

## **Psalms**

Set aside some time to read the Psalm.  
Read it once.  
Read it again, out loud or say the words in your head.  
Take in the vivid imagery -- make a picture in your mind -- let  
the picture flow into your heart.

### **Week #1: Suffering**

Day #1: Psalm 37

Are you envious of evil doers? Why? What is their fate?  
What does God have to offer instead?

Day #2: Psalm 42

Have you ever cried for a long time? All night? All day and all night?  
What was the reason? Have you felt like God has abandoned you?  
How did you react? How did the Psalmist react?

Can you react that way? How?

Day #3: Psalm 77

How does the Psalmist describe his troubles? Is it all right to do this?  
Why do you think the Psalmist records his questioning mind and heart?  
How does he answer his own questions?  
Write a personal meditation on God's work in your own life (v. 12).  
If you are struggling or suffering now, use it, keep it with you to remember the deeds of the Lord (v. 11).  
If you are not, save it for a time when you are.

Day #4: Psalm 91

What are all the different things that God promises to deliver us from?

Where/with whom are you taking refuge?

Do you know who God has given charge of concerning you?

Day #5: Psalm 121, 123

Are these familiar thoughts to you when you are struggling?

Should they be? (Ps 123:2) What qualities of God are we reminded of?

How do these qualities affect the things that are happening to you right now?

## **Week #2: Confession/Repentance**

Day #1: Psalm 32

What is your life like when you refuse to admit your sin to God?

Why? Have you ever refused to admit your sin to God?

Why did you do it?

What is your life like when you admit your sin to God?

Why? When you admitted your sin to God, did you have the same experience as the psalmist?

Day #2: Psalm 38

Why is David suffering? What is David's reaction to God's treatment of him?

What does David want from God?

Has God ever dealt with your sin this way?

Did you react like David did?

Day #3: Psalm 51

Were there any consequences of David's sin?

Did God take action against David?

When you sin and need to be reconciled to God, what do you desire?

What does David desire? What does David say God desires?

What are modern equivalents of sacrifices or burnt offerings?

Day #4: Psalm 130

What are the depths from which the Psalmist cries out?

Would God be justified in keeping a record of our sins? What does He do instead?

What is the Psalmist hoping for? Do we hope for the same thing?

With the same urgency? Or do we expect it?

Day #5: Psalm 141

What is the Psalmist afraid of? Are you afraid of the same thing?

Why? How does he regard reproof?

Do you regard it the same way? Why?

### **Week #3: Praise for His Deeds/Works**

For these Psalms, answer the following questions: What is the Psalmist praising God for?

Are these things praiseworthy?

Do you praise God for these (or similar things)?

Day #1: Psalm 18

I will call upon the Lord is based on this Psalm.

Day #2: Psalm 19

Do you praise God for His law?

Day #3: Psalm 34

Day #4: Psalm 104

Day #5: Psalm 136

What are things in your own life that fit in these categories that you can praise God for?

Jesus taught us not to pray using meaningless repetition (Matthew 6:7). Is the repetition here meaningless or meaningful?

Is there a place for repetition in your praising of God?

## **Week #4: Praise because of Him/Thirsting for Him**

Day #1: Psalm 29

Have you ever praised God because of His voice?

What are some of the reasons to consider the voice of God?

What other unconventional attributes of God should you praise Him for?

Day #2: Psalm 47

How often do you remind yourself that God is King over all the earth?

How would your daily life change if you reminded yourself of that more often?

The psalm not only encourages us to sing, but it opens by instructing us to clap our hands. In day to day living, why do we clap our hands?

Should we clap our hands for God for the same reasons?

Why or why not?

Day #3: Psalm 63

What are different ways that God satisfies the psalmist?

Have you ever yearned for God the way the psalmist did? Why? Why not?

Have you ever meditated on the Lord in the night watches (pulled an all nighter meditating on God)?

Do you meditate on God?

Day #4: Psalm 84

Why does the psalmist long for the courts of the Lord?

What can be found there? How important to him is it to be in the courts of God?

What will he give up? Do you long for the courts of God like this?

Do you see them the way that the Psalmist does?

Day #5: Psalm 150

For what kinds of things should we praise the Lord?

What kind of methods or equipment should we use to praise the Lord?

Imagine that you were rewriting verses 3-5. What would you use to replace the various musical instruments that are listed there?

For each instrument, why did you include it in the list?