,
my fortress where I will never be shaken.
- 3 So many enemies against one man—
all of them trying to kill me.
To them I'm just a broken-down wall
or a tottering fence.
- 4 They plan to topple me from my high position.
They delight in telling lies about me.
They praise me to my face
but curse me in their hearts.
- 5 Let all that I am wait quietly before God,
for my hope is in Him.
- 6 He alone is my rock and my salvation,
my fortress where I will not be shaken.
- 7 My victory and honor come from God alone.
He is my refuge, a rock where no enemy can reach me.
- 8 O my people, trust in Him at all times.
Pour out your heart to Him,
for God is our refuge.
- 9 Common people are as worthless as a puff of wind,
and the powerful are not what they appear to be.
If you weigh them on the scales,
together they are lighter than a breath of air.
- 10 Don't make your living by extortion
or put your hope in stealing.
And if your wealth increases,
don't make it the center of your life.
- 11 God has spoken plainly,
and I have heard it many times:
Power, O God, belongs to You;
12 unfailing love, O Lord, is Yours.
Surely You repay all people
according to what they have done.

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God Hears Our Prayers

 MEMORY VERSE: "O Lord, you are so good, so ready to forgive, so full of unfailing love for all who ask for your help." Psalm 86:5



PSALM 86:1-7 Cry Out to God for Help

1. Read verses 1-4. The Psalms are a great example of what it looks like to be in relationship with God. What do these verses show you about the relationship David has with God?
2. Read verse 5. Are you ever hesitant to ask God for His help? How does this verse encourage you to do so anyway?
3. Read verses 6-7. Do you believe that God hears and answers your prayers?



PSALM 86:8-13 All Glory to God

4. What does David say about God? vv. 8-10
5. What was David asking the Lord to teach him, in verse 11? Why is that so important?
6. Read verses 12-13. What happens when we put our focus upon who God is and what He has done for us?



PSALM 86:14-17 God of Mercy and Compassion

- 7. Summarize verse 15. How does this verse impact you?

- 8. What does David ask God for? vv. 16-17 Do you ever think to ask God for these things? Why or why not?

- 9. David prays genuinely to God with an open heart knowing that God will always answer according to His will. What happens when we pray like this? How are we changed?

BELIEVE THE TRUTH

In Psalm 86, David brings his troubles to God openly and honestly and asks for help. He's sure that even though his situation is dire, God is bigger and desires to show mercy to those whom He loves. God promises to take care of His children and protect them from evil. This does not mean we will never face problems but it does mean that God will use whatever we face to teach us, to remind us and to mold us in His likeness.

PRAY THE TRUTH

Heavenly Father, God of compassion, mercy and love, I know You hear me when I come to You in prayer. You never get tired of us coming to You. I trust that You are always faithful to answer our prayers in Your timing. Please continue to teach me Your ways so that I may live according to Your truth. May I always praise You in good times and times of trouble. In Jesus name I pray, Amen.

WALK IN TRUTH



This Psalm is such a cool example of David's response in times of trouble: he goes straight to God and asks boldly for help, protection, mercy, and God's favor. How can you apply this in your life?




Psalm 86 (NLT)

A prayer of David.

- 1 Bend down, O Lord, and hear my prayer;
answer me, for I need your help.
- 2 Protect me, for I am devoted to you.
Save me, for I serve you and trust you.
You are my God.
- 3 Be merciful to me, O Lord,
for I am calling on you constantly.
- 4 Give me happiness, O Lord,
for I give myself to you.
- 5 O Lord, you are so good, so ready to forgive,
so full of unfailing love for all who ask for your help.
- 6 Listen closely to my prayer, O Lord;
hear my urgent cry.
- 7 I will call to you whenever I'm in trouble,
and you will answer me.
- 8 No pagan god is like you, O Lord.
None can do what you do!
- 9 All the nations you made
will come and bow before you, Lord;
they will praise your holy name.
- 10 For you are great and perform wonderful deeds.
You alone are God.
- 11 Teach me your ways, O Lord,
that I may live according to your truth!
Grant me purity of heart,
so that I may honor you.
- 12 With all my heart I will praise you, O Lord my God.
I will give glory to your name forever,
13 for your love for me is very great.
You have rescued me from the depths of death.
- 14 O God, insolent people rise up against me;
a violent gang is trying to kill me.
You mean nothing to them.
- 15 But you, O Lord,
are a God of compassion and mercy,
slow to get angry
and filled with unfailing love and faithfulness.
- 16 Look down and have mercy on me.
Give your strength to your servant;
save me, the son of your servant.
- 17 Send me a sign of your favor.
Then those who hate me will be put to shame,
for you, O Lord, help and comfort me.

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God Protects Us

 MEMORY VERSE: “The Lord says, “I will rescue those who love Me. I will protect those who trust in My name. When they call on Me, I will answer; I will be with them in trouble. I will rescue and honor them.” Psalm 91:14-15



PSALM 91:1-4 Faith and Trust in God

God created you, loves you and wants to have a relationship with you. If you choose to allow God to be your “shelter”, all these promises are yours.

1. Who finds rest in the Almighty? v. 1 What do you think it means to be live in the “shelter of the Most High” and to find rest in the “shadow of the Almighty?”
2. Verse 2 says God ALONE is David’s refuge and place of safety. What areas of your life are filled with stress or worry that you need to take to God and trust Him? How will trusting Him affect your actions and attitude?
3. What does God rescue us from? v. 3 Can you think of some of the ‘traps’ in our world today?



PSALM 91:5-13 Protection with God

4. Verses 5-7 list some things that David tells us not to be afraid of. Are you fearful of any of these things? What causes you to be afraid?
5. Reread verses 9-13. What amazing promises does God offer those who “make the Lord their refuge?”
6. How do these promises comfort you after talking about our fears? The really important part here is making God our refuge. How do we do that?



PSALM 91:14-16 Promises and Blessings

7. Who does God “rescue” and “protect?” v. 14
8. What will God do for them? vv. 15-16
9. Why is it crucial to remember to call on God for help? To trust Him and love Him?
10. In life the Lord may permit terrible things to happen to His children, as He did to His own Son, Jesus. How does having God as a shelter and refuge give you strength and courage no matter what you face?

BELIEVE THE TRUTH

This Psalm shows us God’s love and care for His people. Our role is to trust in Him completely, to cast all our worries and fears to Him. When we are tired, afraid, or sad, God is our place to find rest and peace. When we feel lonely, God is our place to find shelter. When we just need a safe place, God is always there. How cool is that?

PRAY THE TRUTH

Heavenly Father, Thank You for Your continued presence with me. Thank You for Your Almighty wings that protect me. Your Words bring hope and comfort to my heart. Victory and salvation are found in You alone. It is in the Mighty Name of Jesus we pray, Amen.

WALK IN TRUTH



This Psalm is filled with many amazing promises to God’s followers, which one (or two) stuck out to you the most and why?

What is one action you can take this week when you face trouble to ensure that you are trusting God to be your refuge?



Psalm 91 (NLT)

1 Those who live in the shelter of the Most High
will find rest in the shadow of the Almighty.

2 This I declare about the Lord:
He alone is my refuge, my place of safety;
He is my God, and I trust him.

3 For He will rescue you from every trap
and protect you from deadly disease.

4 He will cover you with His feathers.
He will shelter you with His wings.

His faithful promises are your armor and protection.

5 Do not be afraid of the terrors of the night,
nor the arrow that flies in the day.

6 Do not dread the disease that stalks in darkness,
nor the disaster that strikes at midday.

7 Though a thousand fall at your side,
though ten thousand are dying around you,
these evils will not touch you.

8 Just open your eyes,
and see how the wicked are punished.

9 If you make the Lord your refuge,
if you make the Most High your shelter,

10 no evil will conquer you;
no plague will come near your home.

11 For He will order His angels
to protect you wherever you go.

12 They will hold you up with their hands
so you won't even hurt your foot on a stone.

13 You will trample upon lions and cobras;
you will crush fierce lions and serpents under your feet!

14 The Lord says, "I will rescue those who love Me.
I will protect those who trust in My name.

15 When they call on Me, I will answer;
I will be with them in trouble.

I will rescue and honor them.

16 I will reward them with a long life
and give them My salvation."

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Praise the Lord



MEMORY VERSE: "Let all that I am praise the Lord; with my whole heart, I will praise His holy name. Let all that I am praise the Lord; may I never forget the good things He does for me." Psalm 103:1-2



PSALM 103:1-6 Praise God's Holy Name

1. How does King David begin this Psalm? vv. 1-2 Why is it important for us to praise God for His character and for who He is?
2. What special blessings from God (benefits of knowing Him) are listed in verses 3-6? Which benefit speaks to you most right now? Why?
3. List some of the 'good things God has done for you'? Write or say a prayer thanking and praising Him for these things.



PSALM 103:7-13 God's Mercy and Unfailing Love

4. How does the Lord respond to the sinfulness of people? vv. 8-10
5. Why do you think David uses the illustrations he does in verses 11-12? How do these illustrations encourage you in your own walk with God?
6. Read verse 13. How is God like a Father to us?



PSALM 103:14-22 The Greatness of God

7. How are we described in verses 14-16? How does this compare to God? v. 17

8. To whom does the Lord give His blessings? vv. 17-18

9. Read verse 19. Why should this make us want to praise Him?

10. Read verses 20-22. What specific instructions conclude the psalm? v. 22

BELIEVE THE TRUTH

May you, like David, praise God with your whole heart! Remember these truths: Our God forgives, heals, and redeems, He is compassionate, merciful, and loving, He is not harsh, angry, or unjust. God fills our lives with good things. And most importantly, He is seated on His heavenly throne, Ruler over everything. Praise God with all that you are, for all that He is!

PRAY THE TRUTH

Heavenly Father, thank You for Your many blessings. Thank You for forgiving my sins, for Your never ending love, and for Your mercy and compassion. I praise You, for You alone are worthy. Please help me to live my life remembering Your goodness and praising Your name. Amen

WALK IN TRUTH



David gives us a lot of SPECIFIC things about God that are worthy of our praise: His greatness, His forgiveness, His compassion, His works, and He tells us to praise Him everywhere! For WHAT and WHERE do you feel called to praise God this week?



Psalm 103 (NLT)

A psalm of David.

1 Let all that I am praise the Lord;
with my whole heart, I will praise His holy
name.

2 Let all that I am praise the Lord;
may I never forget the good things He
does for me.

3 He forgives all my sins
and heals all my diseases.

4 He redeems me from death
and crowns me with love and tender
mercies.

5 He fills my life with good things.
My youth is renewed like the eagle's!

6 The Lord gives righteousness
and justice to all who are treated unfairly.

7 He revealed His character to Moses
and His deeds to the people of Israel.

8 The Lord is compassionate and
merciful,
slow to get angry and filled with unfailing
love.

9 He will not constantly accuse us,
nor remain angry forever.

10 He does not punish us for all our sins;
He does not deal harshly with us, as we
deserve.

11 For His unfailing love toward those
who fear Him
is as great as the height of the heavens
above the earth.

12 He has removed our sins as far from
us
as the east is from the west.

13 The Lord is like a father to His children,
tender and compassionate to those who
fear Him.

14 For he knows how weak we are;
He remembers we are only dust.

15 Our days on earth are like grass;
like wildflowers, we bloom and die.

16 The wind blows, and we are gone—
as though we had never been here.

17 But the love of the Lord remains forever
with those who fear Him.

His salvation extends to the children's children
18 of those who are faithful to His covenant,
of those who obey His commandments!

19 The Lord has made the heavens His throne;
from there He rules over everything.


20 Praise the Lord, you angels,
you mighty ones who carry out His plans,
listening for each of His commands.

21 Yes, praise the Lord, you armies of angels
who serve Him and do His will!

22 Praise the Lord, everything He has created,
everything in all His kingdom.
Let all that I am praise the Lord.

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The Lord Himself Watches Over Us

 MEMORY VERSE: "The Lord keeps watch over you as you come and go, both now and forever." Psalm 121:8



PSALM 121:1-2 God Is Our Help

1. Many believe that this Psalm was written as a blessing for God's people on a journey. The journey would be hard but God **WOULD** deliver them. When we are in God's will these promises are for us as well. What does the writer ask and what is his answer? vv. 1-2

2. Where do you look for guidance and protection when you face hard and difficult things?

3. When we are going through life, why is it encouraging to remember God as the creator of heaven and earth?



PSALM 121:3-6 God Doesn't Sleep

4. Read verses 3-4. Have you ever felt like God was sleeping, or taking a break, or just too busy to care about you? What do these verses tell us?

5. Read verses 5-6. These verses refer to the presence of God being right beside us, day and night, sheltering us. Share a time when you have experienced God's presence and protection right beside you.

6. The Lord Himself watches over you! What does that mean and how does that impact you?



PSALM 121:7-8 God Watches Over His Children

7. Read verses 7-8. What is your response knowing that God cares about you as “you come and go both now and forever?”

8. Do you think the writer is saying you will not suffer in this life because you are a Christian? Explain.

9. In what ways is the Lord your source for the confidence you need to face life? In what ways do you feel like you need to turn to Him more?

BELIEVE THE TRUTH

Psalm 121 reminds us that our help comes from the Lord! Do you realize how amazing that is? The King of the universe, the Maker of heaven and Earth is the same Lord that watches over you day and night. He doesn't take breaks, he doesn't sleep, He is always there to help and protect His children. Thank you, Jesus!

PRAY THE TRUTH

Heavenly Father, thank you for the crazy cool promise we have in Your help and protection! Thank you for always watching over me. Help me to believe that no matter what I am going through that You are with me and helping me through it. Please help me to stay faithful to You. Amen.

WALK IN TRUTH



How does this Psalm help you understand the magnitude of the Lord's care for you?



Psalm 121 (NLT)

A song for pilgrims ascending to Jerusalem.

1 I look up to the mountains—
does my help come from there?

2 My help comes from the Lord,
who made heaven and earth!

3 He will not let you stumble;
the One who watches over you will not slumber.

4 Indeed, He who watches over Israel
never slumbers or sleeps.

5 The Lord Himself watches over you!
The Lord stands beside you as your protective shade.

6 The sun will not harm you by day,
nor the moon at night.

7 The Lord keeps you from all harm
and watches over your life.

8 The Lord keeps watch over you as you come and go,
both now and forever.

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A Thankful Heart



MEMORY VERSE: "I give you thanks, O Lord, with all my heart." Psalm 138:1a



PSALM 138:1-2 Thank God With All Your Heart

1. What do you think it looks like to give thanks to God with "all your heart?" What do you think it means to sing God's praises "before the gods?" v. 1
2. Why is David praising the Lord? v. 2 Why are God's love and faithfulness crucial for our ability to relate to Him?
3. What does it mean that God's promises are backed by all the honor of His name? How does the Word of God inspire us to worship?



PSALM 138:3-6 Reasons for Praise

4. What does David tell us about God in verse 3? How does knowing God will answer your prayers (even if it is "no" or "wait") encourage you and give you strength?
5. Why does the Lord draw humble people near Him but hold the proud at a distance? Where is pride a problem in your life?
6. How does praising God keep us humble and turn us from our pride? Are there any areas of your life where you need to turn pride into praise this week?



PSALM 138:7-8 God's Right Hand

7. What is David confident of in verse 7?

8. Read verse 8. David has chosen to walk with the Lord and therefore knows the Lord WILL work out His plans for David's life. Why should we want God's plans for our life and not our own?

9. Why does David ask God to not abandon him? How does this reminder of who made us encourage you when you feel "abandoned?"

BELIEVE THE TRUTH

Psalm 138 is a song of praise to the Lord. King David tells us that there is only one way to worship God—with our whole heart. That as we understand God's unfailing love, God's faithfulness, and God's promises in the Bible, our hearts will be filled with thanksgiving. As we see answered prayers and God's protection, we will praise Him. As we learn that God makes life worth living we will have humility, confidence and peace.

PRAY THE TRUTH

Dear God,
Thank you for the reminder to praise you with my whole heart. You are so deserving of my praise, and I am grateful for your protection, love, and direction. Remind me to sing your praises and share the glory of God with those around me. Thank you!
Amen.

WALK IN TRUTH



What does praising and thanking God look like to you?

Name a few ways you will praise and thank God this week.




Psalm 138 (NLT)

A psalm of David.

- 1 I give you thanks, O Lord, with all my heart;
I will sing your praises before the gods.
- 2 I bow before Your holy Temple as I worship.
I praise Your name for Your unfailing love and faithfulness;
for Your promises are backed
by all the honor of Your name.
- 3 As soon as I pray, You answer me;
You encourage me by giving me strength.
- 4 Every king in all the earth will thank you, Lord,
for all of them will hear Your words.
- 5 Yes, they will sing about the Lord's ways,
for the glory of the Lord is very great.
- 6 Though the Lord is great, He cares for the humble,
but He keeps His distance from the proud.
- 7 Though I am surrounded by troubles,
You will protect me from the anger of my enemies.
You reach out Your hand,
and the power of Your right hand saves me.
- 8 The Lord will work out His plans for my life—
for Your faithful love, O Lord, endures forever.
Don't abandon me, for You made me.

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God Made Me and Knows Me

 MEMORY VERSE: "O Lord, You have examined my heart and know everything about me. You go before me and follow me. You place Your hand of blessing on my head."
Psalm 139:1, 5



PSALM 139:1-6 God Knows Everything About Me

1. Read verses 1-6. God knows everything about each one of us. How does it make you feel to know that God knows YOU this intimately?

2. Are there times when you wonder if anyone knows or even cares that you are here? Do you ever wonder if anyone would ever love you if they really knew what goes on inside you? What do these verses tell you?

3. What do you think verse 5 means? How does it make you feel?



PSALM 139:7-12 God's Presence Is With Me Always

4. Where can you go that God cannot? Why? vv. 7-10

5. What does verse 12 say about how God sees the darkness? How does this comfort you?

6. What do you think about God's constant presence in your life?



PSALM 139:13-24 God Made Me

7. What do verses 13-16 say about how you were made and who made you? How does this change the way you view yourself and others?

8. Read verses 17-18. Compare your thoughts about yourself to how God thinks about you. How does this impact the way you view yourself?

9. What does David ask God to do in verses 23-24? How could this prayer impact your life in some really positive ways?

BELIEVE THE TRUTH

In this Psalm, we learn that God knows us better than we know ourselves! He knows us, He created us, He is always with us, He has all of our days planned out. Can you believe all that? It is a lot to wrap our heads around! May you live in a manner knowing that you and everyone around you was created by God of the universe.

PRAY THE TRUTH

Lord Jesus, It is so humbling to think about You creating me, caring for me, knowing me, and loving me. I am so grateful for Your love (You love me even knowing the bad parts of me too)! Search my heart, show me anything in me that opposes You. Amen.

WALK IN TRUTH



We learned a lot about God and ourselves in this Psalm. How does this Psalm change the way you view yourself and others?



Psalm 139 (NLT)

For the choir director: A psalm of David.

- 1 O Lord, you have examined my heart
and know everything about me.
- 2 You know when I sit down or stand up.
You know my thoughts even when I'm far
away.
- 3 You see me when I travel
and when I rest at home.
You know everything I do.
- 4 You know what I am going to say
even before I say it, Lord.
- 5 You go before me and follow me.
You place your hand of blessing on my
head.
- 6 Such knowledge is too wonderful for me,
too great for me to understand!
- 7 I can never escape from your Spirit!
I can never get away from your presence!
- 8 If I go up to heaven, you are there;
if I go down to the grave, you are there.
- 9 If I ride the wings of the morning,
if I dwell by the farthest oceans,
10 even there your hand will guide me,
and your strength will support me.
- 11 I could ask the darkness to hide me
and the light around me to become
night—
12 but even in darkness I cannot hide
from you.
- To you the night shines as bright as day.
Darkness and light are the same to you.
- 13 You made all the delicate, inner parts of
my body
and knit me together in my mother's
womb.
- 14 Thank you for making me so wonderfully
complex!
Your workmanship is marvelous—how
well I know it.

- 15 You watched me as I was being formed in
utter seclusion,
as I was woven together in the dark of the
womb.
- 16 You saw me before I was born.
Every day of my life was recorded in your
book.
Every moment was laid out
before a single day had passed.
- 17 How precious are your thoughts about me,
O God.
They cannot be numbered!
18 I can't even count them;
they outnumber the grains of sand!
And when I wake up,
you are still with me!
- 19 O God, if only you would destroy the
wicked!
Get out of my life, you murderers!
- 20 They blaspheme you;
your enemies misuse your name.
- 21 O Lord, shouldn't I hate those who hate
you?
Shouldn't I despise those who oppose
you?
- 22 Yes, I hate them with total hatred,
for your enemies are my enemies.
- 23 Search me, O God, and know my heart;
test me and know my anxious thoughts.
- 24 Point out anything in me that offends you,
and lead me along the path of everlasting
life.

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