



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