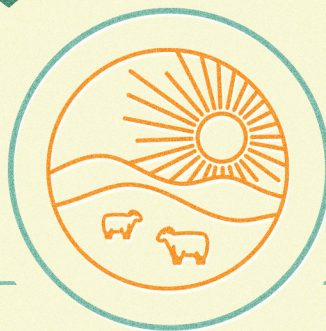




PSALMS

BIBLE STUDY

A Four-Week Study Guide for Individuals and Groups

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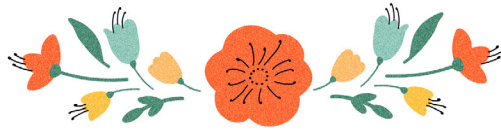
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INTRODUCTION



The Book of Psalms—its Popularity & Challenges

Studies of the psalms are quite popular today as they bring hope, comfort, guidance and peace to believers around the world. However, creating a cohesive and interesting study is a bit like trying to lasso a flock of geese. Why is that?

Here are just some of the facts that make a cohesive study challenging:

- The psalms are expansive, written over a 2,000-year period.
- Psalms is the longest book in the Bible with more than 150 chapters.
- Psalms was written by at least nine authors with King David being the most prolific, having written at least 70 of the psalms.
- The other nine authors are from different eras and often very different backgrounds.
- If you read six psalms a week it would take you half a year to traverse the text. That includes Psalm 119, with 176 verses having been read all in one day.
- Bible study groups and Sunday schools focusing on one psalm a week need nearly three years to complete the book.
- Finally the psalms are not chronologically ordered. Moses' Psalm 90 would be first if so, and David's 70 psalms are spread throughout the book, with early psalms often written closer to the end of David's life.

Are there any delineations to help break the psalms down?

Not really. It is true that the Book of Psalms is actually divided into five sections—though the divides do not appear in most Bible translations. These aren't a means of breaking the book down by translators and editors. The breakdown is part of the text itself, with the numbers representing the psalms as they appear in the Bible:

- Part One: 1-41
- Part Two: 42-72
- Part Three: 73-89
- Part Four: 90-106
- Part five: 107-150

INTRODUCTION

A traditional division of types of psalms is talked about in some places as designed by biblical scholars: They include these six academic breakdowns:

- Laments
- Imprecations
- Confessions
- Wisdom
- Royal
- Messianic

However, this breakdown doesn't coincide with the six organic "parts" above. In other words, there is no Book of Hymns or Book of Laments. The types are woven throughout the parts in a manner that would seem random to us.

In this study, the psalms are ordered by THEME or SUBJECT

Instead of starting from one of the common academic approaches, we are starting this study of Psalms with the "people-approach." We start by considering why most people go to the psalms. What are they looking for? What do they want or need?

People delve into the psalms for myriad reasons, obviously, but search histories imply that they often can be covered in the subjects akin to these below. Applying a beautiful, ancient book to people of today's world, it is assured via online data that people read Psalms most often for these vital purposes:

1. To find comfort
2. To find guidance
3. To give thanks
4. To find wisdom

How this 4-Week Course Is Designed

This four-week course will investigate one of these themes each week:

1. Week #1: Psalms Providing Comfort
2. Week #2: Psalms for Receiving Guidance
3. Week #3: Psalms for Expressing Gratitude
4. Week #4: Psalms for Finding Wisdom

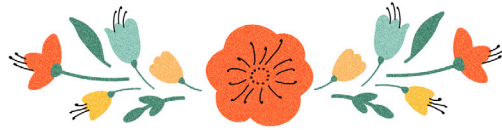
INTRODUCTION

Granted, these four themes overlap in Psalms. Some would be considered psalms of comfort, guidance and wisdom altogether. With the system established herein, at least one psalm a day will help shed great light on that week's theme. Beyond that:

- **Each of the four weekly studies contains five lessons**, and you can decide which two days each week to skip the individual study. Some people only want a Monday-through-Friday private plan, while others might want Sunday off, plus a day midweek.
- **Each study day is devoted to one featured psalm** with both practical and thought-provoking questions provided. However, on each day, one or two other psalms are presented under a "Further Reading Section." These relate in theme to the featured psalm.
- **Secondary psalms** are also provided for each day for extra reflection and study.
- **As well, two other Bible verses outside of Psalms that relate to the theme will be presented each day** for exposure to 40 support verses to the psalms.
- Finally, each week contains a **WEEK IN REVIEW** study, with six thought-provoking questions that can be discussed in a group or individually journaled for reinforcement of a private study.

There are no quizzes, no demands—just a system for guidance that should shed great light on the psalms daily for four weeks. At the close of the four weeks, your love for the psalms and your reliance on them should multiply. Plus, you should know where to go in the book to find comfort, guidance, gratitude statements, and wisdom.

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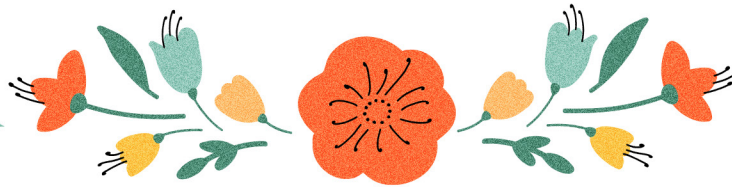
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ANSWER KEY



FINDING COMFORT IN
THE PSALMS



WEEK 1

Finding Comfort in THE PSALMS

The LORD
is my light
and my
salvation—
whom shall
I fear?

PSALM 27:1

READ

Psalm 27

AUTHOR

King David

NOTES

The psalm was probably written toward the end of David's years as king, circa 980 BC. The second half of the psalm is so different from the first that some ancient Hebrew teachers believed it was two psalms strung together. The maturity displayed leads today's scholars to believe it was written in the later years of David's reign, perhaps when his son Absalom tried to create a coup d'état.

TEXT QUESTIONS

- 01** Important question that is raised in verse 1: _____
- 02** In a day or time of trouble, God will hide you and set you here: _____ (v. 5)
- 03** What should we promise to seek, which is equivalent to God's will, God's passion, and God's direction: _____ (v. 8)
- 04** The Lord will take you up, even if the following people forsake you: _____ (v. 10)
- 05** Father, teach us your ways and lead us down a _____ (v. 11)
- 06** The main theme of verse 14 is this: _____

01

This famous and beloved psalm is filled with messages that Christians have found comforting for centuries. Which is your favorite verse and why?

02

How can this psalm help you? In what circumstances?

Copy your favorite verse from today:

Further Reading in Psalms: [Psalm 55](#), [Psalm 12](#)

Further Reading in Other Books: [Isa. 54:17](#), [Heb. 13:6](#)



Finding Comfort in THE PSALMS

You will
not fear
the terror
of night,
nor the
arrow that
flies by day

PSALM 91:5

READ

Psalms 91

AUTHOR

Uncertain. Some scholars believe Moses wrote it, as he wrote Psalm 90 preceding, and the tone is similar. Others think phraseology in the original Hebrew dates the poem much later, and it is likely the work of King David.

NOTES

Famous commentator Charles Spurgeon wrote about Psalm 91, saying that there had “never been a more cheering Psalm.” He called it faith at its best. Psalm 91:11-12 is quoted by Satan to the Lord during His temptation.

TEXT QUESTIONS

- 01** The two comforting words used in verse 2 to describe God: _____ and _____.
- 02** The comforting symbol of God's protection in verse 4: _____
- 03** Found in verse 5, another symbol of persecution, anything from slander to violence: _____
- 04** How many may fall at your right hand, while you remain safe? _____ (v. 7)
- 05** Who will guard you in all your ways? _____ (v. 11)
- 06** God will rescue the people who _____ (v. 14)

01

This passage names eight ways God will protect you. List as many as you can.

02

Think of a time in the past, present, or future, where this psalm served you or could serve you. Describe the circumstances.

Copy your favorite verse from today:

Further Reading in Psalms: [Psalm 11](#), [Psalm 20](#)

Further Reading in Other Books: [2 Cor. 1:3-4](#), [Rev. 21:4](#)



Finding Comfort in THE PSALMS

Even though
I walk
through the
darkest valley,
I will fear no
evil, for you
are with me

PSALM 23:4

READ

Psalm 23

AUTHOR

King David

NOTES

Psalm 23 reminds us that whether we are in the height of life or the throes of death, God is good and worthy of our trust. Psalm 23 is the most searched and the most popular psalm in the Bible. While it is brief, every verse is so full of wisdom and comfort that many Christians have each one memorized.

TEXT QUESTIONS

- 01** What is God compared to here, as in many other Bible verses? _____ (v. 1)
- 02** These places in nature are synonymous with peace and tranquility: _____,
_____ (v. 2)
- 03** God guides us for our own protection but also for His _____ (v. 3)
- 04** We all walk through dark places, but we should take David's example of fearing no
_____ (v. 4)
- 05** Verse 5 states that God can bring us back to a reputable place in the presence of our

- 06** This is another symbol of having either great joy or great gifts from God _____ (v. 5)

01

We often think of this psalm when we are afraid of an event or situation. In what circumstances have you thought of it?

02

What verse of this famous psalm would you like to make a part of your daily life?

Copy your favorite verse from today:

Further Reading in Psalms: [Psalm 28](#), [Psalm 55](#)

Further Reading in Other Books: [Isa. 51:12](#), [Matt. 11:28-30](#)



Finding Comfort in THE PSALMS

But you, God,
see the trouble
of the afflicted;
you consider
their grief and
take it in hand.

PSALM 10:14

READ

Psalm 10

AUTHOR

King David

NOTES

This psalm gives an astonishing, detailed description of greedy and corrupt people, with many of the descriptions just as familiar to us today as they were to David 3,000 years ago. We stand far away from God in our unbelief, then complain that God is the one standing far away. Yet He will rescue us from evil oppressors as well as from all sin and temptation. This psalm starts with deep descriptions of wrongdoings and ends with the comfort of God's might and willingness to intervene.

TEXT QUESTIONS

- 01** The first question in the psalm asks God why He seems to do this: _____ (v. 1)
- 02** The wicked do not seek God because of their _____ (v. 4)
- 03** Evil, greedy men are compared to this animal: _____ (v. 9)
- 04** Arise Lord, do not forget the _____ (v. 12)
- 05** The Lord is _____ for ever and ever (v. 16)
- 06** God will judge mercifully or defend these people: _____ (v. 18)

01

Today in media, viewers tend to worship villains, some who have evil traits like those outlined in verses 1- 11. Have you seen any of these evil traits in character on TV or in movies/books?

02

If you were using this psalm as a prayer, from whom would you be asking God's protection? The circumstances can be past or present.

Copy your favorite verse from today:

Further Reading in Psalms: [Psalm 61](#), [Psalm 20](#)

Further Reading in Other Books: [Matt. 5:4](#), [Isa. 49:13](#)



Finding Comfort in THE PSALMS

I lie down
and sleep;
I wake again,
because
the LORD
sustains me

PSALM 3:5

READ

Psalm 3

AUTHOR

King David

NOTES

David wrote this Psalm toward the end of his life, when his son Absalom tried to effect a coup d'etat. David did not lose the throne, but Absalom died. The story is in 2 Samuel 15-19. In verses 1 and 2, David sees and names his troubles. In verses 3-4, he looks to God and calls upon Him for help. In verses 5-8, God answers David, not with comforting words this time, but with undeniable actions. Absalom was caught in a freak accident where his hair got ensnared in a tree, allowing David's troops to catch and kill him.

TEXT QUESTIONS

- 01** True/False: the people in verse 1 believe God would not deliver or help David (v. 1)
- 02** God lifts our heads and acts as this object of protection: _____ (v. 2)
- 03** When we cry out to God, He answers from His _____ (v. 4)
- 04** We can sleep peacefully and awake because God _____ (v. 5)
- 05** We should not be afraid of even this many assailants: _____ (v. 6)
- 06** God breaks this bodily part of the wicked or ungodly: _____ (v. 7)

01

We are often more inclined to picture God punishing us than protecting us from evil people. Think of a time when God protected you from some force of darkness.

02

Think of a time when stress prevented you from sleeping. Reflect on verse 5 and a prayer you could repeat in times of sleepless stress.

Copy your favorite verse from today:

Further Reading in Psalms: [Psalm 28](#), [Psalm 55](#)

Further Reading in Other Books: [Isa. 41:10](#), [Rom. 8:28](#)



WEEK 1 IN REVIEW

Use this Week in Review for group discussion or simply for reinforcement of the materials presented this week. Pick any 2 or 3 psalms (depending on the length of your study time) and discuss, reflect, or write about them in the suggested ways:

Read Aloud: Psalm 27

Think of different groups of people you fear or have feared for various reasons. How can you change your perspective to see God as much bigger? Describe your creative processes that help you see Him this way.

Read Aloud: Psalm 91

Satan quoted Psalm 91:11-12 during Christ's temptation. Read about it in Matthew 4:1-11 and see if you can pick out Satan's false interpretation of scripture. Discuss how he was wrong.

Read Aloud: Psalm 23

Reflect on verse 4 and name some very "dark valleys" that exist in our lives today. How does God bring comfort during these times?

Read Aloud: Psalm 10

Reflect on verse 14. The King James Version of the Bible calls the trouble of the afflicted "mischief and spite" brought on them. Both the NIV and KJV name God as helper of the fatherless. What types of problems might you or the people around you experience that would make them feel fatherless? How does God bring comfort?

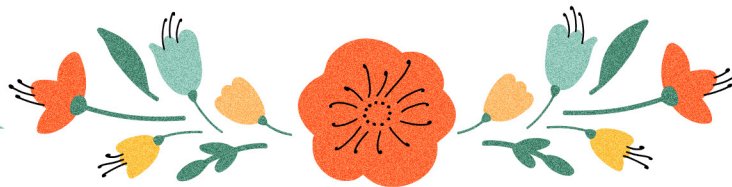
Read Aloud: Psalm 3

During the lesson you were asked to think of a time when God protected you from evil people. Now describe what you gained from it and how the experience can help you in the future.



PSALMS

FOR RECEIVING GUIDANCE



WEEK 2

PSALMS

for Receiving Guidance

That person is
like a tree planted
by streams of
water, which
yields its fruit
in season and
whose leaf does
not wither—
whatever they do
prosper.

PSALM 1:3

READ

Psalms 1

AUTHOR

King David

NOTES

This psalm can guide us when making choices that concern good and evil. If we heed God's guidance, we may take the right way, which leads to happiness, and avoid choices that can and will destroy us. The psalm lays out in simplicity the contentedness of a godly person (v. 1-3), the destiny of wicked people (v. 4-5), and the endings of both (v. 6).

TEXT QUESTIONS

- 01** The first type of person considered blessed in this psalm doesn't do this: _____ (v. 1)
- 02** He doesn't stand in the way of these people: _____ (v. 1)
- 03** His delight is _____ (v. 2)
- 04** He meditates on the Law of the Lord during these times: _____ (v. 2)
- 05** Sinners are like chaff, driven away by this force of nature: _____ (v. 4)
- 06** The Lord watches over the way of the _____ (v. 6)

01

Reflect on verse 1 and all the various ways it mentions we can please God. Make a list of them.

02

Give some examples of how you can use the items on this list in your life.

Copy your favorite verse from today:

Further Reading in Psalms: [Psalm 46](#), [Psalm 16](#)

Further Reading in Other Books: [John 16:13](#), [Isa. 30:21](#)



PSALMS

for Receiving Guidance

I lift up my
eyes to the
mountains—
where does
my help
come from?

PSALM 121:1

READ

Psalm 121

AUTHOR

King David

NOTES

Some Christians call this “the Soldier’s Psalm.” They think it was penned in a soldiers’ camp. For the approximately 13 years King David ran for his life from King Saul, he hid in the hills and in the caves there. However the psalm can be applied anywhere. The key word is in verse one, “help.” When Christians have needed help, this psalm has given both guidance and comfort.

TEXT QUESTIONS

- 01** My help comes from the _____ (v. 2)
- 02** He will not allow this part of you to slip or be moved: _____ (v. 3)
- 03** God does not do this one activity that all humans do: _____ (v. 3)
- 04** The Lord is your _____ by your right hand (v. 5)
- 05** These two sky phenomena will not harm you: _____ and _____ (v. 6)
- 06** God will look out for you during these two times and in between them: _____ (v. 8)

01

This psalm clearly tells us that God does not get tired. Describe Him relating to a problem of yours that makes you very tired.

02

Reflect on how you can use this psalm in your life today for guidance.

Copy your favorite verse from today:

Further Reading in Psalms: [Psalm 66](#), [Psalm 31](#)

Further Reading in Other Books: [Matt. 7:7-11](#), [Isa. 58:11](#)



PSALMS

for Receiving Guidance

Know that
the Lord has
set apart his
faithful servant
for himself;
the Lord hears
when I call to
him.

PSALM 4:3

READ

Psalms 4

AUTHOR

King David

NOTES

In David's older years his son Absalom tried to take over the throne. Some scholars believe verses 4 and 5 offer counsel to Absalom's men, David's enemies. Verses 2 and 3 seem to be spoken to these foes of the king. It could also be that David is addressing his own leadership.

They would be most likely to take his words seriously. The psalm reflects a frustration that many of us have gone through—that of being slandered while trying hard to do everything right. He puts it in God's hands easily as a witness to us.

TEXT QUESTIONS

- 01** Have _____ on me and hear my _____ (v. 1)
- 02** How long will you turn my glory into _____ ? (v. 2)
- 03** God has done this with his faithful servants: _____ (v. 3)
- 04** Tremble or stand in awe, but do not _____ (v. 4)
- 05** Verse 6 asks God to give us this: _____ (v. 6)
- 06** We can do this in peace: _____ (v. 8)

01

Verse 4 implies that when we are praying we should take some time to be silent. What might we get from silence?

02

Look at the two questions uttered in frustration in verse 2. Have you ever wanted to ask certain people questions like this? What were the questions, and what were the circumstances?

Copy your favorite verse from today:

Further Reading in Psalms: [Psalm 62](#), [Psalm 57](#)

Further Reading in Other Books: [John 14:26](#), [Lev. 19:31](#)



PSALMS

for Receiving Guidance

Take delight
in the Lord,
and he will
give you the
desires of
your heart

PSALM 37:4

READ

Psalm 37

AUTHOR

King David

NOTES

Charles Spurgeon calls the problem addressed in this psalm “the great riddle of the prosperity of the wicked and the affliction of the righteous.” Commentator Matthew Henry calls it “the advancement of the wicked and the disgrace of the righteous.” King David seeks to provide wise counsel as we inevitably find ourselves in this situation at some time in our lives.

We’ve all had friends or relatives who cared nothing for God and who seem to have no consequences for their crooked actions, and blessings shower them from heaven. We, on the other hand, might be living in conditions of extreme want although we follow God. This psalm offers guidance and comfort in knowing King David felt this also (and eventually his release came).

TEXT QUESTIONS

- 01** Do not fret because of these people: _____ (v. 1)
- 02** These people will wither or be cut down like _____ (v. 2)
- 03** Trust in the Lord and do _____ (v. 3)
- 04** Delight in the Lord and he will give you the desires of your _____ (v. 4)
- 05** Be still before the Lord and wait in this way: _____ (v. 7)
- 06** In a little while, the wicked will _____ (v. 10)

01

These questions above focus on the first 10 verses of this Psalm overflowing with blessings. What are some of the blessings mentioned in verses 11-40?

02

Reflect on some people who fit the description of having “the prosperity of the wicked.” Pour your heart out to God about them and write any guidance that comes to your heart.

Copy your favorite verse from today:

Further Reading in Psalms: [Psalm 59](#), [Psalm 94](#)

Further Reading in Other Books: [Prov. 3:5-6](#), [2 Tim. 3:16](#)



PSALMS

for Receiving Guidance

Blessed is the
one who trusts
in the Lord,
who does not
look to the
proud, to those
who turn aside
to false gods

PSALM 40:4

READ

Psalms 40

AUTHOR

King David

NOTES

It is thought that David likely wrote this psalm after his 13+ years on the run from King Saul came to an end, and he had become king. It might have been written shortly after his coronation, when he was still living in Hebron and had not yet taken Jerusalem from the Jebusites. He describes things he had done to find guidance during trying times.

TEXT QUESTIONS

- 01** David waited for the Lord in this way: _____ (v. 1)
- 02** God sets the feet of those who cry out for Him on this: _____ (v. 2)
- 03** We should delight or desire to do this: _____ (v. 8)
- 04** David claims to speak of God's faithfulness and His _____ (v. 10)
- 05** Our sins can become overwhelming and as numerous as these bodily parts: _____ (v. 12)
- 06** May all those who seek you rejoice and be _____ (v. 16)

01

Look again at verses 6-10. What are some of the things David did to show his love for God?

02

What sins or weaknesses do you need to work on before you can become like David describes himself in the first verses?

Copy your favorite verse from today:

Further Reading in Psalms: [Psalm 94](#), [Psalm 35](#)

Further Reading in Other Books: [1 Ki. 19:12](#), [John 10:27](#)



WEEK 2 IN REVIEW

Use this Week in Review for group discussion or simply for reinforcement of the materials presented this week. Pick any 2 or 3 psalms (depending on the length of your study time) and discuss, reflect, or write about them in the suggested ways:

Read Aloud: Psalm 1

The contentedness of a godly person is described in verse 2. Define some things that a contented person feels or how one acts in stressful circumstances.

Read Aloud: Psalm 121

Focus on verses 3 and 4 and describe some of the trying circumstances you or your community could soon experience when it would be comforting to remember God does not slumber. Ask Him for guidance through any such experiences.

Read Aloud: Psalm 4

A big part of getting guidance from God is being patient. What does this verse say about waiting patiently or having patience while waiting for God's guidance?

Read Aloud: Psalm 37

Many skeptics of Christianity think that God is not compassionate for allowing so many bad things to happen in the universe, especially to undeserving people. What parts of this psalm could help you answer such a skeptic and how?

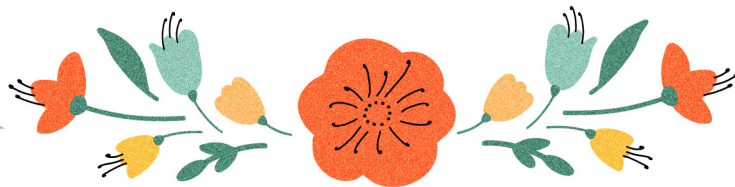
Read Aloud: Psalm 40

Most don't worship statues today, but we have idols in our hearts. Look at verse 4 and then write a description of today's version of "the proud" or someone who "turned aside for lies or a false god."



PSALMS

FOR EXPRESSING GRATITUDE



WEEK 3

PSALMS

for Expressing Gratitude

The LORD is
compassionate
and gracious,
slow to anger,
abounding
in love.

PSALM 103:8

READ

Psalm 103

AUTHOR

King David

NOTES

Psalm 103 is a traditional psalm of praise. These psalms contain two common structures: (1) calls for praise (verses 1 and 2, plus verses 20 to 22) supported by (2) reasons for praise (verses 2-4, 6-10, 11-14, 15-18, and 19).

TEXT QUESTIONS

- 01** What is the first reason given to praise the Lord? _____ (v. 3)
- 02** If you are old, your youth can be renewed like the _____ (v. 5)
- 03** The Lord works righteousness and justice for all the _____ (v. 6)
- 04** Verse 9 assures us that God does feel this emotion: _____ (v. 9)
- 05** The Lord's love is from everlasting to everlasting toward those who _____ (v. 17)
- 06** God rules over these people on earth: _____ (v. 19)

01

Try to make an abbreviated list of all the blessings mentioned in verses 1-8 for which we should be thankful.

02

Take the list you just made and apply personal things from your life to the blessings.

Copy your favorite verse from today:

Further Reading in Psalms: [Psalm 100](#), [Psalm 8](#)

Further Reading in Other Books: [1 Thes. 5:18](#), [Prov. 16:16](#)



PSALMS

for Expressing Gratitude

In his hand
are the depths
of the earth,
and the
mountain peaks
belong to him.

PSALM 95:4

READ

Psalms 95

AUTHOR

King David

NOTES

What is Psalm 95 talking about?

The psalm is categorized as one of the royal psalms that praises God as the King of His people. Psalm 95 doesn't actually list an author, but Hebrews 4:7 reveals that David wrote it, quoting verses 7 and 8.

TEXT QUESTIONS

- 01** Let us make joyful noises to the _____ (v. 1)
- 02** God keeps the depths of the earth and the highest places here: _____ (v. 4)
- 03** His hands are said to create this part of our planet: _____ (v. 5)
- 04** What two things does verse 6 suggest we do in worship: _____
- 05** What animal does verse 7 liken us to? _____
- 06** Why was God mad at the Hebrews for 40 years? (v. 10)

01

Look up the words in verse 8, Massah and Meribah. On the Bible Gateway website, you can type them into the search bar to see what other Bible scriptures mention them. Read Exodus 17:7 and write out what these places are known for and what happened there.

02

Have you ever grumbled or complained about a circumstance God put you in? What was it? How could you handle it differently now?

Copy your favorite verse from today:

Further Reading in Psalms: [Psalm 81](#), [Psalm 150](#)

Further Reading in Other Books: [James 1:17](#), [Col. 3:15](#)



PSALMS

for Expressing Gratitude

Blessed is
the nation
whose God
is the LORD,
the people he
chose for his
inheritance.

PSALM 33:12

READ

Psalms 33

AUTHOR

Unknown

NOTES

This psalm praises the sovereignty of the Lord for His creativity and for the history He has worked in and through. It praises God for being both righteous and kind. The Septuagint, the Greek version of the Bible read by Jesus and His followers, attributes this psalm to David, though other translations do not. One commentator suggests that this psalm was written during the time of the Maccabees, around 160 BC.

TEXT QUESTIONS

- 01** God is pleased when we learn an instrument and play it with great skill. By what words do we know this in verse 3? _____
- 02** By the word of the Lord, these were made: _____ (v. 6)
- 03** God destroys the plans of the _____ (v. 10)
- 04** From His dwelling place, God can see all who _____ (v. 14)
- 05** No one who is mighty escapes harm by this: _____ (v. 16)
- 06** The eye of the Lord is on those who _____ Him (v. 18)

01

Have you ever felt like God wasn't listening or even couldn't hear you? Write out verse 13 in your own words as it applies to your life.

02

What does it mean to "fear" God in this psalm's context? Reflect on a time when you appropriately feared God, or should have.

Copy your favorite verse from today:

Further Reading in Psalms: [Psalm 145](#), [Psalm 104](#)

Further Reading in Other Books: [Heb. 12:28](#), [Eph. 5:20](#)



PSALMS

for Expressing Gratitude

**Give thanks
to the Lord,
for he is good;
his love endures
forever.**

PSALM 107:1

READ

Psalm 107

AUTHOR

King David

NOTES

This psalm contains 43 verses and is one of the longer psalms in the Bible. While its date of writing is uncertain, many scholars believe it was written during a heightened sense of unity in the nation of Israel, such as when David was king. The pattern of this classic psalm is to name things men had done, name God's punishment to inspire them to change their minds, and His deliverance.

TEXT QUESTIONS

- 01** Let the redeemed of the Lord say this: _____ (v. 2)
- 02** When people cried out to the Lord in their trouble, He _____ (v. 6)
- 03** Some became rebellious fools and suffered affliction because of their _____ (v. 17)
- 04** Verses 23-25 are about God's wonders in this setting of nature: _____
- 05** Those who have turned from God will stagger and stumble in this state of mind:
_____ (v. 27)
- 06** Those with this virtue will ponder the loving deeds and lovingkindness of the Lord:
_____ (v. 43)

01

Different cultures have provided different traps for people that can cause them to stray from God. What are some in your country or culture?

02

There are all sorts of ways to stray from God's path. Reflect on an area in your life that could be a danger for you and ask for God's loving protection.

Copy your favorite verse from today:

Further Reading in Psalms: [Psalm 29](#), [Psalm 148](#)

Further Reading in Other Books: [Prov. 4:6-7](#), [Matt. 6:21](#)



PSALMS

for Expressing Gratitude

Though they
plot evil
against you
and devise
wicked
schemes,
they cannot
succeed.

PSALM 21:11

READ

Psalms 21

AUTHOR

King David

NOTES

This psalm has been closely linked historically with Psalm 20. They are both liturgical psalms focused on God or the King. This psalm focuses on how God delivers greater blessings than we ask for or can imagine. John Calvin, a great commentator, shed light on the idea of God's appointed succession of rulers on earth, of which David was one.

TEXT QUESTIONS

- 01 What aspect of God do earthly kings rejoice in: _____ (v. 1)
- 02 Something God would ask a righteous king for: _____ (v. 4)
- 03 To understand this psalm, you must see “He/Him” as a king and “You” as _____ (v. 1-2)
- 04 A virtuous king trusts in _____ (v. 7)
- 05 The Lord will swallow up a virtuous king’s enemies and destroy them with this aspect of nature: _____ (v. 9)
- 06 We and the kings should _____ and _____ God’s power (v. 13)

01

We may not be kings, but we are leaders of one group or another—family, friends or community. Read the psalm aloud and write how it can be used in areas where you lead something.

02

What verse herein brings you the most gratitude and why?

Copy your favorite verse from today:

Further Reading in Psalms: [Psalm 20](#), [Psalm 148](#)

Further Reading in Other Books: [Phili. 4:6](#), [Heb.13:14-15](#)



WEEK 3 IN REVIEW

Use this Week in Review for group discussion or simply for reinforcement of the materials presented this week. Pick any 2 or 3 psalms (depending on the length of your study time) and discuss, reflect, or write about them in the suggested ways:

Read Aloud: Psalm 103

Focusing on verse 8, which of the four descriptions means the most to you and why?

Read Aloud: Psalm 95

Focus on verse 4. Why do the psalmists and others writing poetically about God make references to nature? Why are allusions to nature so important?

Read Aloud: Psalm 33

Reflect on verse 12 and the word “inheritance.” Some Christians believe an “inheritance” is something beyond salvation that has to do with your behavior and willingness to work for the Kingdom. What are some things we can do to earn a good inheritance?

Read Aloud: Psalm 107

Some people have come to love the feeling of overwhelming gratitude. See if you can make a list of what you are grateful for until it seems to make your heart overflow.

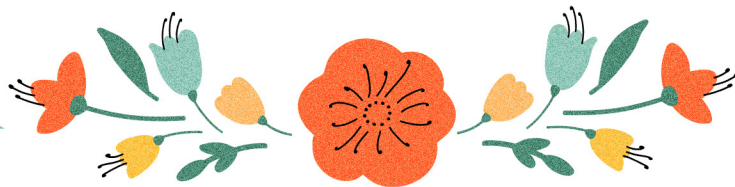
Read Aloud: Psalm 21

Prayers of gratitude often focus on God’s protection and things we no longer have to fear. What are some of these things in your life or the lives of those around you?



PSALMS

FOR FINDING WISDOM



WEEK 4

PSALMS

for Finding Wisdom

The fool
says in his
heart,
“There is no
God.”

PSALM 14:1

READ

Psalms 14

AUTHOR

David

NOTES

King David is meditating on the theme of atheism, something that existed in 1000 BC as well as today! Today, atheists exist in all walks of life—much more than ever before—but the most likely place to find many is in academia. With minor differences, this psalm reads almost exactly like Psalm 53 (see Further Reading Section below). David clearly states that without God, man cannot do any good because we have a sinful nature. To become wise means to become filled with the Spirit and be always on the lookout for God's will in your life.

TEXT QUESTIONS

- 01** There is no atheist that does _____ (v. 1)
- 02** God looks down from heaven to see if there are any who _____ (v. 2)
- 03** There is no one on earth who does _____ (v. 3)
- 04** Evil people eat up God's people as if they were _____ (v. 4)
- 05** But they fill with dread because God is present with the _____ (v. 5)
- 06** Evil people try to do wrong to this group of people: _____ (v. 6)

01

Reflect on some atheists you know.
Where and how is their wisdom flawed?

02

How does this psalm inspire you through
wisdom to treat the poor and infirm?

Copy your favorite verse from today:

Further Reading in Psalms: [Psalm 15](#), [Psalm 53](#)

Further Reading in Other Books: [James 3:17](#), [Prov.12:15](#)



PSALMS

for Finding Wisdom

The fear of
the LORD
is the
beginning
of wisdom

PSALM 111:10

READ

Psalms 111

AUTHOR

Unknown

NOTES

Psalms 111, 112 and 119 are among the few that are acrostic by phrase. This means that each 7-9 syllable phrase starts with a letter of the Hebrew alphabet in order. It is nearly impossible to get as much from a psalm audibly once it is translated out of Hebrew, as the alphabet sounds are lost. This psalm has traditionally been sung or reflected upon during a vespers service, which is known to bring wisdom from reflection.

TEXT QUESTIONS

- 01** People looking for wisdom ponder and/or study these great things: _____ (v. 2)
- 02** God's righteousness does this: _____ (v. 3)
- 03** God has caused His wonders and wonderful works to be _____ (v. 4)
- 04** God gives food or meat to those that _____ (v. 5)
- 05** God has provided or sent this for His people: _____ (v. 9)
- 06** Fear of the Lord is the beginning of _____ (v. 10)

01

Why is fear of the Lord the beginning of wisdom, rather than love or peacemaking?

02

This psalm is full of great news about God. What are your favorite verses?

Copy your favorite verse from today:

Further Reading in Psalms: [Psalm 112](#), [Psalm 147](#)

Further Reading in Other Books: [Prov. 1:7](#), [Col. 3:16](#)



PSALMS

for Finding Wisdom

I have hidden
your word
in my heart
that I might
not sin
against you.

PSALM 119:11

READ

Psalm 119:1-56 (Aleph – Zayin)

AUTHOR

Unknown

NOTES

Psalm 119 is the longest psalm in the Bible with 22 stanzas and 176 verses. It is also the longest chapter in the Bible. Psalm 119 is very repetitive in its thought that we have the best opportunities to walk in God's will by understanding His word.

It's almost a type of mental programming, hearing the same positive thought over and over. Psalm 119 is one of three "acrostic" poems found in the Old Testament. The 22 stanzas feature one for each of the 22 characters that make up the Hebrew alphabet.

TEXT QUESTIONS

- 01** We should rejoice in the Laws of Love like one rejoices in great _____ (v. 14)
- 02** Open our eyes to see the wonderful things in your _____ (v. 18)
- 03** Though princes or rulers slander me, I will meditate on God's _____ (v. 23)
- 04** Give me _____ to keep your law (v. 34)
- 05** Never take this out of my mouth: _____ (v. 43)
- 06** Lord, I remember you at this time of day: _____ (v. 55)

01

Think of a scripture verse from this section that applied to you in a time of need. Write out the experience.

02

Some people are not readers as much as visual learners. How can we make the Bible important to them? What are some ways we can share our enthusiasm?

Copy your favorite verse from today:

Further Reading in Psalms: [Psalm 42](#), [Psalm 43](#)

Further Reading in Other Books: [Matt. 4:4](#), [Prov. 18:15](#)



PSALMS

for Finding Wisdom

At midnight
I rise to give
you thanks
for your
righteous
laws.

PSALM 119:62

READ

Psalms 57-112 (Heth – Nun)

AUTHOR

Unknown

NOTES

See yesterday's notes on the psalm. Today's reading contains one of the Bible's most famous verses: "Your word is a lamp for my feet and a light on my path."

TEXT QUESTIONS

- 01** You are my portion, Lord; I have promised to obey your _____ (v. 57)
- 02** Teach me judgment and _____ (v. 66)
- 03** God sometimes inflicts us in His _____ (v. 75)
- 04** I have not forsaken your _____ (v. 87)
- 05** If your law had not been my delight, I would have _____ (v. 92)
- 06** The wicked have set a _____ for me (v. 110)

01

The reading brings up a lot of pain and suffering that the writer seems to have been inflicted with, especially that of persecution. Find an example that applies to you and write about the situation.

02

Find a favorite verse and write how it could help you in a time of trouble.

Copy your favorite verse from today:

Further Reading in Psalms: [Psalm 49](#), [Psalm 144](#)

Further Reading in Other Books: [Isa. 40:8](#), [James 1:5](#)



PSALMS

for Finding Wisdom

Salvation
is far from
the wicked,
for they do
not seek
out your
decrees.

PSALM 119:155

READ

Psalms 119:113-176 (Samekh-Taw)

AUTHOR

Unknown

NOTES

See notes on Day 3 of this week, which cover the entire psalm. The theme of God's word being precious and of the utmost importance is carried out through this final reading.

TEXT QUESTIONS

- 01** The writer asks evil-doers to depart so that He may _____ (v. 115)
- 02** The writer's eyes fail, looking for God's _____ (v. 123)
- 03** Make your face _____ upon your servant and teach your decrees or statutes (v. 135)
- 04** My enemies have ignored or forgotten God's _____ (v. 139)
- 05** Enemies draw near who follow after _____ (v. 150)
- 06** My lips shall utter or overflow with _____ when God comes to the rescue (v. 171)

01

In verses 162-168, the writer promises several things he will do. Write them in your own words and mark which ones most apply to you.

02

The poetic beauty of an acrostic poem is lost in translation, but we can still appreciate the overarching messages. Which speak to you the most?

Copy your favorite verse from today:

Further Reading in Psalms: [Psalm 90](#)

Further Reading in Other Books: [Matt. 24:35](#), [Isa. 55:11](#)



WEEK 4 IN REVIEW

Use this Week in Review for group discussion or simply for reinforcement of the materials presented this week. Pick any 2 or 3 psalms (depending on the length of your study time) and discuss, reflect, or write about them in the suggested ways:

Read Aloud: Psalm 14

This psalm speaks of the heartache of dealing with atheists. These days, many atheists will recall bad experiences with the church back when they were children, or other occasions. How does the knowledge of this experience help you in witnessing to them?

Read Aloud: Psalm 111

This psalm celebrates the great things God has done in big terms. How can we develop an attitude of gratitude as a witness to others? What things from our own lives can we tell others that attest to His goodness?

Read Aloud: Psalm 119:1-56

This section had us reflecting on how to witness to others (especially those who may not be inclined to read the Bible) about the importance of God's word. What experiences could you share when the Bible changed something in your life for the better or helped bring you through hardship?

Read Aloud: Psalm 119:57-112

The repetitiveness of this psalm generally draws people to plan out ways of studying or worshipping using God's word. What has it impressed you to do?

Read Aloud: Psalm 119:113-176

We spoke of the overarching messages of the psalm on Day 5. What is the message concerning those who do not love or follow the Lord? How does this relate to your family, your colleagues, or a friend group?

ANSWER KEY



Week 1, Day 1

1. Whom shall I fear?, 2. Upon a rock or high rock, 3. God's face, 4. Mother and Father, 5. Straight or plain path, 6. Waiting

Week 1, Day 2

1. Refuge and fortress, 2. Being under the wings of a bird, 3. Arrows, 4. 10,000, 5. Angels, 6. Love Him

Week 1, Day 3

1. Shepherd, 2. Green pastures, still or quiet waters, 3. Name's sake, 4. Evil, 5. Enemies, 6. A cup overflowing

Week 1, Day 4

1. Hide himself in times of trouble, 2. Pride, 3. Lion 4. Humble or helpless, 5. King, 6. The Fatherless

Week 1, Day 5

1. True, 2. Shield, 3. Holy hill or mountain, 4. Sustains us, 5. Tens of thousands, 6. Teeth

Week 2, Day 1

1. Walk in step with the wicked or walk in the counsel of the ungodly, 2. Sinners, 3. The Law of the Lord, 4. Day and night, 5. Wind, 6. Righteous

Week 2, Day 2

1. Lord, 2. Foot, 3. Slumber, 4. Shade, 5. Sun and moon, 6. Your coming and going

Week 2, Day 3

1. Mercy & prayer, 2. Shame, 3. Set them apart, 4. Sin, 5. A light or a guide, 6. Sleep

Week 2, Day 4

1. Those who are evil or evildoers, 2. Grass, 3. Good, 4. Heart, 5. Patiently, 6. Not be found or shall not be

Week 2, Day 5

1. Patiently, 2. Rock, 3. God's will, 4. Saving help or salvation, 5. Hairs on our heads, 6. Glad

ANSWER KEY



Week 3, Day 1

1. He forgives all your sins or iniquities, 2. Eagle, 3. Oppressed, 4. Anger, 5. Fear Him, 6. All

Week 3, Day 2

1. Rock of our salvation, 2. In his hand, 3. The dry land, 4. Bow down and kneel, 5. Sheep, 6. People err in their hearts and haven't known God's ways, or they are people whose hearts go astray and haven't known God's ways.

Week 3, Day 3

1. Play skillfully, 2. Heavens, 3. Nations or heathen, 4. Live on or inhabit the earth, 5. His own hand, 6. Fear Him

Week 3, Day 4

1. That He has redeemed them from the hand of the foe or enemy, 2. Delivered them from their distress, 3. Iniquities, 4. Sea or ocean, 5. At their wit's end, 6. Wisdom

Week 3, Day 5

1. His strength, 2. Life, or that they dedicate their lives to Him, 3. God or Lord, 4. The Lord, 5. Fire, 6. Sing and praise

Week 4, Day 1

1. Good, 2. Understand, 3. Good, 4. Bread, 5. Righteous, 6. The poor

Week 4, Day 2

1. God's works, 2. Endures forever, 3. Remembered, 4. Fear Him, 5. Redemption, 6. Wisdom

Week 4, Day 3

1. Riches, 2. Law, 3. Understanding, 4. Statutes or decrees, 5. Word of Truth, 6. Night

Week 4, Day 4

1. Words, 2. Knowledge, 3. Faithfulness, 4. Precepts, 5. Perished, 6. Snare

Week 4, Day 5

1. Keep God's commandments, 2. Salvation, 3. Shine, 4. Words, 5. Wicked schemes or mischief, 6. Praise