



Introduction

Psalms

Welcome to the INTRUTH Bible Study on Psalms.

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. The Psalms, in particular, speak to us and for us; and are a pattern for our worship, our prayer and our praise.

This study includes 16 lessons. Each lesson has a memory verse, 16-20 questions, a Take Away and a Blessing. They are written with the New Living Translation (NLT), but any translation will add to your experience.

These lessons are beneficial to anyone but are geared toward 10-15 year olds. This age group is experiencing major changes developmentally - physically, emotionally, socially and spiritually. It is a time of having questions about God, about self and about where they fit in the world. These lessons were created to help students think critically and wrestle through who they are and what they believe.

Teenagers are inundated with technology but starving for relationship. If possible, complete the lesson on your own and then discuss it together to learn from each other.

In order to have a different type of Psalm each week, the lessons are in the following order.

Psalm 1	The Way of the Godly and the Way of the Ungodly	Lesson 1
Psalm 19	How Great Is Our God	Lesson 2
Psalm 23	The Lord Is Our Shepherd	Lesson 3
Psalm 32	The Joy of Forgiveness	Lesson 4
Psalm 34	God Is Our Strength	Lesson 6
Psalm 37	Trust in the Lord	Lesson 12
Psalm 46	God Is Our Refuge	Lesson 5
Psalm 51	Have Mercy on Me	Lesson 8
Psalm 62	Trust In God Alone	Lesson 7
Psalm 73	Our Perspective vs. God's Perspective	Lesson 9
Psalm 86	God Helps	Lesson 15
Psalm 91	God Protects You	Lesson 10
Psalm 103	Praise the Lord	Lesson 11
Psalm 121	God Watches Over You	Lesson 13
Psalm 138	A Thankful Heart	Lesson 14
Psalm 139	God Knows You	Lesson 16

May the Lord use these lessons to help you develop a personal, life-long love for God's Word and encourage you to connect in a community that prays, supports and shares life together!

"It is better to trust in the LORD than to put confidence in man." Psalm 118:8



Psalms



THEME VERSE: "Taste and see that the Lord is good. Oh, the joys of those who take refuge in him!" Psalm 34:8

About

Psalms is the greatest collections of songs, prayers and poetry ever put together. It is one of the most fascinating and powerful sections of God's word.

Authors

David wrote many of the Psalms, but other writers include Moses, Heman the Ezrahite, Ethan the Ezrahite, Solomon, Asaph, and the sons of Korah. Several of them are anonymous. Many were put to music and sung as prayers.

Includes

There are 150 psalms in this book. Different types of psalms were written to communicate different feelings and thoughts regarding a psalmist's situation. There are five major sections of the book.
Psalm 1 to 41 - emphasizes how God is beside us.
Psalms 42 to 72 - draws attention to how God goes before us.
Psalms 73 to 89 - reminds us that God is all around us.
Psalms 90 to 106 - focuses on how God is above us.
Psalms 107 to 150- spotlights how God is among us.

Psalms contains the shortest and longest chapters of Scripture, and the very CENTER of the Bible.

Purpose

The book of Psalms expresses worship to:
Praise God for who He is and what He has done.
Illuminate the greatness of our God.
Affirm His faithfulness to us in times of trouble.
Remind us of the absolute centrality of His Word.
Help people cry out to God in pain or unjustly treated.

Psalms offers us glimpse after glimpse of hearts devoted to God, individuals repentant before Him, and lives changed through encounters with Him.



Dictionary

Psalms

abide/dwell	vital union between believers and Jesus; remains inseparably linked to Christ in all areas of life.
anger (God's anger)	God's attitude and response to sin.
anger (Man's anger)	feelings of hostility toward a person or something that has wronged or injured you.
believe	to accept as true or real; trust; have confidence in; have faith in; make a commitment to. Faith.
Bible	God's autobiography; God's plan for the world; a love letter to us; an instruction manual on how to act and live.
blessing	an affirmation of God's love and approval. It is a deep, abiding sense that we are secure in His presence.
boast	talk with excessive pride and self-satisfaction about one's achievements, possessions, or abilities.
Christ	Jesus Christ; anointed Son of God; the Savior of the world. Paid the complete penalty for sin for the whole world.
compassion	sharing the hurts of another and wanting to help.
confess	acknowledge your sins before God.
conform	agree, follow, act according to socially acceptable standards; become similar in character.
content	desiring no more than what one has; satisfied with life.
demons	beings that are ruled by Satan; they work to tempt people to sin; they were created by God, but are fallen angels who joined Satan in his rebellion.
disciple	"student"; a learner. Disciples of Jesus Christ want to think and live like Him.
eternal life	life that begins when a person turns from sin in commitment to Jesus. Supreme quality of life on earth as well as unending life with God.
faith	trust, loyalty, belief; accepting God's Word as fact; deciding to surrender and live your life to follow Jesus.
fear of the Lord	to respect who God is, what He says, and what He does; a respect that leads to obedience and love of God; profound reverence and awe toward God; true honor, devotion, obedience and love of God.
glorify	praise; worship; glorify God by obeying Him and living His way.
glory	divine quality; splendor, beauty and radiance of God's presence.

God	The One who is all-powerful; all-knowing; present everywhere at once; unchanging; above the bounds of time; absolutely right to govern His creation; Holy.
Godly	fearing, loving and obeying God, desiring His presence and fellowship.
Godly character	recognizing God's right way from the wrong, and to voluntarily surrender one's own will to do what is right in God's sight and, with the Holy Spirit's help, to resist the wrong even under pressure and temptation.
Good News/gospel	"good news"; story of Jesus' birth, life, death, and resurrection. The message that God sent His Son Jesus to take away our sins by dying on the cross and resurrecting to life again to save all who trust in Him
grace	God's free and undeserved love toward sinful humans that never quits. God's favor. God's power to help us do whatever we need to do.
heart	inner thoughts and feelings; the real me living inside that thinks, feels, and decides; my character or personality.
heaven	God's home and where those who have believed in Jesus as their Savior go when they die.
hell	a place of punishment for those who die without believing in Jesus Christ as their personal Savior.
His will	what God wants us to be doing, which includes His commandments and our obedience to them.
holy	set apart for use by God; a continual work by the HS in the lives of Christians. A life like God wants you to live.
Holy Spirit (HS)	God's Spirit. Lives within all Christians to help them, communicate God's truth to them, convict them of sin, convince them that God's ways are right, empower them to obey Jesus and comfort them when sad.
honor	show highest respect for.
hope	believe with confidence that God will accomplish what He has promised; that God will be faithful to do what He said He would do; that we trust God even if we never find out why something happens.
humility	a modest view of one's own importance; seeing ourselves as God sees us; recognizing that all we have comes from God.
idols	anything that is more important to us than God.
Israelites	God's chosen people; Jews; God promised the land of Israel to these people.
Jesus	The Christ; anointed Son of God; true Messiah; Savior of the world. Paid the complete penalty for sin for the whole world.
joy	deep feeling of contentment; evidence of a Holy Spirit filled life.
judgment	act or process of judging - only God's to decide and carry out.
Kingdom of God	Jesus' reign now and a future time when Jesus will rule over all humanity. Jesus has come but He will come again.
law	God's rules for living; commandments; makes people aware of sin and their sinfulness.
mercy	deep caring, loving, forgiveness, and kindness when it is not deserved.

meditate	to engage in contemplation or reflection, to focus one's thoughts on: reflect or ponder over. to plan or project in the mind
obey/obedience	believing and doing what God says; living like Him; pleasing Him; serving Him; getting to know Him better. Obeying God shows our trust in Him and His will.
Omniscient	all knowing nature of God; God's quality of knowing all things at once; universal knowledge.
Omnipotent	all powerful nature of God; God's almighty power; unlimited or infinite power.
Omnipresent	God's ability to be everywhere at all times; God's presence in every place at the same time.
peace	God-given contentment which results in total confidence in God for everything.
persecution	treating someone in a cruel way because he is different.
redeem/ redemption	buy back; to rescue with a ransom; Jesus paid the price for our release from sin - He redeemed us.
Redeemer	God's love and authority that he sent his Son, Jesus, as a sacrifice to take away our sins.
repent	regret something you have done; ask God to forgive you; and want to change your ways; turn away from sin.
restful	having a quiet and soothing quality.
resurrection	to come back to life after being dead.
righteous/ righteousness	being in a right relationship with God; without guilt or sin. God declares believers not guilty/ righteous because of their faith in Jesus.
right with God	see righteous/righteousness.
Rock	God is our source of strength in times of distress and danger; solid - unchangeable.
salvation/saved	rescued or delivered from the penalty and power of sin in your life because you believe that Jesus, God's Son, came to earth and died on the cross to pay the penalty for your sins. He resurrected to life again to save all who trust in Him. Saved.
Satan	God's enemy; powerful angel who rebelled against God and was cast out of heaven; tempts people to sin.
Savior	Jesus Christ is "The Savior" because He delivers us from being punished for our sins.
servant	one who belongs to another; serves another.
sin	any action or attitude that falls short of God's perfect standard; separates us from a holy God. When we sin we show contempt for God. Sin keeps the world from working as God originally intended it to.
sovereign	having complete power and authority.
Spirit	see Holy Spirit (HS).
submit	to submit to others means respecting a person's authority; to submit to God means surrendering our own will to His; submitting is ongoing with every choice.
temptation	anything that attracts a person to do something unwise, wrong, or opposed to God's will.

transformation	God's promise and His work in believers' lives - radical and thorough change, both outward and inward to be more like Jesus.
Trinity	there is only 1 God, but He is 3 equal persons – the Father, the Son (Jesus), and the Holy Spirit.
unrighteous	opposite of being right and acceptable to God.
unsaved	lost; unconnected to Jesus; lives to please himself.
wisdom	God-given understanding; the ability to distinguish between right and wrong; comes from God.
worship	giving reverence and honor to God; expressing our love and praise to Him.
world	the values and ways of life found in the world that oppose the ways of God. People who live as though there is no God.

The Way of the Godly and the Way of the Ungodly



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 was written by David and is considered the introduction to the book of Psalms. This Psalm shows us God’s eternal outlook on how humans should live and respond to Him.

DAY 1 PSALM 1:1-2—Delight in the Law

1. Summarize David’s main point in verses 1-2.
2. From verse 1, how do you see the progression of evil?
3. How do you see this in the world today?
4. The law of the Lord is His Word, the Bible. What do you think “*delighting*” and “*meditating*” on the Bible looks like?

DAY 2 PSALM 1:3—Bear Fruit

5. Why do you think David used the descriptor of a tree planted by streams of water when we delight in God’s word?
6. How does reading and studying God’s Word give us the same results as the tree?

7. What is the fruit you will grow from reading and studying God's Word? Also see Galatians 5:22-23.
8. What does "*they prosper in all they do*" mean? How does this apply to hard and tough circumstances? Also see Romans 8:28.

DAY 3 PSALM 1:4—Way of the Ungodly

9. What are the wicked/ungodly like? vs. 4
10. Chaff is the stuff around a grain of wheat that needs to be removed before you can collect it to make bread. When this psalm was written, people would throw grain into the air and, because chaff is so light, the wind would blow the chaff away and the wheat grain would fall in a pile. What does this tell you about what happens to wicked/ungodly people?
11. From verses 3-4, what can you learn about the differences between the godly and ungodly?
12. Sometimes it can seem like the ungodly look like trees planted by streams of water but in the end they waste away like chaff. Can you think of an example where you have seen this?

DAY 4 PSALM 1:5-6—Path of the Ungodly and Godly

13. What does verse 5 tell you about sinners?

14. What is 'the judgement?' (2 Corinthians 5:10)

15. We just read that we will all face judgement and David makes it clear that the wicked have no place with the godly. How does Scripture make us godly? (2 Timothy 3:15-16)

DAY 5 PSALM 1 — Wrap Up

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

17. How does this Psalm change your thinking on God's Word?

TAKE AWAY

Choose 1 verse... put it everywhere... read it, memorize it, meditate on it.
What does that verse mean to you now? Notice the impact this practice had on your life and maybe memorize another?

BLESSING

"For the word of God is alive and powerful. It is sharper than the sharpest two edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires." Hebrews 4:12

The Way of the Godly and the Way of the Ungodly

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.

How Great Is Our 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

C.S. Lewis: The words of Psalms 19 are the “greatest lyrics in the world.”

DAY 1 PSALM 1:1-6—God the Creator

1. Before the Bible was written, people learned about God by looking at His creation.
What do the Heavens, or the sky, tell you about God and His glory? vv.1-3
2. Who gets to see, hear or feel God’s glory by looking at the sky?
What is your favorite part of the sky?
3. What do you think the sun teaches us about God? Why is the sun especially effective in revealing truth about God?
4. When you see creation, do you have any doubts that God is the creator? Why do you think so many people don’t accept that God is the Creator?

DAY 2 PSALM 19:7-9—God’s Instruction for Living

David shifts to praising God for His Word (Bible).

5. Read 2 Timothy 3:16-17. Why do you think God wanted the Bible written?

6. *“The instructions of the Lord are perfect, reviving the soul.”* vs. 7
What change would you like God’s Word to produce in your life?

“The decrees of the Lord are trustworthy, making wise the simple.” vs. 7
How can this wisdom impact your life?

“The commandments of the Lord are right, bringing joy to the heart.” vs. 8
How can commandments bring joy?

“The commands of the Lord are clear, giving insight for living.” vs. 8
How will following God’s commands change your life?

“Reverence for the Lord is pure, lasting forever.” vs. 9
How could you live your life in reverence to the Lord?

“The laws of the Lord are true; each one is fair.” vs. 9 What does this verse mean?

DAY 3 PSALM 19:10-11 — God’s Word is Valuable

7. What is the Bible compared to in verse 10? How do you know if something is valuable?
How do you treat something that is very valuable?

8. How do you think the way you treat the Bible is a reflection of how you treat God?

9. What promise is in verse 11?

DAY 4 PSALM 19:12-14—God’s Word Is a Protection from Sin

10. What do the first part of verses 12 and 13 tell you about sin?

11. How do we know what sin is, and how can we identify it in ourselves?

12. What is the solution to our sin problem according to verses 12-13?

13. Why is verse 14 worth praying every day?

DAY 5 PSALM 19—Wrap Up

14. Why do you think Psalm 19 connects the heavens with God’s laws and sin?

15. How would meditating on God’s Word impact your thoughts, emotions, what you say and what you do?

TAKE AWAY

The Bible is the key to life, full of adventure and truth. It is more valuable than anything you will ever own.
Obey Him and you will see His hand in every area of your life and experience all that He has for you.

BLESSING

“Every word of God is flawless; He is a shield to those who take refuge in him.”
Proverbs 30:5

How Great Is Our God

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 Lord Is Our Shepherd



MEMORY VERSE: “The Lord is my shepherd. I have all that I need.” Psalm 23:1

DAY 1 PSALM 23:1 — God Provides

1. What does David say he has and why? vs. 1
2. How does God act as a shepherd in your life?
3. What do you think God would say are your greatest needs? How does God provide these things for you?
4. Being content with who you are and what you have does not come naturally or easily. See Philippians 4:12-13. How can you learn to be content with what you have?

DAY 2 PSALM 23:2-3 — God Guides

5. What does the Shepherd do? vs. 2
6. Does knowing that God can totally handle your needs and fears help you rest and bring you peace? Explain.

7. Do you want to follow God's path for your life? If yes, what do you have to let Him do?

DAY 3 PSALM 23:4—God Helps

8. What does David say happens when he walks through dark, fearful times? Why?

9. The rod and staff are tools the shepherd uses to scare off predatory animals and direct his sheep. What are some of the tools God uses and ways God protects you?

10. Directing sheep (us) implies correcting and disciplining. How can being corrected/disciplined ultimately bring you comfort and peace?

11. Why do you think the closer you are to God, the safer you are and the more of His peace you have?

DAY 4 PSALM 23:5-6—God Blesses

12. What does God do in verse 5a?

13. The feast illustrates abundance, satisfaction, and everlasting love. God's people can feast at His table of endless love and grace and no enemy of any sort can ever take it away. Read Romans 8:35, 37-39. What do you learn from these verses?

14. Read verse 5b. Applying oil was a sign of love, care and protection. An overflowing cup meant that the guest was welcome and could stay as long as he wanted. Would you say you overflow with blessings from God? Explain.

15. Do you believe that God pursues you with *“His goodness and unfailing love”* everyday - even when you stray - even when you don't deserve it? (verse 6)
If so, what difference does believing this make in your life?

16. The *“house of the Lord”* is heaven. Do you know if you will live in heaven forever? Why?
(1 John 1:9; 1 John 5:13; John 3:16)

DAY 5 PSALM 23—Wrap Up

17. Do you truly believe the Lord is your Shepherd? Explain.

18. How is Psalm 23 encouraging to you?

TAKE AWAY

Write a Psalm to God using these 4 section: (1) God's provision; (2) God's guidance in making right decisions; (3) God's help when we're afraid; and (4) God's blessings and promise of eternal life..

BLESSING

“For the LORD your God is living among you. He is a mighty Savior. With His love, He will calm all your fears. He will rejoice over you.” Zephaniah 3:17

The Lord Is Our Shepherd

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.

The Joy of Forgiveness



MEMORY VERSE: “The Lord says, “I will guide you along the best path way for your life. I will advise you and watch over you.” Psalm 32:8

DAY 1 PSALM 32:1-2—Joy of Confession

1. What do these verses tell you about sin:

Romans 3:23

James 4:17

1 John 1:8

2. How are we made right with God today? See Romans 3:22, 25a.

3. Read Psalm 32:1-2. Why does God’s forgiveness bring joy?

4. What does living life in complete honesty mean to you? Why does living life this way bring joy?

DAY 2 PSALM 32:3-5—Pain of Refusing to Confess

5. What happens to you when you don’t confess your sins?

6. How can guilt and shame paralyze us?

7. *"I—yes, I alone—will blot out your sins for my own sake and will never think of them again."* Isaiah 43:25
When you ask God for forgiveness do you truly believe He forgives and forgets? Explain.
8. When you are forgiven do you let go of all guilt and shame? Explain.

DAY 3 PSALM 32:6-7—God is Ready to Forgive and Protect

9. God is ready to forgive. He is waiting on us to confess. What does verse 6 tell you?
10. How do you change your focus from your sin to God, so that you don't stay stuck in your sin?
11. What blessings of your relationship with God do you miss the most when sin is in the way?
12. What in verse 7 speaks to you the most? Why?

DAY 4 PSALM 32:8-12—Blessings of Mercy and Joy

13. What will God do for those who are in fellowship with Him?
14. Why would we let disobedience, sin and guilt keep us from this life?

15. Read verse 9. How might verse 9 be speaking to you?

16. *“The faithful love of the Lord never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning.”* Lamentations 3:23-24 How does this encourage you?

17. What does verse 11 look like in your life?

DAY 5 PSALM 32—Wrap Up

18. Do you remember the freeing feeling (spiritually and mentally) after confessing to God?

19. This Psalm gives repeated and compelling reasons for the believer to rejoice, be glad and to shout for joy. What brings you the most joy from this lesson?

TAKE AWAY

You can be free from guilt before God today and every day!
How does this change your life daily?

BLESSING

“What joy for those whose record the Lord has cleared of guilt, whose lives are lived in complete honesty!” Psalms 32:2

The Joy of Forgiveness

A psalm of David.

1 Oh, what joy for those
whose disobedience is forgiven,
whose sin is put out of sight!

2 Yes, what joy for those
whose record the Lord has cleared of guilt,
whose lives are lived in complete honesty!

3 When I refused to confess my sin,
my body wasted away,
and I groaned all day long.

4 Day and night your hand of discipline was heavy on me.
My strength evaporated like water in the summer heat.

5 Finally, I confessed all my sins to you
and stopped trying to hide my guilt.
I said to myself, "I will confess my rebellion to the Lord."
And you forgave me! All my guilt is gone.

6 Therefore, let all the godly pray to you while there is still time,
that they may not drown in the floodwaters of judgment.

7 For you are my hiding place;
you protect me from trouble.
You surround me with songs of victory.

8 The Lord says, "I will guide you along the best pathway for your life.
I will advise you and watch over you.

9 Do not be like a senseless horse or mule
that needs a bit and bridle to keep it under control."

10 Many sorrows come to the wicked,
but unfailing love surrounds those who trust the Lord.

11 So rejoice in the Lord and be glad, all you who obey him!
Shout for joy, all you whose hearts are pure!

God Is Our Refuge



MEMORY VERSE: “Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world.” Psalm 46:10

“We sing this Psalm to the praise of God, because God is with us, and powerfully and miraculously preserves and defends His church and His word, against all fanatical spirits, against the gates of hell, against the implacable hatred of the devil, and against all the assaults of the world, the flesh and sin.” Martin Luther

DAY 1 PSALM 46:1-3,6—God Is Our Refuge

1. What can we assume life was like when the author wrote this?
2. What do you learn about God from these verses?
3. God has complete and absolute control over everything. Do you have any questions or doubts about this? Explain.
4. Where do you run for refuge with your fears and troubles? What truths do you turn to?

DAY 2 PSALM 46:4-5—God Dwells in the City

5. The author talks about the city of God and how it cannot be destroyed because He is in it and protects it. This city of God is the dwelling of God and every believer is the home of the Holy Spirit of God. What do you learn from:
Ephesians 1:13-14

Romans 8:11

6. What does God's presence within you guarantee?

7. When you are under attack, what do you think God is doing?

DAY 3 PSALM 46:7-11 — God is Present

8. What do verses 7 and 11 tell us?

9. What does the Commander of the army of His people and the armies of heaven do in verses 8-9?

10. Since God, the Lord of Heaven's Armies, is among us, is there any kind of situation that is outside of God's power to intervene? Why?

11. God is a warrior and sometimes we need a warrior to lead us in our battles and comfort us through our pain. How is Jesus your warrior?

DAY 4 PSALM 46:10 — Be Still

12. Verse 10 can have different interpretations. It can be commands to not panic and to recognize His sovereignty. It can be that we should stop arguing and opposing Him and recognize His glory and greatness. When you meditate on this verse what does God inspire in you?

13. How does remembering who God is - really is - help when you take your fears and worries to Him?

14. What do you think is the relationship between listening to God's voice and recognizing His work in your life?

15. What does Romans 14:11 tell us?

DAY 5 PSALM 46—Wrap Up

16. From this psalm, what help does God offer us in all circumstances?

17. How can you have peace in your life when so much in your life is unsettled?
How can you have peace in your life when so much in the world is unsettled?

TAKE AWAY

Set aside just a few minutes every day to "be still" before God.
Find a worship song that really speaks to you and listen to it in God's presence.

BLESSING

"The Lord of Heaven's Armies is here among us; the God of Israel is our fortress."
Psalm 46:11

God Is Our Refuge

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.

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God Is Our Strength



MEMORY VERSE: “The Lord hears His people when they call to Him for help. He rescues them from all their troubles.” Psalm 34:17

David wrote this when going through a period of attacks and uncertainty (1 Samuel 21). It reflects his heart of trusting the Lord, even when circumstances and people were difficult.

DAY 1 PSALM 34:1-8—Praise the Lord

1. How can praising the Lord change your life and also help others?
2. What powerful truths do you learn in verses 4 and 6?
3. How is God’s shadow different from a shadow of shame?
4. How are you impacted by knowing that Jesus and His army of angels are surrounding and defending you?
5. How can you taste and see God’s goodness for yourself?

DAY 2 PSALM 34:9-14—Fear of the Lord

6. What do you learn from these verses about fearing the Lord?

7. What does David say a life lived for God looks like? vv.13-14

8. How have your unchecked words stolen your joy?

9. What can you intentionally do to follow David's wisdom in verse 14?

DAY 3 PSALM 34:15-20—The Lord Rescues

10. What does God do for those that do what is right?

11. What does God do to those that do evil?

12. How does verse 18 encourage you?

13. God does watch over our physical safety, but these words are most likely talking about our spiritual safety. (verse 20) True believers are 100% secure in their place as God's child and heir, and they will spend eternity with Him. How does knowing you are spiritually safe impact you?

DAY 4 PSALM 34:21-22—The Lord Redeems

14. What does David say happens to the wicked and those that hate believers?

15. What happens to believers?

16. These are the only two options! Write a few words praising the Lord.

DAY 5 PSALM 34—Wrap Up

17. David wrote this psalm praising the Lord for a ugly situation in his life. Do you praise God in the ugly situations of your life? How might this psalm encourage you to do so?

18. Is God your first source and resource of help during difficult times or you come to the Lord when everything else has failed?

TAKE AWAY

Use paper, phone app or tablet to record your prayer requests and God's answers.
Every month look back and see what the Lord has done for you.

BLESSING

“Dear friends, don’t be surprised at the fiery trials you are going through... Instead, be very glad—for these trials make you partners with Christ in His suffering, so that you will have the wonderful joy of seeing His glory when it is revealed to all the world.” 1 Peter 4:12-13

God Is Our Strength

Psalm 34

A psalm of David, regarding the time he pretended to be insane in front of Abimelech, who sent him away.

- 1 I will praise the Lord at all times.
I will constantly speak His praises.
2 I will boast only in the Lord;
let all who are helpless take heart.
3 Come, let us tell of the Lord's
greatness;
let us exalt His name together.
- 4 I prayed to the Lord, and He
answered me.
He freed me from all my fears.
5 Those who look to Him for help will
be radiant with joy;
no shadow of shame will darken their
faces.
6 In my desperation I prayed, and the
Lord listened;
He saved me from all my troubles.
7 For the angel of the Lord is a guard;
He surrounds and defends all who
fear Him.
8 Taste and see that the Lord is good.
Oh, the joys of those who take
refuge in Him!
9 Fear the Lord, you His godly people,
for those who fear Him will have all
they need.
10 Even strong young lions sometimes
go hungry,
but those who trust in the Lord will
lack no good thing.
11 Come, my children, and listen to me,
and I will teach you to fear the Lord.
12 Does anyone want to live a life
that is long and prosperous?
13 Then keep your tongue from
speaking evil
and your lips from telling lies!
- 14 Turn away from evil and do good.
Search for peace, and work to
maintain it.
15 The eyes of the Lord watch over
those who do right;
His ears are open to their cries for
help.
16 But the Lord turns His face against
those who do evil;
He will erase their memory from the
earth.
17 The Lord hears His people when
they call to Him for help.
He rescues them from all their
troubles.
18 The Lord is close to the
brokenhearted;
He rescues those whose spirits are
crushed.
19 The righteous person faces many
troubles,
but the Lord comes to the rescue
each time.
20 For the Lord protects the bones of
the righteous;
not one of them is broken!
21 Calamity will surely destroy the
wicked,
and those who hate the righteous will
be punished.
22 But the Lord will redeem those who
serve Him.
No one who takes refuge in Him will
be condemned.

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Trust in God Alone



MEMORY VERSE: “He alone is my rock and salvation, my fortress where I will never be shaken.” Psalm 62:2

David was under attack. These people were scheming to take over his rule as king, as well as, trying to kill him.

DAY 1 PSALM 62:1-5—Waiting on God

1. What does David do before God? Why? vv. 1, 5
2. What were David’s enemies doing? vs. 3-4
3. How much do you trust and rely on God when you are facing hard things/personal attacks? (1 do not - 10 fully) Explain.
4. What does 1 Peter 3:9 tell you?

DAY 2 PSALM 62:6-8—Confidence in God Alone

5. In verses 2 and 6, David calls God his rock, his salvation/deliverer and his fortress. Choose one of these words and tell why God is that to you.
6. What does David tell us to do? vs. 8

7. What does “*trust in him at all times*” mean to you?

DAY 3 PSALM 62:9-10—Don’t Put Your Confidence in Man

8. Why do you think putting your trust in people (for hope, peace, strength, wisdom, life...) instead of God is like putting your hope in thin air?

9. Most of us probably aren’t tempted to use threats or robbery to get out of our trials, but we may be tempted to trust in money. What do these verses tell you about money:

1 Timothy 6:10

Matthew 6:19-21

10. How have you seen the emptiness of putting your confidence in others or stuff?

DAY 4 PSALM 62:11-12—God’s Power and Mercy

11. What promise is given in verses 11-12?

12. When we face trials, Satan often attacks our confidence in God’s love and/or power. What do these verses tell us?

Lamentations 3:22-26

2 Peter 1:3-4

13. Can you think of any of Satan's lies that you have been believing that keep you from totally trusting God?

14. One day we will "rejoice" when evil people are judged and justice is done. (Revelation 18:20)
What should our attitude toward our enemies be in the meantime? Read Luke 6:27-28.

DAY 5 PSALM 62—Wrap Up

15. David knew God personally as his victory, his rock, his salvation, his fortress, his hope, and his refuge. Which of these do you need to ask God to make more clear to you? Why?

16. Some Christians run away from God when attacked, while other Christians run straight to Him. What makes the difference?

TAKE AWAY

Start praying for your enemies today and everyday! You will be amazed at how your attitude will change!

BLESSING

You will be at peace if God alone is your salvation and refuge. Psalm 62

Trust in God Alone

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 unending love, O Lord, is Yours.
Surely You repay all people
according to what they have done.

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Have Mercy on Me



MEMORY VERSE: “Create in me a clean heart, O God. Renew a loyal spirit within me.”
Psalm 51:10

David committed adultery with Bathsheba and she got pregnant. David tried to cover it up by tricking people into thinking that her husband was the father. When that didn't work, David had Bathsheba's husband killed and then took her as his wife. David thought he got away with his sin, but God sent Nathan to confront him with the truth. Psalm 51 is David's confession - a deep, heartfelt plea to God for forgiveness, healing and restoration.

DAY 1 PSALM 51:1-2—Plea for Mercy

1. Read Romans 3:22-23, 25a. How would you explain why faith in Jesus Christ makes you right with God?
2. What does David want God to do? vv.1-2
3. What does 1 John 1:9 tell you?
4. What has God done with our forgiven sins? See Psalm 103:12.

DAY 2 PSALM 51:3-7—Sin Against God

5. What impact does guilt and shame have on us?
6. What are your thoughts on the fact that every sin is 1st against God?

7. Why is God's judgment against us always just?

8. God always welcomes us home. No matter how guilty you feel or how terribly you have sinned, you can pour your heart to God and receive His forgiveness. Do you ever hesitate to come to God? Why are we always better off if we run to Him?

DAY 3 PSALM 51:8-12—A Clean Heart

9. David's sins haunted him and made him miserable. What does David ask?

vs. 8

vs. 9

vs. 10

vs. 11

vs. 12

Which of these verses impacts you the most? Why?

10. Sin will cause you to go farther than you want to go, stay longer than you want to stay and pay more than you want to pay. What does this saying mean to you?

11. Where there is sin, there are consequences. But where there is grace, there is restoration and healing. What does this tell you?

DAY 4 PSALM 51:13-19—Rebuilding

12. Why does God want us to praise Him and to share what He is doing in our lives with others?

13. What type of sacrifice does David say God wants? vs. 16-17

14. How does knowing that God will never “*reject a broken and repentant heart*” encourage you?

DAY 5 PSALM 51—Wrap Up

15. It is when we are truly honest with God that we find His mercy and grace.
Is there any area of your life that you need to be honest with God about?

16. The choices we make today will affect our lives in the future.
How can this be positive?
How can this be negative?

TAKE AWAY

Write down the sins you remember from this week. Tell God you are truly sorry.. Draw a cross over the list. Rip up the sheet to show God forgives and forgets your sins.

BLESSING

Once you have confessed your sin, there is no room for guilt, for hating yourself, or for shame before God. God banished guilt at the cross. Don't let it steal your life!

Have Mercy on Me

Psalm 51

A psalm of David, regarding the time Nathan the prophet came to him after David had committed adultery with Bathsheba.

- 1 Have mercy on me, O God,
because of Your unfailing love.
Because of Your great compassion,
blot out the stain of my sins.
- 2 Wash me clean from my guilt.
Purify me from my sin.
- 3 For I recognize my rebellion;
it haunts me day and night.
- 4 Against You, and You alone, have I sinned;
I have done what is evil in Your sight.
You will be proved right in what You say,
and Your judgment against me is just.
- 5 For I was born a sinner—
yes, from the moment my mother conceived me.
- 6 But You desire honesty from the womb,
teaching me wisdom even there.
- 7 Purify me from my sins, and I will be clean;
wash me, and I will be whiter than snow.
- 8 Oh, give me back my joy again;
You have broken me - now let me rejoice.
- 9 Don't keep looking at my sins.
Remove the stain of my guilt.
- 10 Create in me a clean heart, O God.
Renew a loyal spirit within me.
- 11 Do not banish me from Your presence,
and don't take your Holy Spirit from me.
- 12 Restore to me the joy of Your salvation,
and make me willing to obey You.
- 13 Then I will teach Your ways to rebels,
and they will return to You.
- 14 Forgive me for shedding blood, O God who saves;
then I will joyfully sing of Your forgiveness.
- 15 Unseal my lips, O Lord,
that my mouth may praise You.
- 16 You do not desire a sacrifice, or I would offer one.
You do not want a burnt offering.
- 17 The sacrifice You desire is a broken spirit.
You will not reject a broken and repentant heart, O God.
- 18 Look with favor on Zion and help her;
rebuild the walls of Jerusalem.
- 19 Then You will be pleased with sacrifices offered in the right spirit—
with burnt offerings and whole burnt offerings.
Then bulls will again be sacrificed on Your altar.

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Our Perspective vs. God's Perspective



MEMORY VERSE: "How good it is to be near God! I have made the Sovereign Lord my shelter, and I will tell everyone about the wonderful things you do." Psalms 73:28

DAY 1 PSALM 73:1-14—Good Life of the Wicked

1. What does Asaph admit? vs. 1-2
2. Summarize what truth disturbed Asaph greatly. vs. 3-8, 12
3. What did Asaph wrestle with? vs. 13-14
4. Do you wrestle with this as well? Explain.

DAY 2 PSALM 73:15-17—New Perspective

5. What did Asaph do? What happened? vs. 16-17

6. What do these verses add about being in God's presence?

James 4:8

Isaiah 41:10

7. How do you think God responds to your honest struggles, questions and doubts about Him and your faith?

DAY 3 PSALM 73:18-20—Unsafe Place of the Wicked

8. What did Asaph understand about the ungodly? vs. 18-19

9. How does this change your thinking on the ungodly and how you may perceive their lives?

10. Does this truth modify your thinking on God being fair to you?

11. If we truly embrace this truth, what should our attitude and actions be toward the ungodly?

DAY 4 PSALM 73:21-28— Good to Be Near God

12. What did Asaph realize? vs. 21-22

13. What does Asaph recognize he has with God? vs. 23-26, 28

14. Which of these verses speaks to you the most? Why?

DAY 5 PSALM 73—Wrap Up

15. Have you made judgments on how God runs the universe? And how he deals with the ungodly?
How does this psalm impact you?

16. How might your perspective change if you asked God to help you see yourself, your life and others from His perspective?

TAKE AWAY

Next time you are envious of someone, ask God to show you His perspective.

BLESSING

“Truly God is good to Israel, to those whose hearts are pure.” Psalm 73:1

Our Perspective vs. God's Perspective

A psalm of Asaph.

- 1 Truly God is good to Israel, to those whose hearts are pure.
- 2 But as for me, I almost lost my footing. My feet were slipping, and I was almost gone.
- 3 For I envied the proud when I saw them prosper despite their wickedness.
- 4 They seem to live such painless lives; their bodies are so healthy and strong.
- 5 They don't have troubles like other people; they're not plagued with problems like everyone else.
- 6 They wear pride like a jeweled necklace and clothe themselves with cruelty.
- 7 These fat cats have everything their hearts could ever wish for!
- 8 They scoff and speak only evil; in their pride they seek to crush others.
- 9 They boast against the very heavens, and their words strut throughout the earth.
- 10 And so the people are dismayed and confused, drinking in all their words.
- 11 "What does God know?" they ask. "Does the Most High even know what's happening?"
- 12 Look at these wicked people—enjoying a life of ease while their riches multiply.
- 13 Did I keep my heart pure for nothing? Did I keep myself innocent for no reason?
- 14 I get nothing but trouble all day long; every morning brings me pain.
- 15 If I had really spoken this way to others, I would have been a traitor to your people.
- 16 So I tried to understand why the wicked prosper. But what a difficult task it is!
- 17 Then I went into your sanctuary, O God, and I finally understood the destiny of the wicked.
- 18 Truly, you put them on a slippery path and send them sliding over the cliff to destruction.
- 19 In an instant they are destroyed, completely

swept away by terrors.

- 20 When you arise, O Lord, you will laugh at their silly ideas as a person laughs at dreams in the morning. 21 Then I realized that my heart was bitter, and I was all torn up inside.
- 22 I was so foolish and ignorant—I must have seemed like a senseless animal to you.
- 23 Yet I still belong to you; you hold my right hand.
- 24 You guide me with your counsel, leading me to a glorious destiny.
- 25 Whom have I in heaven but you? I desire you more than anything on earth.
- 26 My health may fail, and my spirit may grow weak, but God remains the strength of my heart; he is mine forever.
- 27 Those who desert him will perish, for you destroy those who abandon you.
- 28 But as for me, how good it is to be near God! I have made the Sovereign Lord my shelter, and I will tell everyone about the wonderful things you do.

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God Protects You



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

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.

DAY 1 PSALM 91:1-2—Faith and Trust in God

1. The author of this psalm is unknown, but for thousands of years this psalm has been an inspiration, comfort, and promise for warriors in harm’s way. What does the author say in verses 1-2?
2. These verses include four names for God - Most High, the Almighty, Lord and My God. Why do you think the writer chose these names for God? What is significant to you about each one?
3. What would it be like to be in God’s shadow?
4. How is the Lord your refuge and place of safety?

DAY 2 PSALM 91:3-8—Peace and Life with God

5. What will God do for you? vs. 3-4 (write the action words)
Which of these words impact you the most? Why?

6. What specific ways does God protect and care for His people?

7. What is the result of God's protection and care? vs. 5-6

8. In life the Lord may permit terrible things to happen to His children, as He did to His own Son, Jesus. This is why Jesus prayed to God on our behalf, "*I'm not asking You to take them out of the world, but to keep them safe from the evil one.*" (John 17:15) How does having God as a shelter and refuge give you strength and courage no matter what you face?

DAY 3 PSALM 91:9-13—Promise of Deliverance

9. Again, these verses are not regarded as an absolute promise for every believer in every circumstance, but a general expression of God's protection, comfort and care for His people. What way may God send His protection and care to His people? vv. 9-10

10. What is another way God may send His protection and care to His people? vv. 11-12

11. What is your reaction to verses 11-12?

12. Put "I", "MY" or "ME" in blanks of verses 9-11:

"If _____ make the Lord _____ refuge, if _____ make the Most High _____ shelter, no evil will conquer _____ ... God will order His angels to protect _____ wherever _____ go."

DAY 4 PSALM 91:14-16—Promise and Blessing

13. What does the Lord say He will do for those who love Him and trust in His name? vv.14-16

14. Why is it crucial to remember and expect God to keep these promises to you?

DAY 5 PSALM 91—Wrap Up

15. How is this Psalm reassuring, comforting and encouraging to you?

16. Knowing that everyone will suffer difficult and hard times, do you think is it better to suffer with God than without Him? Why?

TAKE AWAY

Tape this Psalm up on your mirror, so you will see it everyday before you face your day!

BLESSING

“God’s faithful promises are your armor and protection.” Psalm 91:4b

God Protects You

- 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

This is a praise psalm - joyful thanking and adoring of God - celebrating His goodness and grace.

DAY 1 PSALM 103:1-5—Praising God for His Benefits

1. How does David begin this Psalm? vs. 1-2
2. Why is it important for us to praise God for His character and for who He is?
3. What 6 special blessings from God (benefits of knowing Him) are listed in verses 3-5?
4. Which benefit speaks to you most right now? Why?

DAY 2 PSALM 103:6-13—Praising God for His Mercy and Compassion

5. God reveals His “*character*” and “*deeds*” to His people. What does God do for those treated unfairly? vv.6-7
6. Verses 8-10 talk about God’s forgiveness toward our sins - why should this make us praise Him?

7. Why do you think David uses the illustrations he does in verses 11-12?

8. Can you think of a time God has had compassion on you?

DAY 3 PSALM 103:14-18—The Greatness of God

9. What do verses 14-16 tell you about yourself?

10. How does verse 17 encourage you?

11. How does verse 18 challenge you?

DAY 4 PSALM 103:19-22—God and His Creation

12. Verse 19 says God's kingdom rules over all, why should this make us want to praise Him?

13. David wants everyone united in singing out praises to God. Who are the 4 groups David tells to praise God in verses 20-21?

14. Why do you think we are told to praise all the Lord's works everywhere?

15. How does David end this Psalm? v. 22

DAY 5 PSALM 103—Wrap Up

16. Why is it important to take time to think about all the benefits of belonging to Christ—all the blessings and the sometimes forgotten enrichment that God provides for His children?

17. How can you be more intentional with your gratitude and praise of God?

TAKE AWAY

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?

BLESSING

“God has removed our sins as far from us as the east is from the west.” Psalm 103:12

Praise the Lord

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.

Trust in the Lord



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

David saw that many evil people did what they liked. Nobody stopped them. They hurt and took advantage of people. David was angry. Then he remembered that one day God would put things right. He just had to wait for that day. David gives us sound, practical wisdom from the voice of experience and age.

DAY 1 PSALM 37:1-8—Trust God

1. Summarize David’s point in verses 1-2.
2. What should we be doing instead of worry and envy? vv. 3-4
3. What will God do for us? vv. 5-6
4. How are anger and worry the opposite of being still and patiently waiting upon Him?

DAY 2 PSALM 37:9-20—God Defeats the Wicked

5. What are some of the ways David describes the wicked and how they act? vv. 9-15

6. Read verses 16-17. The wicked may have more, but God wants us to be content with what we have. Being content is not easy. What does Philippians 4:12-13 tell us is the secret to being content in every situation?

7. The reward of the wicked is temporary and fleeting but what does the Lord do for His children?
vv. 18-20

DAY 3 PSALM 37:21-33—God’s Guidance and Support

8. Read verses 21-22. How does being generous affect your life? affect worrying? affect jealousy?

9. How do verses 23-24 encourage you?

10. What is the reward for obedience to God? vv.27-29

11. What are God’s people known for? vv.30-31

DAY 4 PSALM 37:34-40—God Delivers

12. Read verse 34. How does your hope in God impact your life everyday?

13. Why is “*traveling steadily*” along God’s path important?

14. What happens to people who are wicked; who do not hope in God? vs. 34b-36, 38

15. Read verse 37 and Philippians 4:7 How does knowing this peace is available impact your life?

16. What does the Lord do for the godly? vv. 39-40 How is God doing these things for you right now?

DAY 5 PSALM 37—Wrap Up

17. Repeatedly, David reminds us that the future of the wicked is no future to be desired and that God will intervene in His time. He also tells us positive actions we need to take to bring us into alignment with God's plan for living joyfully. List some of these actions that impacted you.

18. How has this lesson changed your view of worry, envy and anger?

TAKE AWAY

This week, every time you start to worry, get angry or jealous... remember that you confidently trust the Lord with all of life's problems.

BLESSING

"God has never broken, and will never break, a single promise -- past, present, or future. Trust Him today with your anxiety, fear, worry, and depression. Lean on His power, love, grace, and mercy." Max Lucado

Trust in the Lord

Psalm 37 – 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.
9 For the wicked will be destroyed, but those who trust in the Lord will possess the land.
10 Soon the wicked will disappear. Though you look for them, they will be gone.
11 The lowly will possess the land and will live in peace and prosperity.
12 The wicked plot against the godly; they snarl at them in defiance.
13 But the Lord just laughs, for He sees their day of judgment coming.
14 The wicked draw their swords and string their bows
to kill the poor and the oppressed, to slaughter those who do right.
15 But their swords will stab their own hearts, and their bows will be broken.
16 It is better to be godly and have little than to be evil and rich.
17 For the strength of the wicked will be

shattered, but the Lord takes care of the godly.
18 Day by day the Lord takes care of the innocent,
and they will receive an inheritance that lasts forever.
19 They will not be disgraced in hard times; even in famine they will have more than enough.
20 But the wicked will die.
The Lord's enemies are like flowers in a field—they will disappear like smoke.
21 The wicked borrow and never repay, but the godly are generous givers.
22 Those the Lord blesses will possess the land, but those He curses will die.
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.
32 The wicked wait in ambush for the godly, looking for an excuse to kill them.
33 But the Lord will not let the wicked succeed

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or let the godly be condemned when they are put on trial.

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.

35 I have seen wicked and ruthless people flourishing like a tree in its native soil. 36 But when I looked again, they were gone!

Though I searched for them, I could not find them!

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.

Notes

God Watches Over You



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

DAY 1 PSALM 121:1-2—God Is Our Help

1. The author of this Psalm is unknown, but what does the writer ask and what is his answer?

2. What do the heavens and earth tell you about God?

3. Is the Lord your source for the confidence you need to face life?

How do the traits above (and others) make God the best choice for help during:
everyday stuff?

hard/difficult circumstances?

DAY 2 PSALM 121:3-4—God Watches Over to Protect His People

4. What help does God bring believers?

5. “*He will not let you stumble*” is the idea that you are God’s and He is with you and will enable you to stand through whatever comes your way. How is this encouraging to you?

6. How does knowing that God does not sleep:
help you feel protected and secure?

help you when you are stressed, anxious, sad, lonely...?

DAY 3 PSALM 121:5-6—God Watches Over to Care for His People

7. How does the Lord care for believers?

8. How does God act as our “*protective shade*?”

9. What do you think verse 6 means to a believer?

10. How can God guard and protect you during the day from your weaknesses, fears, hurts...?
How can God protect you at night from your weaknesses, fears, hurts...?

DAY 4 PSALM 121:7-8—God Watches Over the Life of His People

11. What does God do for His people in verses 7-8?

12. How can you start living more confidently knowing that God is with you, watching over and protecting you?

13. What do you learn from 1 Peter 1:3-7?

DAY 5 PSALM 121 – Wrap Up

14. What does God promise to do for believers in this Psalm? How can you start living more confidently knowing these things?

15. Psalm 121 tells us to: Look to the Lord. Listen to the Lord. Lean upon the Lord.
How can you make these 3 statements real in your life today?

TAKE AWAY

We have God's help 24/7.

Set a timer/reminder on your phone every morning to remind you that God is watching over you and available to help!

BLESSING

"The Lord directs the steps of the godly. He delights in every detail of their lives. Though they stumble, they will never fall, for the Lord holds them by the hand."
Psalm 37:23-24

God Watches Over You

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.

A Thankful Heart



MEMORY VERSE: “The Lord will work out His plans for my life—for Your faithful love, O Lord, endures forever...” Psalm 138:8

DAY 1 PSALM 138:1-3—Praising God

1. David wrote this psalm. What two things was he praising the Lord’s name for?
2. How have you experienced these two character traits of God?
3. What gave David strength? v.3
4. How does knowing God will answer your prayers give you strength?

DAY 2 PSALM 138:4-6—Reasons for Praise

5. One day what will happen? Why? vv.4-5

6. How is *“the glory of the Lord is very great”* shown through:
creation?

the gospel?

7. What is David telling us in verse 6? Also see James 4:6.

DAY 3 PSALM 138:7—God’s Right Hand

8. Trouble is part of all our lives. Both outward and inward trouble, from sin, Satan, and the world.
How does God preserve and protect your life amidst all your troubles?

9. What does David tell us about God’s right hand? How does this visual encourage you?

DAY 4 PSALM 138:8—Confidence in the Future

10. What does David tell us the Lord will do for him and for us? Why?

11. What does Philippians 1:6 reenforce?

12. The Lord continues working on us and perfecting us, until the day we go home to be with Him. The works of His hands are all of His creation, which includes you. How does this impact you?

DAY 5 PSALM 138—Wrap Up

13. With all the uncertainty, deceit and betrayal in this world, God is your solid, true safe place. How does this Psalm reassure you?

14. Have you been going through the motions, giving to God “lip service” instead of genuine worship? How has this Psalm spoken to you?

TAKE AWAY

Say a prayer of praise and thanks to God every day for 21 days!!! That’s when it is supposed to become a habit! You will be blessed!

BLESSING

God’s faithful love endures forever. He will never abandon you! Psalm 138

A Thankful Heart

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.

God Helps



MEMORY VERSE: “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.” Psalm 86:11

DAY 1 PSALM 86:—Help Me God

1. Psalm 86 gives us a great lesson on prayer. What reason does David give for the Lord hearing his prayer in verse 1?
2. How does David describe his connection with God? vs. 2-4
3. What does David say God does for those who ask for His help? vs. 5
4. What does David ask of God? vs. 6-7
5. Why is it that many times we turn to God as a last resort when we are in need or face troubles? Do you think God can be counted on to listen and answer your prayers, even when you are in trouble? Explain.

DAY 2 PSALM 86:8-10—Greatness of God

6. What does David say about God? vs. 8-10

7. What does Philippians 2:9-11 tell us?

8. How does knowing the Lord's attributes and His promises give you hope and endurance in prayer?

DAY 3 PSALM 86:11-13—Dependence on God

9. What was David asking the LORD to teach him, in verse 11?

10. Why is a teachable heart essential when we're going through trials/troubles?
How teachable are you to God and His plans for you?

11. What does David do? Why? vs. 12-13

12. What happens when we put our focus upon who God is and what He has done for us?

DAY 4 PSALM 86:14-17—God of Mercy and Compassion

13. David faced real danger from violent men, but what did David tell God? vs. 15

14. What does David ask God for?
vs. 16

vs. 17

15. No matter what situation you are going through right now, God is with you.
God has a plan beyond the problems you are facing right now. How does this encourage you?

16. God wants you to hold tight to the truths of God and pray. What promises of God do you hold on to as you face hardship? ex: Isaiah 40:31; 43:1-3; Psalm 34:17; James 1:2-4...

DAY 5 PSALM — Wrap Up

17. What would you say is the main lesson of this psalm?

18. How are prayer and God's faithfulness to you connected

TAKE AWAY

Need help praying?

1. realize prayer is simply talking to God
2. the more you pray the easier it will get
3. write down what you want to say to God - you just prayed!

BLESSING

“So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.” Hebrews 4:16

God Helps

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 Knows You



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

DAY 1 PSALM 139:1-6—All-Knowing God Knows Me

1. David is the author of this Psalm. The world around us judges us by what they see, how does God judge us? v. 1
2. Besides knowing our thoughts, what does God know? vv. 2-4
3. What do you think verse 5 means?
4. What are some of the things that are absolutely beyond our understanding?
5. 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?

DAY 2 PSALM 139:7-12—All-Present God Is with Me

6. Where can you go that God cannot? Why?

7. What comfort does a believer have in the darkness? vv. 11-12

8. What are your thoughts on the depth of God's presence in your life?

DAY 3 PSALM 139:13-18—All-Powerful God Created Me

9. What do you learn about the miracle of your birth and life? vv.13-15

10. Why is this reason to praise God?

11. What does David reveal to us in verses 16? Also read Ephesians 2:10.

12. Read verses 17-18. Compare our thoughts to God's thoughts.

DAY 4 PSALM 139:19-24—Our Response to the Greatness of God

13. What do God's enemies do? vv.19-20

14. What does David ask in verse 21? What does Romans 12:17-19 add?

15. Read verses 23-24. What about this prayer connects with you? Why would we want the Lord to do this?

DAY 5 PSALM 139—Wrap Up

16. After studying this Psalm... what are your thoughts on:
God knows you.

He is everywhere with you.

He created you.

17. How does our knowledge of the character of God and our relationship with Him determine how we view ourselves and everything else?

TAKE AWAY

Write the words *“Search me, God, and know my heart”* and place on your mirror.
When you get up, read the note and remember that God knows you and loves you!

BLESSING

God made you! He formed you and the days of your life are in His hands! Psalm 139

God Knows You

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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