

RBCPC
2011 Study Series



Week #10
Study Guide

Psalms

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www.rbcpc.org/mark-up-your-bible/

Overview

Psalms is a compilation of prayers written over a thousand-year period in Old Testament history. Most of the psalms were written by David, although one was written by Moses (Psalm 90) and one was written during the Babylonian exile (Psalm 137). There are psalms of praise, lament, sorrow, thanksgiving, remembrance and repentance. Divided into 5 books, they resonate with real life, both ancient and modern. The psalms give an accurate picture of who God is and that he is not only worthy of praise but also receptive to the prayers of his people.

Scripture Study

Because the Psalms are prayers, the discussion points in this study will be more devotional and introspective in nature than other study guides in the Mark Up Your Bible series.

Open your Bible and read the following psalms:

Psalm 1

1. What does it mean to “walk in step” with someone?
2. What is promised to those that follow the law of the Lord?
3. What does it mean to be “blessed?”
4. Contemplate the correlation between being in God's Word and the strength of a tree. What would your life look like if it were "bearing fresh fruit" regularly?

Psalm 23

1. What is the job description for a shepherd? For a sheep?
2. What attribute(s) of God are revealed in his role as a shepherd?
3. What responsibility do you have as a sheep?

Psalm 90

1. Why does the psalmist begin with the creation story?
2. What is the value in reflecting upon God's timeline?
3. How is God's timeline different from our own?
4. In today's culture, how might a perspective of God's timeline help you as you seek establish “the work of your hands?”
5. How might you relinquish control of your “work” to God?

Psalm 139

1. Reflect on how many times the word “me” is written in this psalm. How well does God know you?
2. If God is “behind and before” you, how much control of your life do you think he has?
3. Why does it seem that God chooses to let you control your life? Does he really?
4. What might you do today to allow God to lead you in the path he has planned for you?

Key Concepts

1. God responds to our needs, especially in times of crisis.
2. God is worthy of praise.
3. God wants us to share all of our feelings with him, both highs and lows.

Reflection

Reread one of your favorite psalms.

1. What visual images come to mind as you focus on the words or phrases?
2. What reassurance do you receive from this psalm?
3. What changes might you make in order to speak to God in the same honest way as the psalmist?

Prayer

As you read the following, insert your name, or the name of a family member or friend. Trust that God will answer your prayers.

Psalm 143:1, 10-12

¹ *LORD, hear my prayer,
listen to my cry for mercy;
in your faithfulness and righteousness
come to my relief.*

¹⁰ *Teach me to do your will,
for you are my God;
may your good Spirit
lead me on level ground.*

¹¹ *For your name's sake, LORD, preserve my life;
in your righteousness, bring me out of trouble.*

¹² *In your unfailing love, silence my enemies;
destroy all my foes,
for I am your servant.*

Homework

Read ***Psalm 23***, in preparation for the sermon on Mar. 19/20, "*The Shepherd Leads.*" Mark words, or phrases, that stand out to you.

Notes & Reflections:

