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Psalm 1 - Psalm 1:1-6

Topics: Bible, Blessing, Character, Dedication, Desires, Evil, Example, Faithfulness, Fruit, Joy, Peer Pressure, Promises, Protection, Punishment, Righteousness, Sin, Spiritual Disciplines, Unbelievers, Wisdom

Open It

- * 1. When has peer pressure influenced your attitudes or actions?
- 2. What's most important to you about your friendships with Christians?
- 3. How do you think you would feel if you were not allowed to attend church?

Explore It

- * 4. What activities does the righteous person avoid? (1:1-3)
- 5. What is the theme of this psalm? (1:1-6)
- * 6. How are the righteous and the wicked different? (1:1-6)
- * 7. What are the main points the psalm writer makes in this poem? (1:1-6)
- 8. How does the psalm writer connect delight and meditation? (1:2)
- 9. What does a righteous person do a lot? (1:2)
- 10. What does the image of the tree tell us about the righteous person? (1:3)
- 11. In what way is a righteous person rewarded for being righteous? (1:3)
- 12. What differences are there between righteous people and unrighteous people? (1:3-5)
- 13. What differences are implied by the references to "tree" and "chaff"? (1:3-5)
- 14. How are the righteous described in the psalm? (1:4-5)
- 15. How are the wicked described in the psalm? (1:4-5)
- 16. What consequences do the wicked face? (1:5)
- 17. What role does the Lord play in relation to the righteous and the wicked? (1:6)
- 18. How do the futures of the righteous and the wicked differ? (1:6)

Get It

- 19. What does it mean to meditate on God's law day and night?
- 20. Why is Christian fellowship important?
- 21. What positive ideals does this psalm encourage us to follow?
- * 22. What does this psalm teach us about spiritual discipline?
- 23. In what sense does a righteous person "prosper"?
- 24. What image or mental picture would you use to describe yourself?
- 25. What activities should you avoid because of your desire to be righteous?
- 26. Whose company should you avoid and why?
- 27. How can we demonstrate our delight in God's Word?
- 28. What kind of "fruit" should we yield?
- * 29. In what specific ways does this psalm encourage you to seek righteousness?
- 30. How have you experienced the Lord's protection in your life?

Apply It

- 31. What specific steps can you take in the next few weeks to demonstrate your delight in God's Word?
- 32. What concrete action can you take to avoid an unrighteous behavior?
- * 33. What righteous attitude or action would you like to cultivate in your life over this next week?

Psalm 2 - Psalm 2:1-12

Topics: Anger, Blessing, Challenge, Choices, Consequences, Fear, Joy, Judgment, Leadership, Power, Promises, Prophecy, Punishment, Rebellion, Respect, Serving, Unbelievers, Wisdom, World

Open It

- * 1. What characteristics make a good leader?
- 2. What do you think are some of the dangers in being a leader?

Explore It

- 3. What rhetorical question opens this psalm? (2:1)
- 4. How successful are people when they plot against the Lord? (2:1)
- 5. What aspects of the Lord's character are revealed in this psalm? (2:1-12)
- 6. Who tries to stand against the Lord? (2:2)
- 7. What do the rulers of the world want to accomplish? (2:3)
- 8. How does God react to the leaders of the earth trying to overthrow Him? (2:4)
- 9. How does God demonstrate His righteousness to wicked people? (2:5)
- * 10. What does God want us to know? (2:6-9)
- 11. How far does God's power extend? (2:8)
- 12. What will God's Anointed One accomplish? (2:9)
- * 13. What warning are leaders given in this psalm? (2:10)
- 14. What are some dangers in being a leader? (2:10)
- 15. What attitude of worship should we have? (2:11)
- * 16. What advice does this passage give us? (2:11-12)

Get It

- 17. How do you think the nations today are similar to the ones described in this psalm?
- 18. In what ways do you think rulers of our modern world conspire against Christ?
- * 19. What are some of the dangers of being in leadership?
- * 20. How is the psalm writer's advice to leaders relevant to you?
- 21. Practically speaking, how can we "take refuge" in God?
- 22. What should we do to avoid God's wrath?
- 23. How can Christian leaders protect themselves from using their status or power for selfish purposes?
- 24. What does this psalm teach us about God's character?
- 25. How does this poem change your perception of God?
- 26. How do you think the words of this psalm could be applied to Christ?
- 27. In what practical ways can you demonstrate your respect for the Lord?

Apply It

- * 28. What steps can you take in the next few weeks to use your influence for God's glory?
- 29. What is one act of service to God that you could do today?
- 30. How can you "take refuge" in the Lord this next week?

Psalm 3 - Psalm 3:1-8

Topics: Answers, Blessing, Circumstances, Confidence, Courage, Doubt, Enemies, Faith, Faithfulness, Fear, Glory, Hope, Protection, Prayer, Security, Trust

Open It

1. In what circumstances do you feel safe and secure?
2. What often threatens our sense of security?
- * 3. What measures do people commonly take to protect themselves?

Explore It

- * 4. What predicament prompted David to write this poem? (3:1-2)
5. How were David's enemies intimidating him? (3:2)
6. Where did David get his hope? (3:3)
7. What image did David use to describe God's protection? (3:3)
- * 8. How did the Lord show His love for David? (3:3)
9. What is God like? (3:3)
10. How did David deal with his fears? (3:4)
11. How did God respond to David's cries for help? (3:4)
12. How did David demonstrate his faith in God's protection? (3:5)
13. Whom did David credit for his sense of security when he was surrounded by enemies? (3:5)
- * 14. To what extent was David willing to trust the Lord? (3:6)
15. What action did David ask the Lord to take on his behalf? (3:7)
16. What expression of confidence concludes David's prayer? (3:8)
17. What did David ask God to do? (3:8)

Get It

18. When have you ever felt you were in a hopeless situation?
19. How have you experienced God's protection?
- * 20. What does this psalm teach us about God's protection of His loved ones?
21. What should we do when we feel intimidated by others or overwhelmed by our problems?
- * 22. How can you follow David's example in dealing with your own fears?
23. What action do you need the Lord to take on your behalf?
24. What expression of confidence can you offer in prayer to the Lord?

Apply It

- * 25. What step can you take to entrust God with one of your fears?
26. How can you show your thankfulness to the Lord for His protection over you?

Psalm 4 - Psalm 4:1-8

Topics: Advice, Anger, Answers, Attitude, Glory, Goodness, Joy, Mercy, Patience, Peace, Prayer, Promises, Quiet, Rebellion, Relationships, Righteousness, Sacrifice, Security, Sin, Trust, Waiting

Open It

- * 1. If you were to write a poem about your relationship with God, what would you focus on?
- 2. What attributes of God's have you thought about most in your life?

Explore It

- 3. How is the Lord described in this passage? (4:1)
- 4. From what did David need to be saved? (4:1)
- 5. What motivated David to write this psalm? (4:1-8)
- * 6. What is the theme of this psalm? (4:1-8)
- 7. Why does David rebuke others in this poem? (4:2-3)
- 8. What assurance does this psalm offer? (4:3)
- 9. What weakness can draw people away from the Lord? (4:4)
- * 10. What advice does David give to those who want to remain righteous? (4:4-5)
- * 11. How did David's relationship with the Lord affect his attitude? (4:7)
- 12. How did David describe his joy? (4:7)
- 13. How did David demonstrate his trust in the Lord? (4:8)
- 14. Where did David get his sense of security? (4:8)

Get It

- 15. How would you describe your relationship with the Lord at this time in your life?
- 16. How does your relationship with God affect your attitude?
- * 17. What weakness or temptation threatens to draw you away from the Lord?
- 18. How does God want us to handle temptations?
- * 19. What do you think you could do to strengthen your relationship with God?
- 20. What steps can we take to help each other overcome our weaknesses?
- 21. What does this psalm teach us about how to become righteous?
- 22. What is one way you can show your trust in the Lord?
- 23. What promise in this poem would you like to claim for yourself?

Apply It

- * 24. What small steps could you take in the next week to strengthen your relationship with God?
- 25. What concrete action can you take to guard against a temptation in one area of weakness?
- 26. How can you encourage a friend in his or her relationship with God?

Psalm 5 - Psalm 5:1-12

Topics: Answers, Deceit, Dishonesty, Evil, Expectations, Faith, Faithfulness, Guidance, Guilt, Help, Joy, Listening, Love, Lying, Mercy, Prayer, Pride, Protection, Respect, Revenge, Righteousness, Sin, Waiting

Open It

- * 1. Why do you think personal crises motivate people to pray more?
- 2. When has an emergency or personal problem caused you to pray?

Explore It

- 3. What were the psalm writer's main requests? (5:1-12)
- 4. How is the psalm writer's main request repeated throughout the poem? (5:1-12)
- 5. When and how did David pray? (5:2-3)
- 6. How are wicked people limited? (5:4-5)
- 7. To what characteristics of God did the psalm writer appeal? (5:4-12)
- 8. How did David describe wicked people? (5:5)
- * 9. What attitude did David have in presenting his request to the Lord? (5:7)
- 10. How did David describe his enemies? (5:9-10)
- 11. How did David trust God to judge the wicked, rather than seeking revenge himself? (5:10)
- * 12. How did David deal with the offenses against him? (5:9-10)
- 13. What did David ask God to do? (5:10-12)
- 14. Whom did David include in his prayer? (5:11)
- 15. Whom does the Lord protect and bless? (5:11-12)
- * 16. What attitude should believers have and why? (5:11-12)
- 17. How did David use the image of a shield to describe what God does for the righteous? (5:12)
- 18. What does God do for the righteous? (5:12)

Get It

- 19. What many reasons do people have for praying?
- 20. What usually motivates people to pray?
- 21. In light of this passage, what attitude should we have when we pray?
- 22. How do you need to change your attitude toward prayer?
- * 23. How are faith and prayer connected?
- 24. When has your faith been challenged or stretched?
- 25. What distracts you from praying?
- * 26. What steps can you take to keep up a consistent habit of prayer?
- 27. What does this passage teach us about arrogance?
- 28. How can we guard against the sin of arrogance?
- 29. What have you learned about the character of God from this psalm?

Apply It

- * 30. What is one step you can take in the next week to improve your prayer habits?
- 31. How could you publicly praise God for His protection over you?

Psalm 6 - Psalm 6:1-10

Topics: Answers, Bargaining, Confidence, Despair, Discipline, Emotions, Enemies, Evil, Faith, Feelings, Grief, Healing, Love, Mercy, Praise, Prayer, Punishment, Questions, Restoration, Shame, Sickness, Sorrow, Weaknesses

Open It

1. What emotions do you feel when you are sick with the flu?
- * 2. How do most people deal with sickness?
3. When have you felt the Lord's presence during a time of illness or sorrow?

Explore It

4. What request opens this psalm? (6:1)
5. What did the psalm writer think was the reason for his illness? (6:1)
6. How does the psalm writer's response to his crisis unify this poem? (6:1-10)
- * 7. What feelings did the psalm writer have? (6:1-10)
8. Why did the psalm writer believe that the Lord would be willing to save him? (6:4)
- * 9. What motivated the psalm writer to ask the Lord for mercy? (6:5)
10. What did the psalm writer believe would happen to him if the Lord did not show him mercy? (6:5)
11. According to the psalm writer, what would God forfeit if He were not merciful? (6:5)
12. How depressed was the psalm writer? (6:6-7)
13. What encouraged the psalm writer? (6:8-9)
14. How is the psalm writer protected from his enemies? (6:8)
15. What expression of confidence concludes this prayer? (6:8-10)
- * 16. What is the Lord's response to the psalm writer's cries for mercy? (6:9)
17. How would the psalm writer's enemies react to his restoration? (6:10)

Get It

18. When have you ever felt like the writer of this psalm?
19. How do you usually deal with feelings of fear, sadness, or depression?
20. What motivates you to cry out to the Lord?
- * 21. How do you think the Lord wants you to deal with life's difficulties?
22. In what specific ways should we follow the psalm writer's example?
23. What does this poem reveal about the psalm writer's relationship with the Lord?
24. How would you like your relationship with God to be similar to the psalm writer's?
25. How would you describe the psalm writer's prayer in this passage?
- * 26. What does this psalm teach us about prayer?
27. What does this psalm teach us about dealing with depression?
28. How has the Lord shown His love for you?
29. What gift of praise can you offer the Lord?

Apply It

30. What feelings or problems do you want to trust the Lord with today?
- * 31. What steps could you take to spend more time telling God your honest thoughts or feelings?
32. How can you demonstrate your thankfulness to the Lord for His love for you?

Psalm 7 - Psalm 7:1-17

Topics: Accountability, Accusation, Anger, Convictions, Danger, Enemies, Evil, Fairness, Fear, Guilt, Integrity, Judgment, Justice, Praise, Prayer, Righteousness, Sin, Thankfulness

Open It

1. When was a time you saw justice served?
- * 2. What fears have you heard people express?
3. When have you seen our justice system fail?

Explore It

- * 4. What fears inspired David to write this psalm? (7:1-2)
5. What familiar image did David, as a former shepherd, use to describe his fears? (7:1-2)
6. What qualified David to plead with God for deliverance? (7:3-5)
7. Under what conditions was David willing to forgo God's protection? (7:3-5)
8. To what character traits of God did David appeal? (7:6-11)
9. How did David want to be judged by God? (7:8)
10. According to the psalm writer, how does God demonstrate His righteousness? (7:9-11)
- * 11. How did David demonstrate his confidence in God? (7:10-13)
12. What image did David use to describe how God will express His wrath against the wicked? (7:11-13)
13. What general principle of life did David use to comfort himself? (7:14-16)
14. What are the consequences of evil? (7:14-16)
- * 15. What motivated David to praise God? (7:17)

Get It

16. What is unique about God's character that enables Him to be a perfect judge?
17. What are some of your fears?
18. How do you usually deal with your fears?
- * 19. In what ways is David a good example for us in handling fear?
20. What does this passage teach you about the character of God?
- * 21. How does God's character encourage you to face the fears and problems in your life?
22. How can you demonstrate your confidence in God's deliverance?
23. What do you think are some of the consequences of disobedience to God?
24. What motivates you to offer praise to the Lord?

Apply It

- * 25. What specific steps could you take in the next few days to trust God with your fears?
26. What could you do to remind yourself of God's righteousness this week?
27. Who is another person you could encourage with what you have learned in this lesson?

Psalm 8 - Psalm 8:1-9

Topics: Angels, Authority, Caring, Children, Creation, Enemies, Glory, God, Heaven, Holy, Honor, Humanness, Name, Praise, Responsibility, Silence

Open It

- * 1. What do you like most about the outdoors?
- 2. What lessons about life have you learned from nature?

Explore It

- 3. What theme or themes hold this psalm together? (8:1)
- 4. How does the first verse introduce the focus of the poem? (8:1)
- 5. How did David describe the Lord? (8:1-9)
- 6. Why do children praise God? (8:2)
- 7. How does the Lord silence His enemies? (8:2)
- 8. What motivated David to write this psalm? (8:3)
- * 9. What did David find most amazing about God's creation? (8:3-4)
- * 10. How do people get all of their power and responsibility? (8:3-6)
- 11. What attitude did David have about himself and all people? (8:4)
- 12. With what value did God create people? (8:5)
- 13. How do people fit into the heavenly realm of beings? (8:5)
- 14. What has God done for us? (8:5-8)
- * 15. What are some responsibilities that all of us have? (8:5-8)
- 16. How does the last verse unify the poem? (8:9)

Get It

- 17. Why do you think God chose to surround us with creation?
- 18. What prompts you to praise the Lord?
- 19. What do you find most amazing about God's creation?
- 20. What does creation reveal to us about God's nature?
- * 21. What does this psalm tell us about self-esteem and responsibility?
- 22. What can we learn from David about the attitude we should have about ourselves?
- 23. Over what (in today's world) has God given us responsibilities?
- 24. How should we treat nature? animals?
- 25. How does our attitude toward creation reflect our perspective of God?
- * 26. What responsibility do you have in caring for nature?
- 27. How has this psalm changed your attitude toward nature and God?

Apply It

- * 28. When could you spend a few minutes in the next few days enjoying God's creation?
- 29. What small step could you take this week to help care for God's creation?

Psalm 9 - Psalm 9:1-20

Topics: Answers, Authority, Believe, Burdens, Challenge, Consequences, Enemies, Heart, Joy, Judgment, Justice, Listening, Mercy, Needs, Praise, Protection, Righteousness, Salvation, Witnessing

Open It

1. What misconceptions do you think many people have about God?
- * 2. When was a time you doubted God's presence or willingness to help?
3. What is one cause for which you have fought?

Explore It

- * 4. What prompted David to offer this poem of praise to the Lord? (9:1-18)
5. What theme unifies this poem? (9:1-20)
6. What did God accomplish in destroying Israel's enemies? (9:3-6)
7. To what extent were David's enemies defeated? (9:3-6)
8. How did David describe God's rule? (9:4, 7-8)
9. How does the Lord meet the needs of people who are oppressed? (9:9-10)
- * 10. What lesson did David learn about God's character? (9:10)
- * 11. Why did David call people to praise the Lord? (9:11-12)
12. For what reason did David ask the Lord to rescue him from his enemies? (9:13-14)
13. What will eventually become of the wicked under God's just rule? (9:15-18)
14. What reputation does the God of Israel have? (9:16)
15. How does God defeat the plans of wicked people? (9:16)
16. What will happen to the needy and afflicted, regardless of their place in society? (9:18)
17. What prayer concludes the psalm? (9:19-20)

Get It

18. How do the actions of Christians influence people's perception of God?
- * 19. What does this psalm call you to do?
- * 20. How should we pray when we are concerned about a wicked or unjust practice?
21. What challenge or problem do you face in your life?
22. How does God want you to handle your fears and anxieties?
23. How does this psalm encourage you about your present situation?
24. How should we follow David's example in this psalm?
25. When has the Lord been a stronghold for you in times of trouble?
26. How can you demonstrate to the Lord your praise for His help and deliverance?
27. How do the actions and attitudes of Christians influence what others think about God?
28. What do you think unbelievers could learn about God from your actions?

Apply It

29. What steps could you take to give your fears or concerns over to God?
- * 30. What is one way you can contribute to a righteous cause or movement?

Psalm 10 - Psalm 10:1-18

Topics: Accountability, Commitment, Confidence, Ego, Emotions, Enemies, Evil, Fear, God, Greed, Grief, Isolation, Murder, Needs, Pride, Protection, Strength, Unfairness, Weaknesses, Words

Open It

1. When has your mouth gotten you in trouble?
- * 2. What unfair or wrong actions do people often seem to get away with?
3. What's one thing you remember your mother saying to you?

Explore It

4. How did the psalm writer feel about his circumstances before he put his confidence in the Lord's deliverance? (10:1)
5. From what did the psalm writer need to be rescued? (10:1-18)
6. How are innocent people affected by the actions of wicked people? (10:2, 8-10)
7. Where do wicked people get their confidence? (10:2-10)
- * 8. How are wicked people described in this psalm? (10:2-11)
9. What are the sins of the wicked? (10:2-11)
10. What accusations did the psalm writer make against the wicked? (10:2-11)
11. What attitudes do wicked people have toward God? (10:3-11)
12. What three weapons of the tongue do wicked people employ? (10:7)
- * 13. What action did the psalm writer want the Lord to take on his behalf? (10:12, 15)
14. In what way did the psalm writer want God to prove the wicked wrong? (10:13-14)
15. To what character trait of the Lord did the psalm writer appeal? (10:14)
- * 16. Where did the psalm writer place his confidence and why? (10:16-18)

Get It

17. Why do you think the words that we say have such power?
18. What are some ways words can be used for good?
19. What does the psalm writer's boldness in this prayer reveal about his relationship with the Lord?
20. How would you like your prayer habits to change, in light of the psalm writer's example?
21. How do you sometimes feel about your problems before you trust the Lord with them?
22. In what ways do you feel different about your problems after you have committed them to the Lord in prayer?
23. How does praying about our problems help us?
24. Who is one person you have a hard time tolerating?
- * 25. How does this passage encourage you to handle your problems?
26. How should we handle our frustration with unfairness or wrongdoing that goes unpunished?
27. What action would you like the Lord to take on your behalf?
28. To what character traits of the Lord can you appeal?
29. What reasons do you have to place your confidence in the Lord?
30. What are the sins of the wicked today?
31. How can we guard against committing the sins described in this psalm?
32. What action can we take to control our tongues?
- * 33. What injustice do you need to commit to the Lord?

Apply It

34. In what situation can you demonstrate trust the Lord's justice?
- * 35. Concerning what "wicked" person or situation do you need to pray Psalm 10?

Psalm 11 - Psalm 11:1-7

Topics: Advice, Answers, Consequences, Evil, Fairness, Faith, Faithfulness, Fear, Goals, Hatred, Heaven, Hope, Hopelessness, Judgment, Justice, Motives, Protection, Punishment, Questions, Rewards, Righteousness, Trust

Open It

1. When have you ever felt like giving up on something you thought was important?
- * 2. What failures, obstacles, or situations often cause us to feel like giving up?
3. How do you feel when you accomplish something that was difficult to do?

Explore It

4. What theme holds this poem together? (11:1-7)
- * 5. Why did the people around David want to flee to a mountain refuge? (11:1-3)
6. What attitude did David have toward the fears of those around him? (11:1-3)
7. On whom do wicked people focus their attacks? (11:2)
8. How did the threats of wicked people influence the righteous? (11:2-3)
9. Why did the people around David feel so hopeless? (11:3)
- * 10. What actions does the Lord take on behalf of His people? (11:4-6)
- * 11. How does the Lord treat the wicked and the righteous differently? (11:4-6)
12. What reply did David give to the fearful? (11:4-7)
13. In what specific ways did David encourage the fearful to trust in God? (11:4-7)
14. Why does God treat wicked and righteous people differently? (11:7)
15. What characteristics did David ascribe to the Lord? (11:7)
16. What is God like? (11:7)
17. What does God love? (11:7)
18. What special hope encouraged David to seek the Lord? (11:7)

Get It

19. When have you felt like there was no solution to a problem you faced?
20. What gives you hope when your problems seem overwhelming?
21. When has the Lord saved you from a hopeless situation?
22. How does remembering God's faithfulness in the past encourage you about the future?
- * 23. What challenges are you facing at this point in your life?
- * 24. How does this psalm encourage you to handle the challenges you are facing?
25. What people or actions help you entrust your fears and problems to the Lord?
26. In what way does the last line of this psalm influence your perspective on life?
27. What have you learned from this psalm about God's character?
28. How can what you have learned about God's character change your attitude toward your circumstances?

Apply It

29. How can you demonstrate your thankfulness to God for His faithfulness to you?
- * 30. What challenges in your life can you entrust to God?

Psalm 12 - Psalm 12:1-8

Topics: Consequences, Criticism, Deceit, Enemies, Faith, Flattery, Help, Judgment, Lying, Needs, Prayer, Pride, Punishment, Righteousness, Security, Sin, Trust, Weaknesses, Words

Open It

- * 1. What character traits do your friends and co-workers value most?
- 2. Why do people lie?
- 3. In what ways do you think Christians should be different from non-Christians?

Explore It

- * 4. What was on David's mind? (12:1-2)
- 5. How did David describe the problem that concerned him? (12:1-2)
- 6. What spiritual problem unifies this poem? (12:1-8)
- 7. What evidence did David give to prove that the "faithful have vanished"? (12:2)
- 8. What attitude do the wicked have toward themselves and God? (12:3-4)
- 9. Of what sins were the wicked guilty? (12:3-4)
- * 10. What attitudes and behavior did David ask the Lord to put a stop to? (12:3-4)
- 11. What motivates the Lord to take action on behalf of His people? (12:5)
- * 12. What reassuring word from the Lord follows David's plea for help? (12:5-6)
- 13. How did God reassure David? (12:5-6)
- 14. How did David describe the word of the Lord? (12:6)
- 15. What are God's words like? (12:6)
- 16. How did David demonstrate his trust in the Lord? (12:7)
- 17. How did David show his belief and confidence in God? (12:7)
- 18. In what way was David's expression of confidence in God an act of faith? (12:8)
- 19. Why did David need faith? (12:8)

Get It

- 20. What does the image David uses to describe the Lord's words reveal about David's view of God?
- 21. When have you ever had to step out in faith to trust in the Lord?
- 22. Why do you think God leaves us in difficult circumstances instead of rescuing us from our problems immediately?
- 23. What circumstances or people has God used in your life to stretch your faith?
- 24. In light of what you have learned from this passage, what new perspective should you have about the challenges you face?
- 25. When are you most tempted to lie?
- 26. In what ways do people twist the truth to manipulate others?
- * 27. According to this passage, what attitudes and behaviors do we need to guard against?
- * 28. How can we show respect for the truth?

Apply It

- 29. What action can you take this week to demonstrate your respect and appreciation for God's words?
- * 30. What specific steps could you take to guard against lying?
- 31. How can you encourage a friend who is going through a difficult time?

Psalm 13 - Psalm 13:1-6

Topics: Abandon, Answers, Assurance, Believe, Confidence, Death, Doubt, Enemies, Faith, Faithfulness, Fear, Goodness, Heart, Hope, Joy, Listening, Love, Praise, Prayer, Questions, Sickness, Sorrow, Trust

Open It

1. What emotions do you feel when you are sick at home?
2. What techniques do you use to combat discouragement when you are sick?
- * 3. In what ways have your friends or family helped you through a time of illness or discouragement?

Explore It

- * 4. What questions went through David's mind as he waited for the Lord's answer to his prayer? (13:1-2)
5. Why did David cry out to the Lord? (13:1-6)
6. Why did David question the Lord in this prayer? (13:1-6)
- * 7. What emotions did David reveal in this psalm? (13:1-6)
8. What did David ask God to do? (13:3)
9. For what reason did David want the Lord to save him? (13:4)
10. What impact did David think his death would have on his enemies? (13:4)
11. What two character traits of the Lord's encouraged David in his despair? (13:5)
12. How did David's illness affect his relationship with God? (13:5-6)
13. How did David's emotions change when he reminded himself of God's character? (13:5-6)
14. What expression of confidence concludes this poem? (13:5-6)
- * 15. How did David's memory of the past change his perspective on the present? (13:6)

Get It

16. When have you ever questioned the Lord?
17. What role should honesty play in our prayers to the Lord?
18. What negative emotions do you struggle with when you find yourself in a difficult situation?
19. How do your emotions change when you remind yourself of God's character and what He has done for you in the past?
20. How does your memory of the past change your perspective on the present and future?
- * 21. In what specific ways do you think we should follow David's example of questioning God about difficult circumstances?
22. How do difficult circumstances in your life usually affect your relationship with the Lord?
- * 23. How should life's challenges impact our Christian walk?

Apply It

24. What is one step you can take this week to protect yourself from doubt and discouragement?
- * 25. What past acts of God's goodness to you can you write down as reminders to trust Him today?

Psalm 14 - Psalm 14:1-7

Topics: Despair, Doubt, Evil, Example, Heaven, Joy, Learning, Poor, Praise, Restoration, Righteousness, Safety, Salvation, Security, Self-Centeredness, Selfishness, Unbelievers, Understanding, Weaknesses

Open It

- * 1. In what ways have you seen peer pressure influence people?
- 2. Under what circumstances can peer pressure be a positive influence?
- 3. What role has the influence of other believers played in your own Christian walk?

Explore It

- 4. According to the psalm writer, what do foolish people fail to recognize? (14:1)
- 5. What characterization does this poem give of the wicked? (14:1-4)
- * 6. What does this psalm teach about the wicked? (14:1-7)
- 7. What does God look for? (14:2)
- 8. What conclusion can be drawn about all humanity? (14:3)
- 9. What two mistakes of the wicked did David point out in this psalm? (14:4)
- 10. How do evildoers treat the poor? (14:4, 6)
- 11. What are wicked people unable to learn? (14:4-5)
- 12. Why are wicked people “overwhelmed with dread”? (14:5)
- * 13. Who protects the poor from the evil plans of the wicked? (14:6)
- 14. What did the psalm writer want for Israel? (14:7)
- 15. When will Israel’s deliverance come? (14:7)
- * 16. What should people do when the Lord restores His people? (14:7)

Get It

- 17. What does this passage teach us about God’s view of the poor?
- 18. How do you think you should change your attitude toward the poor?
- 19. When have you seen God’s presence “in the company of the righteous”?
- 20. How should we respond when God helps us?
- 21. How did you respond the last time you experienced God’s help?
- 22. What is one of the most serious sins of the wicked, as described in this psalm?
- * 23. How can we guard against our own self-reliance drawing us away from the Lord?
- 24. What does it mean to seek God?
- * 25. In what ways can you seek God?
- 26. What can we do to encourage others to seek the Lord for themselves?

Apply It

- 27. In what way can you depend more on the Lord and less on yourself?
- * 28. What is one new, creative way you can pray, think about Scripture, or develop your faith this week?
- 29. How could you have a positive influence in someone else’s life this week?

Psalm 15 - Psalm 15:1-5

Topics: Beliefs, Character, Consequences, Convictions, Deceit, Example, Faith, Faithfulness, God, Holy, Honor, Money, Security, Relationships, Righteousness, Truth, Words

Open It

- * 1. What's your definition of customer service?
- 2. Under what circumstances (if any) do you think it is good to go back on your word?
- 3. What is one promise you made that you found difficult to keep?

Explore It

- 4. What question opens this poem? (15:1)
- 5. To whom is this psalm directed? (15:1)
- * 6. How does a blameless person treat others? (15:2-5)
- 7. How did the psalm writer answer his own question? (15:2-5)
- 8. According to the psalm writer, what gives a person access to God? (15:2-5)
- * 9. What can prevent a person from dwelling in God's presence? (15:2-5)
- 10. How did David describe the person who dwells with God? (15:2-5)
- 11. What is a person like who dwells with God? (15:2-5)
- 12. What characteristics did David ascribe to the person who has access to God? (15:2-5)
- 13. What actions and attitudes did David recommend? (15:2-5)
- 14. According to David, how should we treat others? (15:3-4)
- 15. Who should righteous people honor and who should they despise? (15:4)
- 16. Under what circumstances should a person keep his or her oaths? (15:4)
- 17. What advice did the psalm writer give regarding money? (15:5)
- 18. What promise is given to the person who fits the description in this psalm? (15:5)
- * 19. What reward is there in speaking the truth, respecting people, and being charitable with money? (15:5)

Get It

- 20. What does it mean to be blameless?
- * 21. In what ways should Christians be different from others?
- 22. What is an attitude or action mentioned in this psalm that you would like to see more evident in your own life?
- * 23. In light of this psalm, what changes do you need to make in the way you treat others?
- 24. What have you learned from this passage about handling money?
- 25. How do you need to change the way you use money?
- 26. What does this psalm teach about keeping one's word?
- 27. What's easy about making promises?
- 28. What's difficult about keeping promises?
- 29. What guarantees our access to God?

Apply It

- 30. What is one way you can be more generous with money?
- 31. What steps could you begin to take in the next few days to treat others with greater respect?
- * 32. What can you do for a friend, coworker, neighbor, or relative to treat him or her in a more respectful way?

Psalm 16 - Psalm 16:1-11

Topics: Abandon, Depend, Eternal Life, Faith, Guidance, Heaven, Hope, Instructions, Jesus Christ, Joy, Obedience, Praise, Prayer, Priorities, Prophecy, Righteousness, Security, Sorrow, Thankfulness, Trust

Open It

- * 1. To whom do you usually go for advice and why?
- 2. How have you experienced God's guidance in your life?

Explore It

- 3. With what request did David open this psalm? (16:1)
- 4. What unifying prayer is the focus of this psalm? (16:1-11)
- 5. How did David demonstrate his dependence on the Lord? (16:2)
- 6. In what way did David benefit from the Lord? (16:2)
- 7. How did David feel about the "saints who are in the land"? (16:3)
- 8. What happens to people who "run after other gods"? (16:4)
- 9. What did David refuse to do, despite the example of those around him? (16:4)
- 10. From where did David gain his sense of security? (16:5, 8)
- 11. In what specific ways did God provide for David? (16:5-8)
- 12. What did God do for David? (16:5-8)
- 13. What attitude did David have toward what God had given him? (16:5-8)
- 14. How did David describe his inheritance? (16:6)
- 15. How did David react to the Lord's blessings? (16:7-8)
- * 16. In what specific ways did David experience the Lord's guidance? (16:7-8)
- * 17. What reasons did David give to explain his sense of security? (16:9-11)
- 18. How far did David's confidence in the Lord extend? (16:10)
- 19. Who is the "Holy One"? (16:10)
- * 20. What did David expect of his future? (16:11)

Get It

- 21. How can remembering God's guidance in the past encourage you about the present or future?
- 22. How was this psalm fulfilled not only in the life of David, but also in the life of Jesus Christ?
- * 23. In what areas of life do we often need wisdom beyond what we have?
- * 24. In what ways can we turn to God to guide us?
- 25. In what ways do people run after other gods?
- 26. What activities, possessions, or people sometimes influence you more than God does?
- 27. How can we guard against putting activities, possessions, or people before the true God?
- 28. What action can you take to "set the Lord always before" you?
- 29. What inheritance has the Lord given you?
- 30. What attitude should you have toward the blessings God has given you?
- 31. How does your hope in the Lord extend beyond your earthly life?

Apply It

- 32. What is one way you can remind yourself of God's supreme place in your life this week?
- 33. How can you say thank You to God for the good things you enjoy?
- * 34. For what problem or need can you ask God to guide you this week?

Psalm 17 - Psalm 17:1-15

Topics: Answers, Character, Deceit, Decisions, Enemies, Evil, Faith, Faithfulness, Heart, Heaven, Hope, Judgment, Justice, Listening, Love, Obedience, Perseverance, Prayer, Punishment, Purity, Right, Righteousness, Salvation, Sin, Testing, Trust

Open It

1. What resolutions do people often make at the beginning of a new year?
2. What resolutions have you successfully kept?
- * 3. What do you think prevents people from keeping New Years resolutions?

Explore It

4. To which of the Lord's roles did the psalm writer appeal? (17:1-3)
- * 5. How did David want to be treated by the Lord? (17:1-3)
6. What claims did David make about his own character? (17:1-5)
7. What resolution did David make about his behavior? (17:3)
- * 8. To what standard did David hold himself accountable? (17:4-5)
9. What motivated David to trust in the Lord? (17:6)
10. What request did David present before the Lord in this prayer? (17:6-9)
11. How does God show His great love toward His people? (17:7)
12. What mental pictures did David use to describe God's protection over him? (17:8)
13. What accusations did David make against his adversaries? (17:10-12)
14. What image did David use to describe his enemies? (17:12)
- * 15. What specific action did David ask the Lord to take on his behalf? (17:13-14)
16. How were the motivations and goals of David's enemies different from his own? (17:14)
17. How does God provide for those He loves? (17:14-15)
18. With what sentiments did David conclude his prayer? (17:14-15)

Get It

19. What does this psalm teach us about prayer?
20. What action has the Lord taken in your behalf?
21. What picture or image would you use to describe what the Lord has done for you?
22. How did David keep himself pure despite pressure from those around him?
23. What steps can Christians take to withstand the temptations of the world?
24. What temptations do you think present the strongest challenge to Christians today?
- * 25. What is one adversary or conflict that you face?
- * 26. What resolutions would you like to make about your own attitudes and actions?
27. How do you need to handle the challenges in your life?
28. How does David's conclusion of this psalm encourage you?

Apply It

29. What step could you take today to guard against the temptations that threaten your purity?
- * 30. What step can you take this week to trust the Lord with one conflict or problem?
31. How could you remind yourself that one day you will be completely satisfied in God's presence?

Psalm 18 - Psalm 18:1-50

Topics: Abilities, Accomplishments, Actions, Affections, Answers, Appreciation, Attitude, Authority, Blessing, Burdens, Character, Circumstances, Commitment, Confidence, Consequences, Danger, Depend, Devotion, Enemies, Evil, Fairness, Faith, Faithfulness, Help, Judgment, Kindness, Leadership, Love, Morality, Obedience, Praise, Prayer, Righteousness, Success, Trust

Open It

- * 1. What struggles or challenges do you think politicians face?
- 2. Who has helped you over the years?
- 3. What are the benefits and dangers of being a Christian leader?

Explore It

- * 4. What did David reveal about his relationship with God? (18:1-3, 6, 18-19, 20-24, 28-29, 32-36, 47-48)
- 5. What motivated David to write this song of praise to the Lord? (18:1-6)
- 6. What images or mental pictures did David use to describe the Lord? (18:2, 14, 30)
- * 7. What are the three major themes of this poem? (18:4-19, 20-29, 30-45)
- 8. How did God help David? (18:4-19)
- 9. From what did the Lord deliver David? (18:4-19)
- 10. In David's mind, why did the Lord save him from his enemies? (18:20-29)
- 11. How does God show Himself to us? (18:25-27)
- 12. What resulted from David's righteousness and pure character? (18:20-24)
- 13. Where did David get his confidence and courage? (18:29, 32-45)
- * 14. In what specific ways did God enable David? (18:32-45)
- 15. Why was David motivated to praise the Lord? (18:46-50)
- 16. What vow did David make? (18:49)
- 17. How did David view himself and his relationship with God? (18:50)

Get It

- 18. What does this psalm teach us about the way God relates to people?
- 19. In what ways would you like your relationship with the Lord to be like David's?
- * 20. What new perspective does this passage offer you about yourself or about God?
- 21. What motivates you to praise God?
- 22. What has the Lord done for you recently?
- 23. How God's actions influenced your relationship with Him?
- * 24. In what ways has God enabled you to do things that were beyond your normal capabilities?
- 25. How should we follow David's example in responding to God's help?
- 26. What challenging responsibilities has God given you?

Apply It

- 27. What step could you take this week to strengthen your relationship with the Lord?
- * 28. What do you want to remember the next time you doubt your ability to do what God has given you to do?
- 29. For what can you give praise to God today?

Psalm 19 - Psalm 19:1-14

Topics: Appreciation, Comparisons, Creation, Desires, Earth, Faults, Fear, Guidance, Heaven, Honor, Joy, Knowledge, Law, Nature, Perfect, Prayer, Purity, Rebellion, Respect, Rewards, Right, Righteousness, Sin, Trust, Value, Weaknesses, Words, World

Open It

1. What is your favorite outdoor scene?
- * 2. What do you think of when you hear the word law?
3. In what ways does nature impact your everyday life?

Explore It

4. What do the heavens and skies have to say to us? (19:1)
5. On what two themes did David focus in this psalm? (19:1-14)
6. In what way do the heavens “display knowledge”? (19:2)
7. How far does the voice of the heavens extend? (19:3-4)
8. How does the sun affect the earth? (19:4-6)
9. How did David describe the sun and its role? (19:4-6)
10. What role did God’s law play in David’s life? (19:7-14)
- * 11. What words did David use to describe God’s law? (19:7-14)
- * 12. What power does God’s law have in the lives of His people? (19:7-14)
13. How did the psalm writer describe the worthiness of God’s law? (19:10)
14. What results from keeping God’s laws? (19:11)
15. What did David say about our faults? (19:12)
- * 16. What two types of sins or faults do we need God’s help with? (19:12-13)
17. What was David’s desire and prayer? (19:13-14)
18. What did David want? (19:13-14)

Get It

19. What can we learn about God from nature?
20. How can people who have never heard the gospel of Jesus Christ still learn about God?
21. What has nature taught you about God?
- * 22. What attitude did David have toward God’s law?
23. What role does God’s Word play in your everyday life?
24. What steps could you take to be more open to God’s Word?
25. In what ways can we show respect and appreciation for God’s Word?
26. For what “hidden fault” or “willful sin” do you need forgiveness?
27. What action can we take to protect ourselves from a rebellious spirit and willful sinning?
- * 28. What changes do you think you need to make to ensure that your thoughts and words are pleasing to the Lord?

Apply It

29. What step could you take this week to show a commitment to God’s Word?
- * 30. What can you change in your thoughts or habits this next week to make them more pleasing to the Lord?

Psalm 20 - Psalm 20:1-9

Topics: Answers, Challenge, Consequences, Desires, Faithfulness, Heart, Heaven, Help, Joy, Leadership, Plans, Power, Prayer, Preparation, Problems, Protection, Responsibility, Sacrifice, Salvation, Self-Centeredness, Success, Trust, Victory, War

Open It

- * 1. How do you feel before an important test or interview?
- 2. How do you usually prepare for challenges?
- 3. How do people often celebrate success?

Explore It

- 4. What action did the psalm writer ask the Lord to take? (20:1-4)
- * 5. What challenges did the king face? (20:1-9)
- 6. From where did the psalm writer expect help and support? (20:2)
- 7. How did the king prepare for the challenges he faced? (20:3)
- 8. What general blessing did this prayer offer the king before he went to battle? (20:4)
- * 9. How did the people promise they would respond to the king's success? (20:5)
- 10. Whom did the people credit for the king's military success? (20:5)
- 11. On what elements of God's character does this psalm focus? (20:6)
- * 12. How was the people's confession of trust in the Lord unique? (20:7)
- 13. In whom did the people put their trust and why? (20:7-8)
- 14. What will happen to those who trust in God, as compared to those who trust in their own abilities? (20:7-8)
- 15. What final request concludes this psalm? (20:9)

Get It

- 16. In what do people often put their trust these days?
- 17. How is your faith in God viewed by your non-Christian friends?
- 18. In what ways do you think your faith in God could be strengthened?
- 19. How should Christians respond to success?
- 20. What promise in this psalm encourages you to continue trusting God?
- * 21. What challenges are you facing?
- 22. What specific advice from this psalm can you apply to the challenges you are now facing?
- * 23. How can you prepare yourself, both physically and emotionally, for the challenges you face?
- 24. Where can you expect to receive the help and support you need?

Apply It

- 25. What is one way you can share your confidence in God with another person this week?
- 26. Besides the Lord, who is one person you could go to for the help and support you need?
- * 27. When can you pray to prepare yourself to handle the challenges of each day?

Psalm 21 - Psalm 21:1-13

Topics: Anger, Answers, Blessing, Consequences, Depend, Desires, Enemies, Evil, Future, Glory, Greatness, Heart, Joy, Life, Love, Praise, Prayer, Rewards, Security, Strength, Success, Thankfulness, Trust, Victory

Open It

1. How do people usually respond when their team wins?
2. What emotions do people feel when they experience defeat?
- * 3. Why is it so hard to lose?

Explore It

- * 4. How did the king respond to the victory that God granted him? (21:1-6)
5. From whose perspective was this psalm written? (21:1-13)
6. How is the theme of this psalm introduced, developed, and summarized? (21:2, 3-5, 6)
7. What specific blessings did the Lord give the king? (21:2-6)
- * 8. What was the king's main request and how did God answer it? (21:4-5)
9. What extra blessing did God give to the king? (21:5-6)
10. How does this psalm explain the king's security? (21:7)
11. What characteristic of the Lord protects the king? (21:7)
- * 12. What kind of future did the king have to look forward to? (21:8-12)
13. How will the king be rescued? (21:9)
14. What will happen to the king's enemies? (21:10)
15. How is the last verse of the poem a fitting conclusion? (21:13)

Get It

16. What benefits did the king see as a result of his trust in the Lord?
- * 17. How should Christians respond uniquely to defeat and victory?
18. How do you think the king felt about himself and his relationship with God?
19. In what specific ways has the Lord been good to you?
20. How have you reacted to the victories God has granted you in the past?
21. How have you reacted to your past successes and failures?
- * 22. In what ways would you like your response to God's work in your life to be different in the future?
23. What has God been teaching you through your prayers lately?
24. What is one of your recent, significant prayer requests and how has God answered it?
25. Why do you think God sometimes delays in answering our prayers, and other times we see God's answers immediately?
26. What is one request that you would like to commit to praying about for the next month?

Apply It

27. Who can help you remember to pray consistently about your needs and concerns?
- * 28. What steps can you take to remember to credit God with the next success that you experience?
29. How can you praise the Lord for the answers to prayer He has already given you?

Psalm 22 - Psalm 22:1-31

Topics: Answers, Danger, Death, Depend, Despair, Emotions, Evil, Faith, Faithfulness, Family, Fear, Future, Help, Holy, Honor, Hope, Insults, Peer Pressure, Persecution, Poor, Praise, Prayer, Remembering, Righteousness, Salvation, Security, Self-Esteem, Strength, Trust, Vows, Witnessing, World, Worship

Open It

- * 1. When was a time that you felt God was unreachable or silent?
- 2. Why does it hurt when a friend rejects you or turns a cold shoulder?
- 3. What can make a person feel distant from God?

Explore It

- * 4. How did the psalm writer feel about his relationship with God? (22:1-3)
- 5. What was the focus of David's prayer? (22:1-31)
- 6. What did the psalm writer say about what God had been to Israel in the past? (22:3-5)
- 7. Why did people mock David and how did their insults make him feel? (22:6-7)
- 8. What did David say about what God had been for him? (22:9-10)
- 9. How did David describe his enemies? (22:12-13, 16)
- 10. What four figures did the psalm writer use to describe the attacks of his enemies? (22:12-13, 16-18)
- 11. How did the psalm writer feel under the attacks of his adversaries? (22:14-15)
- 12. How did the psalm writer recall the four figures he used to describe his enemies later in the psalm? (22:20-21)
- * 13. What changed David's attitude? (22:22-24)
- * 14. What vows did David make to the Lord? (22:22-31)
- 15. What will motivate other people to turn from their idols and praise the true God? (22:25-31)
- 16. Who will join the psalm writer in praise to the Lord? (22:26-31)

Get It

- 17. Why do you think portions of this psalm are quoted or alluded to so often in the New Testament in reference to Christ's crucifixion?
- 18. What should we do whenever we feel we have been forsaken by God?
- * 19. What should we do when God seems far away?
- 20. Why do you think people often feel distant from God?
- * 21. How can we follow the psalm writer's example when we want to draw closer to God?
- 22. What are the benefits of remembering what God has done for us in the past?
- 23. How has this psalm motivated you to praise the Lord?
- 24. For what reasons are you inspired to praise God?
- 25. How can we be involved in telling future generations about the Lord?
- 26. How can you share with others what God has revealed about Himself to you?

Apply It

- 27. What is one step you can take to draw closer to God this next week?
- * 28. Whom can you encourage who feels distant from God?
- 29. With whom could you share what God has done for you?

Psalm 23 - Psalm 23:1-6

Topics: Benefits, Blessing, Challenge, Contentment, Danger, Death, Despair, Enemies, Eternal Life, Evil, Faithfulness, Fear, Goodness, Guidance, Help, Hope, Love, Name, Needs, Preparation, Protection, Quiet, Restoration, Righteousness, Security

Open It

1. What sometimes threatens your peace of mind or sense of security?
2. What do people usually take for granted?
- * 3. When do you most want peace and quiet?

Explore It

4. How did David describe the Lord? (23:1)
5. What is God like? (23:1)
6. What mental picture did David use to describe his role in relationship with the Lord? (23:1-3)
- * 7. What comforted David? (23:1)
8. How does the Lord provide for His people? (23:1-3)
9. How did God help David? (23:1-3)
10. What motivates God to guide His people? (23:3)
11. What gave David the confidence to face death? (23:4)
12. How was David comforted in difficult times? (23:4)
13. What were David's fears? (23:4-5)
- * 14. How far does the guidance and protection of the Lord extend for His people? (23:4-5)
15. How does God provide for His children, even in the face of death? (23:4-5)
16. How does God honor those He loves? (23:5-6)
- * 17. What did the Lord give to David? (23:5-6)
18. How did David feel about his future? (23:6)

Get It

19. How has the Lord guided you through difficult times?
20. What do you think David meant when he said that his cup overflowed?
21. David spoke of a shepherd and sheep—how would you picture your relationship with the Lord?
22. In what ways does God “restore our souls”?
23. What are some of your fears?
- * 24. How can you follow David's example in dealing with your fears?
25. How has God provided for your needs in the past?
26. How have you experienced God's comfort?
27. In what way has God made your “cup overflow”?
28. What good things in life do you find it easy to take for granted?
29. How can we thank the Lord for the many blessings He has given us?
- * 30. How does this passage encourage you to face the future?
31. How has this psalm changed your perspective of the challenges you are facing?

Apply It

- * 32. What can you do to celebrate God's goodness and provision?
33. How could you comfort or encourage a friend who is struggling with fear or grief?
34. What good things, experiences, and people do you want to thank God for now?

Psalm 24 - Psalm 24:1-10

Topics: Atonement, Blessing, Character, Church, Commitment, Convictions, Creation, Devotion, Glory, God, Heart, Holy, Honor, Idolatry, Life-style, Morality, Praise, Purity, Righteousness, Strong, Swearing, Words, World, Worship

Open It

1. Where do people turn for ultimate answers and solutions today?
- * 2. What are some of the good things in our world that can distract us from serving God?

Explore It

3. What does the beginning of this psalm reveal about God's character? (24:1-2)
- * 4. Why is God worthy of worship and praise? (24:1-2)
5. What is the purpose of this psalm? (24:1-10)
6. What does this psalm celebrate? (24:1-10)
7. Who may enter God's presence? (24:3-4)
- * 8. What should a person do who wants to enter God's presence? (24:3-6)
9. What specific character traits do we need in order to enjoy God's presence? (24:4-6)
10. What do the righteous receive from the Lord? (24:5)
11. How does this psalm use gates and doors to tell us about the Lord? (24:7, 9)
- * 12. How does the psalm writer welcome the victorious King into His sanctuary? (24:7-10)
13. How is the "King of glory" described? (24:8, 10)

Get It

14. What difference does it make that the earth and everything in it belongs to God?
15. In light of this psalm, what view should we have of ourselves? of the world? of God?
16. What does it mean to have clean hands and a pure heart?
17. What does this passage tell us about God's character?
18. In your mind, why is God worthy of worship and praise?
19. What is an idol?
20. What's wrong with worshiping things, people, or ourselves instead of God?
21. What offerings of praise can you give to the Lord?
22. How does this psalm affect your attitude toward church?
23. How do we need to prepare for entering God's house each week?
- * 24. Why is it good to go to church?
- * 25. What changes do you need to make in your schedule or activities to make worship a top priority?
26. How can we guard against the temptation to serve things, other people, or ourselves instead of the Lord?

Apply It

- * 27. What is one thing you can do this week to prepare yourself for the next time you go to church?
28. What do you have that you want to "give back" to God?

Psalm 25 - Psalm 25:1-22

Topics: Conflict, Covenant, Depend, Enemies, Evil, Faithfulness, Fear, Forgiveness, Goodness, Guidance, Hatred, Hope, Humility, Insecurity, Integrity, Loneliness, Love, Mercy, Protection, Rebellion, Salvation, Sin, Soul, Teaching, Trust, Truth, Words

Open It

1. When have you felt that you were treated unfairly?
2. How would you complete the sentence: "It's not fair that . . ."?
- * 3. What troubles go with your station in life (parenting, singleness, student, overworking, empty-nester, etc.)?

Explore It

4. What prayer request opens this psalm? (25:1-3)
5. What is the central focus of this psalm? (25:1-22)
6. Whom did David want God to "put to shame"? (25:3)
7. How did David feel about the hostility of his enemies? (25:3)
8. What did David ask the Lord to reveal to him and why? (25:4-5)
- * 9. What requests did David present to the Lord? (25:4-7, 16-22)
10. What did David want God to remember, and what did he want God to forget? (25:6-7)
11. How did David want to be remembered by the Lord? (25:7)
12. What does God do for sinners? (25:8)
13. How does this psalm describe the Lord and the kind of relationship He wants to have with us? (25:8-10)
14. Where did David place his confidence and why? (25:8-15)
15. What attitude did David have about himself and God? (25:11)
- * 16. Why was David praying? (25:16-19)
- * 17. What did David desire? (25:21-22)
18. What prayer concludes this psalm? (25:22)
19. What did David ask God to do? (25:22)

Get It

20. How can good come from being unfairly treated?
21. How do you think Christians should respond to unfair treatment?
22. How can we follow David's example of trusting God?
- * 23. What trouble and "enemies" do you face?
- * 24. In light of this psalm, how should we deal with the pressures and problems in our lives?
25. In light of this psalm, how can you deal with the pressures and problems in your life?
26. What does this passage tell you about the relationship God wants to have with you?
27. How do you think you could strengthen your relationship with the Lord?
28. What motivates you to put your confidence in God?
29. How has God proven His reliability to you?
30. How does this passage change your perception of yourself? of God?

Apply It

31. What requests would you like to present before the Lord today?
32. In what specific ways can you put your hope and trust in the Lord?
- * 33. In what way might you be able to demonstrate your trust in God in a troublesome circumstance this week?

Psalm 26 - Psalm 26:1-12

Topics: Character, Church, Deceit, Evil, Faithfulness, Heart, Hypocrisy, Involvement, Judgment, Life-style, Love, Loyalty, Mercy, Ministry, Morality, Praise, Prayer, Purity, Righteousness, Salvation, Security, Sin, Testing, Trust, Truth, Witnessing

Open It

- * 1. What keeps you coming back to your local church?
- 2. Why do you think many people hesitate to get involved in ministry at their local church?
- 3. To what or whom (sports teams, family, locations, etc.) are you very loyal?

Explore It

- * 4. How had David shown his faithfulness to the Lord? (26:1, 3-8)
- 5. What appeal did David present to the Lord? (26:1-8)
- 6. What aspects of his own character did David want the Lord to consider? (26:1-8)
- 7. What central theme unifies this psalm? (26:1-12)
- 8. With whom did David refuse to associate? (26:4-5)
- 9. How are the wicked described in this psalm? (26:4-5, 9-10)
- 10. What are wicked people like? (26:4-5, 9-10)
- * 11. What public act of devotion did David offer to the Lord? (26:6-7)
- 12. How did David share his faith with others? (26:6-7)
- * 13. How was David involved in ministry in God's house? (26:6-8)
- 14. How did David feel about his place of worship? (26:8)
- 15. How did David want to be treated differently by God from the wicked? (26:9-11)
- 16. Why did David believe he should be treated differently from others? (26:11)
- 17. What final words of confidence conclude this poem? (26:12)
- 18. What promise did David make to the Lord? (26:12)

Get It

- * 19. Why is it important to be part of a local church?
- 20. What steps did David take to ensure that he remained pure and righteous before God?
- 21. What temptations threaten to tarnish your integrity?
- 22. What steps can you take to insure you remain morally upright?
- 23. What can we do to demonstrate our commitment and faithfulness to God?
- * 24. How have you shown your faithfulness to the Lord?
- 25. How do you feel about going to church?
- 26. What should we do to demonstrate our respect for God's house?
- * 27. How are you involved in ministry at your local church, and what benefits do you gain from your commitment?
- 28. How can you show support for worship at your local church?

Apply It

- 29. What specific places, people, or things do you need to avoid this week to lessen the temptations you have to face?
- * 30. What is one way you could demonstrate support for your church this week?

Psalm 27 - Psalm 27:1-14

Topics: Beauty, Blessing, Church, Confidence, Conscience, Danger, Depend, Desires, Enemies, Evil, Expectations, Faith, Faithfulness, Fear, Future, Goodness, Guidance, Heart, Hope, Lying, Mercy, Patience, Persecution, Praise, Prayer, Protection, Sacrifice, Safety, Salvation, Security, Sin, Strength, Teaching, Trust, Waiting

Open It

1. How do you feel when you have to wait a long time for something you really want?
- * 2. What are some events, people, or things that are worth waiting for?

Explore It

3. What did David mean when he said, "The Lord is my light"? (27:1)
- * 4. Why was David able to trust God in the face of danger? (27:1-3, 5-6)
5. How was the king's faith in the Lord challenged? (27:1-3, 12)
6. How is faith shown in this passage? (27:1-6, 10, 13)
7. What main attitude permeates this psalm? (27:1-14)
8. What dangers did the king face? (27:2-3,12)
- * 9. How was God's house a comfort to David? (27:4-5)
10. Where did David find safety and strength? (27:4-6)
11. How did David plan to respond when the Lord exalted him above his enemies? (27:6)
12. From what did David pray for deliverance? (27:7-12)
13. What did David's own conscience encourage him to do? (27:8)
14. To what extent did David depend on the Lord? (27:9-10, 13-14)
15. What did David expect of his future and why? (27:13-14)
16. How did David conclude this prayer for deliverance? (27:13-14)
- * 17. What gave David courage while he awaited God's deliverance? (27:13-14)

Get It

18. When has your faith in the Lord been challenged?
19. When have difficult times strengthened your relationship with the Lord?
20. What role should faith play in our everyday lives?
- * 21. How could you strengthen or renew your dependence on the Lord?
22. When have you found comfort or a renewed sense of security in church?
23. What dangers or problems are you facing?
24. How can you follow David's example in handling your fears?
25. How can you plan to respond when God does answer your prayers?
26. What does it mean to "wait for the Lord"?
- * 27. What action can you take to show your faith while you wait for the Lord to answer your prayers?

Apply It

28. What is one step you could take right now to renew your faith in the Lord?
- * 29. About what concern do you need to continue praying, confident that God will answer in His own time and in His own way?

Psalm 28 - Psalm 28:1-9

Topics: Blessing, Body, Danger, Death, Deceit, Enemies, Evil, Heart, Hypocrisy, Judgment, Justice, Listening, Mercy, Praise, Prayer, Protection, Punishment, Salvation, Sin, Strength, Thankfulness, Trust, Worship

Open It

- * 1. What is a hypocritical politician? Teacher? Journalist? Christian?
- 2. Under what circumstances is it easy to be hypocritical?
- 3. What hypocrisy do you see in the world today?

Explore It

- 4. What image did David use to refer to death and the grave? (28:1)
- 5. What did David believe would happen if the Lord did not answer his prayer? (28:1)
- 6. How did David refer to the Lord? (28:1, 7-9)
- 7. What is the main focus of David's prayer in this psalm? (28:1-9)
- 8. What physical act of worship did David combine with his prayers? (28:2)
- 9. How did David tangibly demonstrate his worship to the Lord? (28:2, 7)
- * 10. What hypocrisy did David see in the people around him? (28:3)
- 11. What request did David present to the Lord in this psalm? (28:3-5)
- * 12. How are the wicked described? (28:3-5)
- 13. How did David want the Lord to deal with the wicked? (28:4)
- 14. What reason did David have to believe that the Lord would destroy the wicked? (28:5)
- 15. What motivated David to praise the Lord? (28:6-8)
- 16. What kind of relationship did David have with the Lord? (28:7-8)
- * 17. What kind of relationship does God desire to have with His people? (28:8-9)

Get It

- 18. How does God view hypocrisy?
- 19. Why should we worship the Lord?
- 20. What motivates you to praise God?
- 21. How can you demonstrate your desire to worship the Lord?
- 22. How do you want to improve your relationship with God?
- 23. What kind of relationship should we have with our neighbors?
- 24. What hard feelings against another person do you struggle with?
- * 25. If a Christian harbors malice toward another person, what should he or she do about it?
- * 26. How can Christians guard against hypocrisy?

Apply It

- 27. What concrete action can you take this week to strengthen your relationship with God?
- 28. What injustice or difficult circumstance do you want to commit to the Lord in prayer?
- * 29. What specific step can you take this week to guard against hypocrisy in your behavior at work? at home?

Psalm 29 - Psalm 29:1-11

Topics: Advice, Blessing, Challenge, Creation, Glory, Greatness, Holiness, Honor, Instructions, Name, Nature, Peace, Power, Praise, Righteousness, Security, Strength, Worship

Open It

- * 1. What effect does nature have on your everyday activities?
- 2. What benefits have you gotten from spending time outdoors?

Explore It

- 3. Who should proclaim the majesty and power of God? (29:1-2)
- 4. What does the psalm summon people to do? (29:1-2)
- 5. On which of the Lord's attributes does this passage focus? (29:1-11)
- * 6. How is the Lord described in this poem? (29:2-11)
- 7. What does the psalm writer reveal about God's character? (29:2-11)
- 8. How does nature proclaim the glory of God? (29:3-9)
- 9. What role does the Lord play in His creation? (29:3-9)
- 10. How powerful is the voice of the Lord? (29:3-9)
- * 11. Why is the Lord worthy of praise and worship? (29:3-11)
- 12. Where do God's people find comfort? (29:10-11)
- * 13. What does the Lord provide for His people? (29:10-11)
- 14. What specific blessing did the psalm writer recognize as coming from the Lord? (29:11)

Get It

- 15. What does nature reveal to us about the character of God?
- 16. What have you learned about God's character from this passage?
- 17. How does it make you feel to ponder the awesome power of the Lord?
- 18. Practically speaking, what does this psalm instruct us to do?
- * 19. How do you plan to follow the advice of the psalm writer?
- 20. How have you seen nature proclaim the glory of God?
- * 21. How should we be involved in proclaiming the glory and power of God?
- 22. How do you think your perspective of life would be altered if you spent more time worshipping and praising God?
- 23. How does this psalm encourage you to face the challenges in your everyday life?

Apply It

- 24. What action can you take today to depend on the strength of the Lord rather than on your own abilities?
- 25. What could you do this week to "ascribe to the Lord the glory due his name"?
- * 26. When could you spend some time this week observing the power of God in nature?

Psalm 30 - Psalm 30:1-12

Topics: Anger, Death, Depend, Faithfulness, Grief, Healing, Heart, Help, Holy, Honor, Joy, Mercy, Praise, Prayer, Protection, Salvation, Security, Thankfulness, Worship

Open It

- * 1. In what ways are you self-reliant, and in what ways do you depend on others?
2. When was the last time a friend helped you through a difficult circumstance, and how did you feel about depending on others for support?

Explore It

3. How did David introduce his reason for praising the Lord? (30:1-3)
4. What images did David use to describe how the Lord delivered him? (30:1-3)
- * 5. What does this psalm celebrate? (30:1-12)
6. How did God respond to David's cries for help? (30:2)
7. What instructions did David give to God's people? (30:4-5)
8. What does this psalm say about God's character? (30:5)
9. What did David remember about the Lord's deliverance and how he felt about it? (30:6-12)
10. What sinful attitude was David guilty of when circumstances were going well for him? (30:6)
- * 11. How did the Lord remind David that He was the one who gave David his security? (30:7)
12. What caused David to lose his sense of security and self-reliance? (30:8-10)
- * 13. To where did David turn for help? (30:8-10)
14. Why did David want the Lord to save him? (30:9)
15. How did God answer David's prayer? (30:11-12)

Get It

16. How does our culture value self-reliance?
17. When can self-reliance be a negative characteristic?
18. How does this passage change your perception of God and His character?
19. What should motivate us to praise the Lord?
- * 20. What new insights have you learned about trusting God?
21. When have difficult circumstances prompted you to turn to the Lord, instead of depending on your own strength?
22. How has God delivered you in the past?
23. Why is it tempting for us to trust God only during certain times in our lives?
- * 24. How can we learn to depend more on the Lord, no matter what our circumstances?
25. What does it mean for you to depend on the Lord rather than on your own strength?
26. How do you plan to follow the instructions in this psalm?

Apply It

27. What difficulties or challenges do you face in the coming week?
- * 28. What action could you take to depend on the Lord (rather than yourself) for strength to face the upcoming challenges in your life?
29. What other person could you encourage with what you have learned about security in God?

Psalm 31 - Psalm 31:1-24

Topics: Answers, Comfort, Commitment, Conflict, Confusion, Deceit, Despair, Enemies, Faithfulness, Fear, Forsake, Freedom, Goodness, Guidance, Hatred, Hope, Idolatry, Joy, Listening, Love, Lying, Mercy, Neighbor, Praise, Prayer, Protection, Righteousness, Salvation, Sorrow, Soul, Strength, Submission, Trust, Truth, Worship

Open It

1. To you, what's the best example of strength?
- * 2. Whom would you describe as a strong person? Why?

Explore It

- * 3. Why did David appeal to the Lord for help? (31:1-5)
4. What difficult circumstance motivated David to write this poem? (31:1-24)
5. What one theme unifies this psalm? (31:1-24)
6. How did David describe the Lord in this passage? (31:2-5, 16, 19-24)
7. What was at stake in David's safety? (31:3)
- * 8. What did David commit to the Lord? (31:5, 15)
9. How are the wicked described in this passage? (31:6, 17-18)
10. How strong was the conspiracy against David? (31:9-13)
11. How did David feel about his predicament? (31:9-13)
12. What defense did David have against the schemes of his enemies? (31:14-18)
13. Why did David expect God to treat him favorably? (31:17-18)
14. What did David anticipate in the future? (31:19-20)
15. What did David's anticipation reveal about his relationship with the Lord? (31:19-24)
16. How does God treat the faithful and the proud differently? (31:23)
- * 17. What final advice concludes this psalm? (31:23-24)
18. To whom are David's concluding instructions directed? (31:23-24)

Get It

19. How is the Christian view of strength different from the world's?
20. When have you felt the same emotions that David describes in this psalm?
21. When is it most difficult for you to trust in the Lord?
22. Where do we usually turn when we face overwhelming circumstances?
23. What do people often do when they feel overstressed or overwhelmed?
24. What does David teach us about dealing with stress through his example in this psalm?
25. What defense do we have against our "enemies"?
26. What kinds of "enemies" do you face nowadays?
- * 27. What overwhelming problem or challenge do you face this week?
28. How can we demonstrate our trust in the Lord during difficult times?
- * 29. What does it mean to follow David's instructions to "be strong and take heart"?

Apply It

- * 30. How can you pray this week to help you through the challenges you face?
31. What do you want to remember the next time you feel overwhelmed or overstressed?

Psalm 32 - Psalm 32:1-11

Topics: Beliefs, Confession, Conscience, Deceit, Despair, Evil, Forgiveness, Guidance, Guilt, Heart, Influence, Joy, Love, Obedience, Praise, Prayer, Problems, Protection, Repentance, Righteousness, Sin, Strength, Stubbornness, Submission, Teaching, Trust, Understanding

Open It

- * 1. What feelings do you associate with repentance?
- 2. What's something you got blamed for when you were a kid?

Explore It

- 3. What joyful proclamation opens this psalm? (32:1-2)
- 4. What gift from the Lord did David celebrate in this psalm? (32:1-11)
- * 5. How did David describe the person who receives God's forgiveness? (32:1-11)
- 6. How did David feel when he had unconfessed sin in his life? (32:3-4)
- * 7. What personal testimony did David offer regarding God's forgiveness? (32:3-5)
- 8. How did David respond to the Lord's "heavy hand" on him? (32:4-5)
- 9. How did God motivate David to confess his sin? (32:5)
- 10. What did David experience after he confessed his sin to God? (32:5)
- 11. How did God respond to David's confession? (32:5)
- 12. What assurance do we have when we pray? (32:6)
- * 13. What conclusion did David draw from his experience? (32:6-7)
- 14. How does the Lord protect His people? (32:6-7)
- 15. What specific advice does this psalm offer to God's people? (32:8-11)
- 16. What did David advise people to avoid? (32:9)
- 17. What promise did David offer to those who trust in the Lord? (32:10)

Get It

- 18. What kinds of things prevent us from confessing known sin in our lives?
- 19. Why do you think we are sometimes hesitant to repent of sin, even when we know God will forgive us?
- * 20. Why should we confess our sins to God?
- 21. What personal testimony can you give about God's forgiveness?
- 22. How do you feel when you have unconfessed sin in your life?
- 23. What has motivated you in the past to repent of selfish behaviors or attitudes?
- 24. When have you ever felt the "heavy hand" of the Lord on you?
- 25. How do you feel when you repent and experience God's forgiveness?
- 26. How does God always respond to our repentance?
- * 27. How does God's faithfulness in forgiving us encourage you for the future?
- 28. On what specific advice in this psalm would you like to focus your attention?

Apply It

- 29. What behavior or attitude do you need to confess to the Lord today?
- * 30. What is one creative way you can remind yourself of God's forgiveness over this next week?
- 31. When can you take time for prayer each day?

Psalm 33 - Psalm 33:1-22

Topics: Blessing, Character, Creation, Death, Depend, Faithfulness, Fear, Future, Heart, Heaven, Hope, Instructions, Involvement, Joy, Judgment, Justice, Love, Plans, Power, Praise, Purpose, Relationships, Reliability, Righteousness, Salvation, Strength, Trust, Truth, Waiting, Words, World, Worship

Open It

- * 1. In what ways are you more schedule-oriented or spontaneous?
- 2. What are the benefits of being a flexible person?
- 3. What does it take to get you worked up enough to shout or sing?

Explore It

- 4. Whom does this psalm call to praise God? (33:1)
- 5. How does this psalm call people to praise the Lord? (33:1-3)
- 6. What main theme unifies this psalm? (33:1-22)
- 7. How should God's people praise God? (33:2-3)
- * 8. For what specific reasons did the psalm writer praise God? (33:4-19)
- 9. What character traits did the psalm writer ascribe to the Lord? (33:4-22)
- 10. What role does the Lord play in the events of earth? (33:5-19)
- 11. How has the Lord demonstrated His creativity? (33:6-9)
- 12. What reason do we have to fear the Lord? (33:8-9)
- * 13. How did the psalm writer describe the power and sovereignty of God? (33:9-11)
- * 14. How reliable are the plans of people in relation to God's plans? (33:10-11)
- 15. Why was the psalm writer confident of God's protection? (33:12-19)
- 16. How is the Lord involved in the lives of His people? (33:13-15, 18-19)
- 17. What happens to those who rely on their own strength? (33:16-17)
- 18. What conclusion does this psalm make about self-reliance? (33:16-19)
- 19. How does the Lord treat those who trust in Him instead of in themselves? (33:18-19)
- 20. What decision did the psalm writer make? (33:20-22)

Get It

- 21. What do you think our attitude toward our goals and plans reveals about our view of God?
- 22. What example does the psalm writer give us to follow?
- 23. Why do you think we so easily rely on our own strength rather than trust in the Lord?
- 24. What outcome can we expect when we depend on ourselves?
- 25. According to this psalm, what outcome can we expect when we trust in God?
- 26. What does this psalm teach us about the character of God?
- 27. What talents or abilities do you have?
- 28. Why is it important not to trust in our own abilities or talents?
- * 29. What does this psalm say about the reliability of our plans?
- 30. What should be your perspective on the plans you have for the future?
- * 31. How can we demonstrate confidence in the Lord's protection and guidance for the future?
- 32. In what area of life do you most need to "wait in hope for the Lord"?

Apply It

- 33. In what way could you demonstrate trust in God rather than in a particular strength you have?
- * 34. What plan of yours can you commit to the Lord in prayer?
- 35. What words of encouragement or instruction can you give to someone else concerning his or her future?

Psalm 34 - Psalm 34:1-22

Topics: Angels, Answers, Assurance, Benefits, Blessing, Deceit, Depend, Enemies, Evil, Experience, Faithfulness, Fear, Glory, Goodness, Hope, Joy, Life, Listening, Lying, Needs, Obedience, Peace, Poor, Praise, Prayer, Problems, Righteousness, Salvation, Sorrow, Trust

Open It

- * 1. What do you think is the secret of long life?
- 2. What brings you the most happiness in life?
- 3. When was a time you narrowly escaped danger or death?

Explore It

- 4. What commitment did David make? (34:1-3)
- 5. What is the main focus of this psalm? (34:1-22)
- 6. What motivated David to praise the Lord? (34:4-7)
- 7. From what did the Lord deliver David? (34:5-6)
- * 8. How did David describe those who trust in the Lord? (34:5-6)
- 9. How are angels involved in the lives of God's people? (34:7)
- 10. What are the benefits of trusting in the Lord? (34:8-10)
- * 11. What specific instructions did David offer to God's people? (34:8-14)
- 12. What do we need to know about "fear of the Lord"? (34:11-14)
- 13. Who should guard against committing the sin of deceit? (34:12-13)
- 14. How does God respond to the cries of the righteous? (34:15, 17)
- * 15. What words of assurance follow David's instructions? (34:15-18)
- 16. How are the righteous treated different from the wicked? (34:15-22)
- 17. How does this psalm describe the people whom God protects? (34:15-22)
- 18. What will happen to the wicked? (34:16, 21)

Get It

- 19. When have you experienced God's protection or deliverance?
- 20. What benefits have you seen in trusting God?
- * 21. How does this psalm encourage you to put your trust in the Lord?
- * 22. What does this passage reveal to us about prayer?
- 23. Why did David have such confidence in God's attentiveness to his prayers?
- 24. What does it mean to fear the Lord?
- 25. How has this psalm affected your idea of what it means to respect God?
- 26. What behavior or attitude does this passage advise us to avoid?
- 27. In what situations is it most tempting to lie or deceive others?
- 28. How can we guard against the sin of deceit?
- 29. What specific instructions from this psalm do you need to concentrate on following?
- 30. What promise or encouraging word would you like to claim from this psalm?

Apply It

- * 31. What troubles do you need to present to the Lord in prayer?
- 32. What reminder can you place before yourself to take God's power and justice seriously?
- 33. In what situations do you need to make a more conscious effort to tell the truth?

Psalm 35 - Psalm 35:1-28

Topics: Accusation, Angels, Confusion, Criticism, Danger, Enemies, Fasting, Fear, Grief, Help, Injustice, Mourning, Needs, Peer Pressure, Plans, Poor, Prayer, Protection, Punishment, Questions, Rejection, Righteousness, Salvation, Shame, Sickness, Sin, Soul, Thankfulness, Unbelievers, Unfairness

Open It

1. How do you think you would feel if one of your close friends suddenly turned against you?
- * 2. What can break up friendships?
3. When was the first time you felt betrayed by a friend?

Explore It

4. To what character trait of God's did David appeal? (35:1-3, 10, 23-24)
- * 5. How did David want the Lord to treat his adversaries? (35:1-8, 25-26)
6. What military images did David use to describe God's deliverance? (35:2-3)
7. Against what did David need to be defended? (35:4-10)
8. What provoked the attack of David's enemies? (35:7-8)
- * 9. How did David demonstrate his confidence in the Lord's deliverance? (35:9-10)
10. How does God treat the poor and needy? (35:10)
11. How did David reinforce his claim that he is innocent? (35:11, 13-14, 19-20)
12. How did David describe his predicament? (35:11-16)
- * 13. What accusations did David make against his enemies? (35:11-16, 19-21)
14. How did David demonstrate his compassion and willingness to befriend the people who later turned on him? (35:12-16)
15. How did David's adversaries respond to his kindness? (35:15-16)
16. How did David promise to respond to God's deliverance? (35:18)
17. How was David being treated by his enemies? (35:19-21)
18. What final sign of victory did David want the Lord to take away from his enemies? (35:23-25)
19. How did David want his friends to respond to God's deliverance? (35:27)
20. What final words of confidence conclude this psalm? (35:28)

Get It

21. How does it feel to be falsely accused or treated maliciously by others?
22. What should we do when we see others being slandered or mistreated?
23. What's our most natural reaction when people try to hurt us?
- * 24. What can we learn from David's example about handling injustice?
25. What difficult person do you need to handle better?
- * 26. In light of this passage, how can you trust God more with the injustices in your life?
27. How can we demonstrate our confidence in the Lord when we are being slandered or hurt by others?
28. What can we do to rejoice with Christian friends when they experience God's protection or guidance?

Apply It

29. What act of encouragement or help can you offer to a friend who has been falsely accused or "attacked"?
- * 30. Concerning what accuser, "enemy," or other difficult person do you need to pray this week?

Psalm 36 - Psalm 36:1-12

Topics: Character, Confidence, Consequences, Deceit, Depend, Disobedience, Evil, Faithfulness, Fear, Flattery, Goodness, Heart, Heaven, Justice, Life, Light, Love, Needs, Plans, Praise, Prayer, Pride, Protection, Punishment, Righteousness, Sin, Unbelievers, Wisdom

Open It

- * 1. What do you think about when you first wake up in the morning or right before you go to sleep at night?
- 2. What time of day have you found to be the best time to pray?

Explore It

- 3. How did David describe the wicked? (36:1-4)
- 4. What is the main focus of this poem? (36:1-12)
- 5. In what way do the wicked flatter themselves? (36:2)
- * 6. What attitude prevents the wicked from realizing their own sin? (36:2)
- 7. How does this psalm contrast the character of God with the wicked? (36:5-9)
- 8. How is God described in this psalm? (36:5-9)
- 9. How far does the love of God extend? (36:5)
- 10. What mental images did David use to describe God's righteousness and justice? (36:6)
- 11. How did David see himself and the animals in relation to God? (36:6)
- 12. Who finds refuge in the Lord? (36:7)
- 13. How did David describe God's people? (36:7-10)
- * 14. How does the Lord provide for His people? (36:8-9)
- 15. Why did David describe God as a "fountain of life"? (36:9)
- 16. What did David want the Lord to provide for His people? (36:10)
- * 17. What two-fold request did David present to the Lord? (36:10-11)
- 18. With what expectation of the future did David conclude the psalm? (36:12)
- 19. What does David's conclusion reveal of his confidence in the Lord? (36:12)

Get It

- 20. Why do you think God is sometimes described as light?
- 21. What does David teach us in this psalm about God and His character?
- 22. What can we learn from this passage about how God provides for His people?
- 23. How have you experienced God's provision or guidance?
- 24. What kind of relationship did David have with God?
- * 25. How can we imitate David's confidence when we present our requests to God in prayer?
- * 26. Through the description of the wicked, what attitudes and behaviors does this psalm warn us to guard against?
- 27. How can Christians guard against a proud spirit?
- 28. Through the description of the righteous, what attitudes and behaviors does this psalm tell us to cultivate?
- 29. How can we cultivate humility?

Apply It

- 30. What steps could you take this week to guard against pride and cultivate humility?
- * 31. What specific prayer request do you need to present to God with greater confidence?

Psalm 37 - Psalm 37:1-40

Topics: Anger, Commitment, Consequences, Depend, Desires, Disobedience, Envy, Evil, Expectations, Experience, Faith, Future, Generosity, Greed, Guidance, Hope, Humility, Joy, Justice, Money, Needs, Obedience, Patience, Plans, Poor, Pride, Protection, Punishment, Righteousness, Salvation, Strength, Trust, Waiting, Wealth, Worry

Open It

- * 1. What are some of the dangers in trying to get rich?
- 2. What do you think are some of the blessings of not being rich?
- 3. Why do you think more people seek wealth than righteousness?

Explore It

- 4. What advice does this psalm give concerning evil people? (37:1-2)
- 5. Why should the righteous not envy the wicked? (37:1-2)
- 6. What comparison is the dominant theme of this psalm? (37:1-40)
- * 7. What did David expect to happen to the wicked? (37:1-40)
- 8. What did David say people should do instead of worrying about the success of evildoers? (37:3-7)
- * 9. What specific list of actions did David advise God's people to take? (37:3-8, 27, 30-31, 34)
- 10. What are the consequences of worrying? (37:8)
- * 11. What will be the results of trusting in the Lord? (37:3-40)
- 12. What reasons did David give to motivate his listeners to take his advice? (37:3-40)
- 13. What can God's people expect? (37:10, 20, 35-36)
- 14. What does the psalm say about the meek? (37:11)
- 15. How are the wicked described? (37:12, 14)
- 16. Why does the Lord laugh at the wicked? (37:13)
- 17. How will the schemes of the wicked backfire? (37:15)
- 18. When is having "a little" better than being wealthy? (37:16-17)
- 19. How does God show His delight in people? (37:23-24)
- 20. What did David learn from his long life of experience? (37:25-26)
- 21. What blessings do the righteous enjoy? (37:27-31, 33-34, 39-40)

Get It

- 22. What can we learn from David's observations of the wicked and the righteous?
- 23. What lessons have you learned from other mature Christians?
- * 24. How is David's comparison of the righteous and wicked in this psalm relevant to us today?
- 25. What does this passage teach us about envy of others?
- 26. What does this psalm teach us about worry?
- * 27. What are the benefits of trusting in the Lord and seeking righteousness?
- 28. What is more important than trying to get rich or financially secure?
- 29. How can we guard against greed?
- 30. What blessings from the Lord do you enjoy?
- 31. What advice in this psalm about trusting God would you like to work on following?

Apply It

- 32. What concern of yours can you entrust to the Lord in prayer?
- 33. How can you make sure your priority lies in seeking to please God rather than in seeking wealth?
- * 34. What is one thing you can do to entrust your life, family, and future to God?

Psalm 38 - Psalm 38:1-22

Topics: Anger, Answers, Burdens, Confession, Convictions, Deceit, Discipline, Enemies, Fear, Forsake, Friendship, Goodness, Guilt, Hatred, Health, Heart, Help, Humility, Mourning, Needs, Neighbor, Pain, Prayer, Pride, Protection, Repentance, Sickness, Sin, Strength, Suffering, Waiting

Open It

1. How do your friends and family treat you when you are sick?
- * 2. How would you feel if all of your friends deserted you when you were sick?
3. What was the nicest thing someone did for you when you were ill?

Explore It

4. What emotion overwhelmed David? (38:1-4)
- * 5. In what way had David felt the hand of the Lord? (38:1-4)
- * 6. What urgent request did David present to the Lord? (38:1-22)
7. What did David believe to be the cause of his illness? (38:5)
8. What were the physical and emotional effects of David's illness? (38:5-8)
9. How did David demonstrate his dependence on the Lord, even in the worst of circumstances? (38:9)
10. What details did David reveal about his situation? (38:10-12)
11. Why was David deserted by his friends? (38:11)
12. How was David's suffering increased? (38:11-20)
13. How was David treated by his adversaries? (38:12)
14. Why did David describe himself as a deaf man? (38:13-14)
15. Why did David refuse to answer his enemies? (38:13-16)
- * 16. Whom did David expect to act on his behalf against his enemies? (38:15)
17. How did David feel about his condition? (38:17)
18. What did David confess to the Lord? (38:18)
19. Although David confessed sin against the Lord, in what way did he believe he was innocent? (38:19-20)
20. What renewed appeal concludes the psalm? (38:21-22)

Get It

21. What does this passage teach us about relating to God during difficult times?
22. What can we learn from David's example about how to handle sickness or depression?
23. How have your friends or family helped you through difficult times?
24. When have you felt deserted by your friends or overwhelmed by a particular problem?
25. If God is more reliable than any person, why do we hesitate to turn to Him in our times of need?
- * 26. What specific problem or challenge would you like to commit to the Lord?
27. How can you demonstrate your trust in God to help you through the challenges you face?
- * 28. What hope does this psalm offer those of us who face sickness, depression, or other overwhelming circumstances?

Apply It

29. For what aspect of God's reliability or faithfulness do you thank God today?
- * 30. What steps could you take to depend on the Lord through the challenges you are now facing?
31. What could you do for a friend or relative who is struggling with sickness or depression to encourage or help him or her this week?

Psalm 39 - Psalm 39:1-13

Topics: Confession, Convictions, Despair, Determination, Discipline, Disobedience, Emotions, Future, Guilt, Heart, Help, Hope, Humility, Joy, Life, Listening, Pride, Repentance, Salvation, Self-Centeredness, Silence, Sin, Unbelievers, Wealth, Words

Open It

- * 1. What is one thing you want to do before you die?
- 2. For what reasons do we keep secrets?
- 3. When have you ever accidentally revealed a secret, and what happened?

Explore It

- 4. What was David determined to do but failed to do? (39:1-3)
- 5. Why could David no longer suppress his despair? (39:1-3)
- 6. Why had David determined not to speak of his anguish? (39:1-3, 9)
- 7. What central prayer request unifies this psalm? (39:1-13)
- * 8. What motivated David to write this poem? (39:1-13)
- 9. What effect did David's attempt to suppress his anguish have on him? (39:2-3)
- 10. What did David want to know about his own future? (39:4)
- 11. What did David ask God to do? (39:4)
- * 12. What had David learned about the brevity of life? (39:4-6)
- 13. What prayer did David offer to the Lord? (39:4-6)
- 14. What attitude did David have about himself in relation to the Lord? (39:4-6, 12)
- 15. In whom did David place his only hope? (39:7)
- * 16. What simple request did David present before the Lord? (39:7-11)
- 17. What did David expect to happen if the Lord did not deliver him? (39:8)
- 18. What did David believe was the reason for his illness? (39:9)
- 19. How did David feel about the Lord's hand in his life? (39:10)
- 20. According to David, why does God rebuke people? (39:11)
- 21. What is one way the Lord chooses to discipline people? (39:11)
- 22. How did David demonstrate his humility in this prayer? (39:12-13)

Get It

- 23. When is it good to keep secrets? When is it bad?
- 24. What does David's determination to guard against speaking rebellious words in the hearing of his enemies reveal about his character?
- 25. How should we speak about God or one another in the presence of unbelievers?
- 26. How do you think you could change your attitude or behavior to insure you always honor the reputation of the Lord and other believers?
- 27. What can we learn about humility from David's example in this psalm?
- 28. How can you cultivate the spirit of humility in your life?
- * 29. Why do people procrastinate?
- * 30. What important goals have you put off too long?
- 31. When have you vented your emotions to the Lord in prayer, and how did it make you feel?
- 32. When have you felt chastised by the Lord?
- 33. Why do you think God chooses to discipline us?
- 34. How should we respond to feelings of guilt?
- 35. What has recently caused you to feel guilty?

Apply It

36. What could you do this week to honor the name of the Lord in what you do or say at work? at home?
- * 37. What first step could you take toward an important goal or priority this week?
38. How do you want to pray the next time you feel guilty or abandoned by God?

Psalm 40 - Psalm 40:1-17

Topics: Answers, Blessing, Confession, Conflict, Confusion, Desires, Enemies, Faithfulness, Fear, Guilt, Heart, Help, Hypocrisy, Idolatry, Law, Love, Mercy, Needs, Obedience, Pain, Patience, Plans, Poor, Praise, Prayer, Pride, Protection, Remembering, Repentance, Righteousness, Sacrifice, Salvation, Trust, Truth, Waiting, Witnessing, Words, Worship

Open It

1. What, to you, is the most vivid example of hypocrisy?
- * 2. When do you hate to wait?

Explore It

3. What mental picture did David use to describe God's deliverance in the past? (40:1-2)
4. For what did David praise the Lord in the introduction of the psalm? (40:1-5)
5. What is the main theme of this psalm? (40:1-17)
6. What did David's experience of God's help in the past motivate him to do? (40:3)
7. How should we respond to God's deliverance? (40:3)
8. What specific instructions does the psalm give to God's people? (40:4)
9. In what way did David feel inadequate? (40:5)
- * 10. What does God want from us even more than sacrifices and offerings? (40:6-7)
- * 11. What testimony did David give about his own relationship with the Lord? (40:6-10)
12. What was David's main desire? (40:8)
- * 13. How did David equip himself to do God's will? (40:8)
14. How was David involved in proclaiming God's goodness to others? (40:9-10)
15. What was David's request? (40:11-17)
16. What did David believe to be the cause of his distress? (40:12)
17. How was David's difficult situation worsened? (40:14-15)
18. What did David ask the Lord to do to his enemies? (40:14-15)
19. How did David ask the Lord to treat those who seek Him? (40:16)

Get It

20. What are the dangers of letting church attendance become overly routine or perfunctory?
- * 21. How can we guard against the temptation to focus more on outward appearances than inward attitudes?
22. What does remembering God's faithfulness in the past prompt you to do?
23. What would be our modern-day equivalent to the sacrifices and offerings of the Old Testament?
24. What does God really want from us?
25. How can we guard against an insincere attitude and hypocrisy?
- * 26. How can you equip yourself to do the Lord's will?
27. How can we store God's Word in our hearts?
28. How can you be involved in telling others about God's goodness?
- * 29. What can you do to share your experience of God's faithfulness with those who do not know the Lord?

Apply It

- * 30. What steps can you take this next week to store God's Word in your heart?
31. What offering of praise can you give to God today?
32. In the next few days, who is one person you could tell about God's faithfulness to you?

Psalm 41 - Psalm 41:1-13

Topics: Blessing, Conflict, Deceit, Desires, Enemies, Friendship, Healing, Health, Heart, Integrity, Life, Lying, Mercy, Praise, Problems, Protection, Rejection, Reputation, Revenge, Sickness, Sin, Trust, Weaknesses, Words

Open It

- * 1. Who are the weak in our society?
- 2. What do you most appreciate when you are feeling sick or abandoned?
- 3. When have you ever felt homesick, very lonely, or utterly alone?

Explore It

- 4. How should people view the weak? (41:1)
- 5. How does the Lord treat weak people? (41:1-3)
- * 6. What blessings does God give to the weak? (41:1-3)
- 7. What motivated David to write this prayer? (41:1-13)
- 8. How did David voice his confidence in the Lord? (41:1-3)
- 9. What did David believe to be the reason for his illness? (41:4)
- 10. What request did David ask of the Lord? (41:4-6)
- 11. How did David's enemies torment him? (41:5-9)
- 12. What rumors did David's enemies spread? (41:6-8)
- * 13. What were David's adversaries guilty of doing? (41:6-9)
- 14. How was David's reputation slandered? (41:6-9)
- 15. In addition to his enemies, who else betrayed David? (41:9)
- 16. Why did David want to be healed of his sickness? (41:10)
- 17. How did the Lord treat David differently than his friends and enemies? (41:10-12)
- * 18. How did David know he was favored by God? (41:11)
- 19. Why did God protect David? (41:12)
- 20. What did David do in anticipation of God's healing and deliverance? (41:13)

Get It

- 21. Why is it so difficult to be alone?
- 22. Judging from this psalm, how did David feel when his close friend turned against him?
- 23. When have you felt betrayed by a friend?
- 24. How are weak people treated by others?
- 25. How does God want us to treat weak people?
- * 26. Why does the Lord allow us to go through difficult experiences?
- 27. Where do you usually turn when you feel helpless or abandoned?
- 28. What can we learn from David's example about handling sickness or abandonment?
- 29. What connection did David see between his sin and his sickness?
- 30. How is our sin related to what God allows us to experience?
- 31. How does God encourage you to repent?
- * 32. How can we know if God is pleased with us?
- 33. What good people, places, and things has the Lord allowed you to enjoy?
- 34. What difficult situations are you facing?
- 35. In what area of life do you feel the need to plea for God's mercy?

Apply It

- 36. What can you do to take comfort in God the next time you feel lonely or abandoned?
- * 37. What can you do to rely on God in handling the challenges you face this next week?
- 38. How can you remember to pray for God's mercy each time you pray?

Psalm 42 - Psalm 42:1-11

Topics: Depression, Desires, Doubt, Emotions, Enemies, Feelings, Fellowship, Forget, Grief, Guidance, Joy, Mourning, Needs, Pain, Prayer, Relationships, Remembering, Sorrow, Soul, Thankfulness, Worship

Open It

- * 1. What do you enjoy most about going to church?
- 2. What are some of the sacrifices you make in order to be with other believers?

Explore It

- * 3. What images did the psalm writer use to describe his longing for God? (42:1-2)
- 4. What sentiment introduces this poem? (42:1-4)
- 5. How did the psalm writer feel about not being able to worship God in His sanctuary? (42:1-4)
- 6. What main idea unifies this psalm? (42:1-11)
- 7. How is the Lord described in this psalm? (42:2, 5, 9)
- 8. What questions did the psalm writer ask? (42:2, 5, 9, 11)
- 9. What did the psalm writer remember with fondness? (42:4)
- 10. How had the psalm writer been involved in corporate worship in the past? (42:4)
- 11. How did remembering the past encourage the psalm writer? (42:4-6)
- * 12. Where did the psalm writer turn for comfort? (42:5)
- * 13. How did the psalm writer counter his depression? (42:6)
- 14. What imagery did the psalm writer use to describe God's involvement in his suffering? (42:7)
- 15. How did the Lord protect the writer? (42:8)
- 16. Why did the psalm writer feel deserted by God? (42:9-11)
- 17. What final advice concludes the psalm? (42:11)

Get It

- 18. What are the benefits of worshiping with other Christians (over worshiping by yourself)?
- 19. When have you felt deserted by God or friends?
- 20. When have you questioned God?
- 21. What is the right attitude to have when venting your doubts and frustrations to the Lord in prayer?
- 22. How can we guard against a rebellious spirit?
- * 23. How can we follow the psalm writer's example in dealing with our doubts and depression?
- 24. What advice does this psalm give to us about dealing with negative feelings?
- 25. Where do you usually turn for comfort?
- 26. What does this psalm teach us about prayer?
- 27. How do you think you could improve your prayer habits?
- 28. What are the benefits of remembering the past?
- * 29. What has God done for you in the past, and how do those memories encourage you?

Apply It

- 30. What steps could you take the next time you feel doubt or disappointment in God?
- * 31. How can you remind yourself to turn to the Lord with your problems instead of allowing them to anger or frustrate you?

Psalm 43 - Psalm 43:1-5

Topics: Church, Deceit, Depression, Despair, Emotions, Enemies, Evil, Expectations, Forsake, Hope, Light, Mourning, Praise, Prayer, Protection, Strength, Truth, Worship

Open It

- * 1. What words do people use to describe God's house?
- 2. How important do you think it is to be involved in a local church?

Explore It

- 3. How did the psalm writer use the language of the court to present his case to the Lord? (43:1)
- 4. Against whom did the psalm writer want God to plead his cause? (43:1)
- 5. From what did the psalm writer need to be rescued? (43:1)
- 6. What is the theme of the psalm writer's prayer in this passage? (43:1-5)
- * 7. What lost opportunity was the psalm writer mourning? (43:1-5)
- 8. Why did the psalm writer feel forsaken by the Lord? (43:2)
- 9. How is God described in this passage? (43:2-5)
- 10. What characteristics of the Lord did the psalm writer want to guide him? (43:3)
- 11. What is God's "holy mountain"? (43:3)
- 12. Where did David get his guidance? (43:3)
- 13. Where did the psalm writer want to be taken? (43:3-4)
- 14. Why did the psalm writer want to go to God's altar? (43:4)
- * 15. How did the psalm writer plan to praise the Lord when he had the opportunity to go to God's altar again? (43:4)
- 16. What questions did the psalm writer ask himself? (43:5)
- 17. What advice concludes the psalm? (43:5)
- * 18. How did the psalm writer handle his own feelings of despair? (43:5)

Get It

- 19. How does God guide us?
- 20. What tools has God made available to help us when we need to make a decision?
- 21. What does this psalm teach us about the privilege of freely worshiping God?
- * 22. How do we show our respect and honor for God's house?
- 23. What are the benefits of being involved in the ministries of your local church?
- 24. How can you be involved in the worship and ministries of your church?
- * 25. In what ways do you think you need to change your attitudes or behaviors in relation to your church?
- 26. In what area of ministry could you use your talents for the glory of God?
- 27. How is the psalm writer's advice to himself in this passage relevant to us today?
- 28. What does it mean to "put your hope in the Lord"?

Apply It

- * 29. What step could you take to demonstrate respect for God's house and appreciation for the opportunity to worship God?
- 30. Where can you turn for God's guidance the next time you need to make a decision that requires it?
- 31. In what way could you "put your hope in the Lord" the next time you feel discouraged?

Psalm 44 - Psalm 44:1-26

Topics: Confusion, Covenant, Death, Depend, Despair, Enemies, Failure, Faithfulness, Family, Fear, Forsake, Guidance, Heart, Help, Heritage, History, Love, Loyalty, Miracles, Name, Obedience, Praise, Prayer, Protection, Reliability, Remembering, Revenge, Success, Trust, Unfairness, Victory, War

Open It

1. What kinds of experiences make good memories?
2. What good memories do you have of your childhood?
- * 3. What are the benefits of recalling both good and bad memories?

Explore It

4. How did the people of Israel hear about God's deliverance in the past? (44:1)
- * 5. On what does the introduction of this poem focus? (44:1-8)
6. For what past victories did the psalm writer praise the Lord? (44:1-8)
7. What motivated the psalm writer to write this poem? (44:1-26)
8. How did the Lord treat the nation of Israel differently from the other nations? (44:2-3)
9. How did the Israelites know that they won their land because of the Lord's help? (44:3)
10. Why did the Lord bring the Israelites victory? (44:3)
11. How did the psalm writer voice his dependence on God? (44:4-8)
12. Why did the Israelites believe they were defeated by their enemies? (44:9)
- * 13. How did the psalm writer describe Israel's defeat and its consequences? (44:9-16)
14. Why were the Israelites confused about their defeat? (44:17-22)
15. How did the Israelites explain their innocence? (44:17-22)
- * 16. How had the Israelites been faithful to the Lord? (44:17-22)
17. What prayer concludes this psalm? (44:23-26)
18. Why did the psalm writer believe that the Lord would want to answer their prayer? (44:26)

Get It

19. How does it feel to be rejected by someone?
20. Judging from this psalm, how were the Israelites feeling at this time in their history?
- * 21. Why does the Lord allow us to face difficulties and defeat, even when we are being faithful to Him?
22. What can we learn from the Israelites' example?
- * 23. How does this passage encourage you?
24. How does remembering God's hand in your life in the past help you face the future?
25. What has God done for you in the past?
26. When has the testimony of another person encouraged you?

Apply It

- * 27. What step can you take to help you deal with defeat?
28. What has God done for you in the past that you want to share with others?
29. Who is someone you could encourage by sharing what God has done for you in the past?

Psalm 45 - Psalm 45:1-17

Topics: Advice, Beauty, Blessing, Emotions, Enemies, Evil, Expectations, Family, Feelings, Future, Heart, Honor, Humility, Husbands, Joy, Justice, Listening, Marriage, Praise, Protection, Relationships, Respect, Righteousness, Success, Truth, Wealth, Wives

Open It

1. What emotions do you associate with a wedding?
2. What are some of the traditions associated with weddings in our culture?
- * 3. What do you think are the most meaningful parts of a wedding ceremony?

Explore It

4. What occasion prompted the writing of this poem? (45:1-17)
5. How is the king described? (45:2)
- * 6. What advice was the king given by the psalm writer? (45:3-5)
7. Which words in this psalm are spoken to the king and which are addressed to the royal bride? (45:3-9, 10-15)
8. How is the king's reign described? (45:6-9)
- * 9. Why did God set this king above others? (45:7)
10. How did the Lord anoint this king on his wedding day? (45:7)
11. Why did the psalm writer advise the bride to forget her family? (45:10-11)
- * 12. What did the psalm writer want the bride to consider on her wedding day? (45:10-15)
13. What did the king feel toward his new bride? (45:11, 13)
14. How is the bride described? (45:13-14)
15. How would the king's reign be extended through this marriage? (45:16-17)
16. How did the psalm writer plan to perpetuate the king's memory through future generations? (45:17)

Get It

17. What does this psalm tell us about God's place in marriage?
- * 18. How does God use friendships, marriage, and other relationships to bless us?
19. In what specific ways is the king in this psalm a good example for us to follow today?
20. What does it mean to act "in behalf of truth, humility, and righteousness"?
21. What does this psalm teach us about husband-wife relationships?
22. How can a marriage relationship be strengthened?
23. What blessings from the Lord did the bride and groom in this poem enjoy?
- * 24. What blessings of friendship or other relationships has the Lord given you?
25. What does the Lord want in return for the many blessings He gives to us?

Apply It

26. What will it mean for you to act "in behalf of truth, humility, and righteousness" at work? at home?
- * 27. What is one concrete action you could take to demonstrate your thankfulness to the Lord for a relationship with which He has blessed you?

Psalm 46 - Psalm 46:1-11

Topics: Assurance, Circumstances, Conflict, Danger, Depend, Earth, Faith, Fear, Guidance, Help, Hope, Patience, Power, Praise, Problems, Protection, Quiet, Strength, Waiting, War, Work, Worship

Open It

1. What comes to mind when you think of a fortress?
- * 2. What makes you feel safe and secure?
3. What makes it so scary to experience a natural disaster such as a tornado, hurricane, or earthquake?

Explore It

4. What words of hope introduce the poem? (46:1)
- * 5. What imagery did the psalm writer use to describe the threats God's people face? (46:1-3)
6. What does this psalm celebrate? (46:1-11)
7. How does this psalm describe the city of God? (46:4-6)
8. How will the city of God be protected? (46:4-6)
9. How do the people of God respond to His deliverance? (46:7)
10. What did the psalm writer invite his listeners to do? (46:8)
- * 11. What benefits do God's people enjoy? (46:8-10)
12. How does this psalm describe the final victory the Messiah will bring? (46:9)
13. When does God's voice break through? (46:10)
- * 14. What specific instruction does the Lord give to His people? (46:10)
15. What will be the result of God's mighty acts on behalf of His people? (46:10)
16. What comforting promise concludes this psalm? (46:11)

Get It

17. How are the promises in this psalm meaningful to you?
18. What kinds of threats do believers face today?
- * 19. How has God been like a fortress to you?
20. What does this psalm teach us about God's power over the nations and governments of the earth?
21. How should we handle our fears?
- * 22. What does it mean to "Be still, and know that I am God"?
23. How can we practice being still before the Lord?
24. How do you feel the Lord's presence in your life?
25. How can we thank the Lord for His presence in our lives?

Apply It

26. What is one way you can remind yourself of God's presence with you each day?
- * 27. In what ways could you be still before the Lord?

Psalm 47 - Psalm 47:1-9

Topics: Appreciation, Authority, Awe, Blessing, Character, Depend, Earth, God, Government, Joy, Judgment, Kingdom of God/Heaven, Leadership, Power, Praise, Status, Submission, Worship

Open It

1. What characteristics make a good leader?
2. What are some of the dangers of leadership?
- * 3. Who's in charge at your house?

Explore It

- * 4. How does this psalm instruct God's people to praise the Lord? (47:1, 5-6)
5. Why are the nations called to rejoice in the Lord? (47:1-4)
6. What is the theme of this poem? (47:1-9)
7. How is this psalm a testimony to the nations? (47:1-9)
- * 8. How is the Lord described in this psalm? (47:2-9)
9. What has the Lord done for His people? (47:3-4)
10. What makes God happy? (47:5-6)
11. What should motivate God's people to praise Him? (47:5-9)
12. Which of the Lord's roles is described by the psalm writer? (47:7-9)
13. How is God's reign described? (47:7-9)
- * 14. What relationship should the leaders of the world and the Lord have? (47:7-9)

Get It

15. What does this passage teach us about God's character?
16. What attitude should leaders have about their positions of power and authority?
17. How can Christian leaders guard against pride and self-reliance?
- * 18. What kind of relationship does the Lord want to have with us?
19. What steps can we take to obey God's rule in our lives?
20. What area of your life do you hesitate to completely commit to God?
21. What reasons does this psalm give us to praise the Lord?
22. How should we respond to the Lord's blessings in our lives?
- * 23. What have you learned from this psalm about how to praise the Lord?
24. What song or verse would you choose to voice your personal praise to the Lord?

Apply It

25. What offering of praise could you give to the Lord today?
- * 26. What one area of your life would you like to give over to God's rule today?

Psalm 48 - Psalm 48:1-14

Topics: Beauty, Character, Defeat, Enemies, Fear, Future, Guidance, Help, Instructions, Joy, Judgment, Love, Praise, Protection, Reputation, Righteousness, Strength, War, Worship

Open It

1. What techniques do modern-day countries use to defend themselves?
- * 2. What safety measures do you take to protect your family?

Explore It

3. What words of praise open the psalm? (48:1)
4. How is Zion described? (48:1-3)
5. What main theme does the psalm writer convey in this passage? (48:1-14)
6. On which of God's character traits does this psalm focus? (48:1-14)
7. What imagery did the psalm writer use to emphasize his message? (48:2, 6-7, 10)
8. How does Zion's source of defense differ from other cities? (48:3)
9. What did the psalm writer say regarding the enemy's attacks against God's city? (48:4-7)
10. Why would attacks against Zion be futile? (48:4-7)
- * 11. What is the theme of this psalm? (48:8)
- * 12. What motivates God's people to praise Him? (48:9-11)
13. How is the security of Zion described? (48:12-13)
- * 14. Why did the psalm writer instruct God's people to consider the city of Zion? (48:13)
15. What final statement of hope concludes the psalm? (48:14)

Get It

16. What does this psalm teach us about how to worship God?
17. What have you learned about God's power and presence from this psalm?
18. What "enemies" do you face?
19. What defense do we have against our adversaries?
20. When have you experienced God's protection in your life?
21. What should motivate us to worship the Lord?
- * 22. What responsibility do we have to teach the next generation about God?
- * 23. How can you be involved in sharing what you have learned about God with others?
24. What are the benefits of telling others what God has done for you?

Apply It

25. What steps could you take to depend on God every day?
26. What offering of praise could you give to the Lord today to thank Him for His presence?
- * 27. Who is one person you could tell about your relationship with God?

Psalm 49 - Psalm 49:1-20

Topics: Advice, Awe, Blessing, Consequences, Contentment, Death, Deceit, Evil, Expectations, Future, God, Greed, Heart, Heaven, Instructions, Jealousy, Judgment, Life, Money, Poor, Pride, Rewards, Righteousness, Salvation, Self-Centeredness, Trust, Understanding, Wealth, Wisdom, Words

Open It

- * 1. How do you think your life would change if you suddenly became rich?
- 2. What are some of the disadvantages of being wealthy?

Explore It

- 3. To whom is this psalm addressed? (49:1-2)
- 4. What is the main message of this psalm? (49:1-20)
- 5. How did the psalm writer describe the advice he gave in this psalm? (49:3-4)
- 6. Why did the psalm writer describe his message as a riddle? (49:4)
- 7. What question introduces the subject of this psalm? (49:5-6)
- * 8. Why should the poor not be intimidated by the rich? (49:5-11)
- * 9. To what temptation do the rich often fall victim? (49:6)
- 10. What is the one thing that wealth cannot buy? (49:7-9)
- 11. What logical observation did the psalm writer encourage others to make? (49:10)
- 12. Why did the psalm writer say it is futile to store up wealth on earth? (49:10)
- 13. Despite the attempts of the rich to immortalize themselves, what is their final destiny? (49:11)
- 14. What is the fate of people who rely on themselves? (49:13-14)
- 15. Why did the psalm writer compare the wealthy to sheep? (49:14)
- 16. What different kind of future can the righteous expect? (49:15)
- * 17. What was the psalm writer's conclusion? (49:16-17)
- 18. What image did the psalm writer use to describe a rich man without understanding? (49:20)

Get It

- 19. What are some of the temptations associated with wealth?
- 20. Why do you think average people sometimes feel intimidated by rich people?
- 21. Why should we not be jealous of the rich?
- 22. What is futile about seeking wealth?
- 23. If we should not seek wealth, where should we focus our attention and effort?
- 24. What are the benefits of seeking righteousness instead of wealth?
- 25. What are the disadvantages of seeking righteousness over wealth?
- * 26. How do the benefits of seeking righteousness outweigh the disadvantages?
- * 27. What attitude does this psalm encourage us to have toward money?
- 28. What's wrong with worrying about our financial situation?
- 29. What changes do you need to make in how you handle money?

Apply It

- 30. How can you depend on the Lord instead of relying on your own abilities?
- * 31. What is one action you could take to lessen your concern about finances?

Psalm 50 - Psalm 50:1-23

Topics: Accusation, Adultery, Attitude, Beauty, Correction, Covenant, Depend, Dishonesty, Disobedience, Earth, Evil, God, God's Will, Greed, Heaven, Help, Honor, Hypocrisy, Instructions, Judgment, Needs, Obedience, Possessions, Punishment, Righteousness, Sacrifice, Salvation, Silence, Sin, Thankfulness, Tithing, Vows, Words

Open It

- * 1. Who is the sincerest person you know?
- 2. What were some of the rules in your house when you were growing up?

Explore It

- 3. What announcement introduces the theme of the poem? (50:1-6)
- 4. What motivated the Lord to appear at His temple in Zion? (50:1-6)
- 5. What names and titles for God does this psalm include? (50:1-23)
- 6. What are the heavens and earth summoned by God to testify? (50:4-6)
- 7. What expressed Israel's covenant with the Lord? (50:5)
- * 8. What words of correction does the Lord give to His people? (50:7-15)
- * 9. In addition to sacrifices, what did the Lord desire from His people? (50:8-15)
- 10. In what way were the Israelites obeying the letter of the law while ignoring the spirit of the law? (50:8-15)
- 11. What did the Israelites misunderstand about the importance of sacrifices? (50:9-15)
- * 12. What kind of relationship does God want us to have with Him? (50:14-15)
- 13. What promise did the Lord offer Israel in return for their obedience and honor? (50:14-15)
- 14. What accusations does God make against the wicked? (50:16-20)
- 15. Whom does the Lord rebuke in the conclusion of the psalm? (50:16-23)
- 16. How did the wicked misinterpret God's silence? (50:21-22)
- 17. What advice does God give to the wicked? (50:22-23)

Get It

- 18. According to this psalm, what does God desire from us?
- 19. What kind of relationship does the Lord want to have with you?
- 20. How is the spirit of the law different from the letter of the law?
- 21. Why is it sometimes tempting to focus on the letter of the law instead of the spirit of the law?
- * 22. When are you tempted to focus on the letter of the law instead of the spirit of the law?
- 23. In what ways are the wicked guilty of hypocrisy?
- 24. How does God view hypocrisy?
- 25. How can we guard against insincerity in our faith?
- 26. According to this passage, how can we honor God?
- 27. In modern-day terms, what does it mean to "sacrifice thank offerings"?
- 28. How do you think the message of this psalm could be applied to tithing?
- * 29. What specific counsel does God give to us in this psalm about seeking Him?
- 30. What promises can we claim from this psalm?

Apply It

- 31. In what ways do you need to change your attitude or behavior in order to honor God in sincerity?
- 32. What action could you take to guard against the sin of hypocrisy?
- * 33. What offering of thanks could you give to the Lord today?

Psalm 51 - Psalm 51:1-19

Topics: Compassion, Confession, Example, Forgiveness, Guilt, Heart, Holy Spirit, Humility, Joy, Justice, Love, Mercy, Prayer, Righteousness, Sacrifice, Salvation, Sin, Truth, Wisdom

Open It

- * 1. What character traits are most valued among your coworkers?
- 2. What are some Christian characteristics that our culture looks down upon?
- 3. What Christian traits do you think are the most difficult to cultivate because of pressure from your non-Christian friends?

Explore It

- 4. What attributes did the poet ascribe to God in this psalm? (51:1)
- 5. Why was the psalm writer able to ask for forgiveness from God? (51:1)
- 6. What common experience does this psalm typify? (51:1-19)
- * 7. What was the psalm writer's attitude toward his sin? (51:3-5)
- 8. What main picture of forgiveness is highlighted in this psalm? (51:2, 7, 9)
- 9. What does the picture of forgiveness used in this poem reflect about the psalm writer's attitude? (51:2, 7, 9)
- 10. To what do the "inner parts" and "inmost place" refer? (51:6)
- 11. Where does God desire truth? (51:6)
- * 12. What did the author of this psalm desire? (51:10-12)
- 13. How would the psalm writer's own experience of God's forgiveness affect others? (51:13)
- * 14. What did the psalm writer expect to be the outcome of God's forgiveness? (51:13-15)
- 15. What does God not require of His people? (51:16)
- 16. What does the Lord want from His people? (51:17)
- 17. How does the prayer for Jerusalem serve as a fitting conclusion for this psalm? (51:18-19)

Get It

- 18. What does this poem tell us about God's character?
- * 19. How should we respond to our sin and God's forgiveness?
- 20. What do you think it means to have a broken and contrite heart?
- * 21. How do you need to change your own attitude toward your sin and God's gift of forgiveness to you?
- 22. What should we do in response to God's forgiveness?
- 23. How can you teach God's ways to others?
- 24. With whom can you share your experience of God's forgiveness?
- 25. In what ways would you like your desires to match those of the psalm writer's in this poem?
- 26. If you have lost the joy of your salvation, what can you do to regain it again?

Apply It

- * 27. What can you do to cultivate a broken and contrite heart before God?
- 28. What do you need to do about confessing sin?
- 29. Who is one person you can make a conscious effort to teach God's ways over the next month?

Psalm 52 - Psalm 52:1-9

Topics: Accusation, Blessing, Consequences, Convictions, Deceit, Dishonesty, Disobedience, Evil, Example, Future, Greed, Hope, Judgment, Love, Lying, Materialism, Money, Obedience, Praise, Pride, Punishment, Righteousness, Self-Centeredness, Status, Strength, Trust, Truth, Wealth, Worship

Open It

- * 1. How does a person's beliefs about life after death impact the way he or she chooses to live?
- 2. What expectations do you have of life after death?

Explore It

- 3. To whom is this psalm addressed? (52:1-4)
- 4. How did the psalm writer describe the wicked? (52:1-4)
- 5. How were David's enemies a "disgrace in the eyes of God"? (52:1-4)
- 6. What did David repeat three times to emphasize his point? (52:5)
- 7. What is the final destiny of the wicked? (52:5-7)
- * 8. What are the consequences of deceit? (52:5-7)
- 9. In relation to eternity, how beneficial is earthly wealth and power? (52:5-7)
- 10. How will the righteous react to the downfall of the wicked? (52:6-7)
- 11. What benefits do the wicked enjoy in their earthly lives? (52:7)
- * 12. What causes the downfall of the wicked? (52:7)
- 13. Why did David compare himself to an olive tree? (52:8)
- 14. Where did David get his sense of security? (52:8-9)
- * 15. In what specific ways was David different from the wicked? (52:8-9)
- 16. What vow did David make to the Lord in the conclusion of the psalm? (52:9)
- 17. Where did David promise to praise the Lord? (52:9)

Get It

- 18. How does your hope of heaven encourage you to live today?
- 19. What behavior does this psalm advise us to avoid?
- 20. What are the dangers of seeking after wealth and power?
- 21. How can we guard against pride and greed?
- 22. What reasons do we have to seek righteousness?
- 23. What do you think it means to be righteous?
- 24. How can a person make God his or her "stronghold"?
- * 25. How can we demonstrate our trust in God?
- * 26. What is one area of your life in which you need to trust God more?
- 27. What areas of your life do you like to have under control?
- 28. What are the benefits of praising the Lord in the presence of other believers?

Apply It

- 29. What offering of praise could you give to God today?
- 30. What specific step can you take to remind yourself not to seek after money and status?
- * 31. How can you entrust to God one area of your life that you have tried to control yourself?
- 32. The next time you are with other Christians, how could you praise the Lord together?

Psalm 53 - Psalm 53:1-6

Topics: Criticism, Consequences, Correction, Deceit, Despair, Expectations, Faith, Fear, Foolishness, Heaven, Joy, Judgment, Praise, Punishment, Restoration, Salvation, Stubbornness, Unbelievers, Worry

Open It

1. What kinds of things do you usually worry about?
- * 2. What do you think causes people to doubt the existence of God?

Explore It

- * 3. What do the foolish say about God? (53:1)
4. How did the psalm writer describe the wicked? (53:1, 3-5)
5. What main idea unifies this psalm? (53:1-6)
6. Why does God look down from heaven? (53:2)
7. What does God desire of His people? (53:2)
- * 8. How does God view those who do not respect or believe in Him? (53:2, 5)
9. What will God find when He judges mankind? (53:3)
10. How does David describe the condition of mankind? (53:3-5)
11. How are God's people affected by the wicked? (53:4)
12. How did the psalm writer describe the folly of the wicked? (53:5)
- * 13. What will happen to those who do not believe in God or respect Him? (53:5)
14. What prayer concludes this psalm? (53:6)
15. How did David expect Israel to be saved? (53:6)
16. How did David expect God's people to react to God's deliverance? (53:6)

Get It

17. How does this psalm change your perspective of what is most important in life?
18. What priorities does God want us to have?
19. What does God desire from you?
20. What behaviors and attitudes does this psalm instruct us to avoid?
21. What does this passage teach us about worrying?
22. What can we do to avoid worrying?
23. How do you need to change your habits to avoid the temptations described in this passage?
- * 24. What difference does it make what we believe about God?
- * 25. How are you affected by people who do not believe in God?
26. What responsibility do you have to share what God has revealed about Himself to you with others?

Apply It

27. What is one way you can show respect for God in your family life? work? relationships with coworkers? church life?
28. Who can help you stop worrying about concerns that overwhelm you?
- * 29. Who is one person you could tell about what God has done for you?

Psalm 54 - Psalm 54:1-7

Topics: Beliefs, Danger, Enemies, Evil, Expectations, Faithfulness, Fear, Future, Goodness, Guidance, Help, Life, Praise, Prayer, Problems, Protection, Sacrifice, Salvation, Success, Thankfulness, Trust, Unbelievers, Words, Worship

Open It

- * 1. What kinds of events or experiences do you most look forward to?
- 2. Under what circumstances do you worry about the future most?

Explore It

- 3. What request introduces the theme of this poem? (54:1)
- 4. To which of God's attributes did David appeal in this prayer? (54:1-7)
- 5. What case did the psalm writer make against his enemies? (54:3)
- 6. How did David describe the spiritual state of his adversaries? (54:3)
- * 7. How did David deal with his fears? (54:4)
- * 8. How did David describe his relationship with the Lord? (54:4)
- 9. What expectations did David have of the Lord's deliverance? (54:5)
- 10. What vow did David make to the Lord? (54:6)
- 11. How did David plan to respond to God's deliverance? (54:6)
- * 12. Why was David motivated to praise the Lord? (54:6-7)
- 13. What did David anticipate? (54:7)
- 14. What statement of confidence concludes this psalm? (54:7)

Get It

- 15. How does prayer impact the way you view your future?
- 16. What does this passage teach us about God's character?
- 17. What does this poem reveal about the kind of relationship David had with the Lord?
- 18. In what ways would you like your relationship with God to be more like David's?
- 19. What can we learn from David's example about how to handle our fears?
- * 20. What are your fears?
- 21. How can we trust the Lord with our fears?
- * 22. How does this passage encourage you to face your fears?
- 23. What expectations should we have for the future?
- 24. How should we plan to react to God's guidance and deliverance?
- 25. What has God done for you in the past that motivates you to praise Him today?

Apply It

- 26. What prayer for help do you need to offer to the Lord over the next few days?
- * 27. What specific steps can you take this week to trust the Lord with your fears and problems?
- 28. What offering of praise do you want to give to God today?

Psalm 55 - Psalm 55:1-23

Topics: Answers, Call, Confusion, Death, Deceit, Despair, Enemies, Evil, Expectations, Fear, Fellowship, Friendship, God, Heart, Hypocrisy, Insults, Lying, Needs, Opposition, Pain, Persecution, Perseverance, Prayer, Righteousness, Salvation, Suffering, Surprises, Thinking, Trust, Unbelievers, War, Worship

Open It

1. When have you ever felt betrayed by a friend?
- * 2. What do you do when your friends disappoint you?

Explore It

- * 3. What initial appeal to the Lord introduces this poem? (55:1-3)
4. What danger did David face? (55:4-5)
5. How did the psalm writer describe his heart's pain? (55:4-8)
6. What did David wish he could do? (55:6-8)
7. What did the psalm writer do when he realized he could not escape his problem? (55:9-11)
8. What prayer did David present to the Lord? (55:9-11)
9. How did the psalm writer describe his enemies? (55:9-11)
- * 10. What made the psalm writer's situation especially painful? (55:12-14)
11. How did David describe his relationship with the person who betrayed him? (55:12-14)
12. What did David want the Lord to do to his enemies? (55:15)
13. How confident was David that the Lord would hear his prayer? (55:16-19)
- * 14. How did David deal with his pain and anger? (55:16-19, 22-23)
15. When did David spend time in prayer? (55:17)
16. Why did David expect God to punish his enemies? (55:19)
17. How did the psalm writer describe the hypocrisy of his friend? (55:20-21)
18. What encouragement did David offer to others? (55:22)
19. What words of confidence conclude this psalm? (55:23)

Get It

- * 20. How do people usually react when they feel betrayed or let down by a trusted friend?
21. When have you wished you could escape from a problem?
- * 22. In what way can we follow David's example when we feel overwhelmed with anger at another person?
23. What can we learn from David's confidence in the Lord?
24. How can we follow the psalm writer's example in our prayers about others?
25. What changes could you make to become more persistent and consistent in your prayers?
26. What words of instruction does this psalm offer us?
27. What does it mean to "cast your cares on the Lord"?
28. Which of your fears or problems would you like to commit to the Lord in prayer?

Apply It

- * 29. For what friend or enemy do you need to pray this next week?
30. How can you commit a sense of anger or hurt to the Lord?
31. How could you show your confidence in the Lord as righteous judge of all?

Psalm 56 - Psalm 56:1-13

Topics: Anger, Answers, Call, Consequences, Danger, Deceit, Enemies, Faith, Fear, God, Help, Life, Light, Mercy, Opposition, Peer Pressure, Persecution, Praise, Prayer, Pride, Protection, Sacrifice, Salvation, Trust, Vows, Words

Open It

1. What do you have that no one can ever take away?
- * 2. What fears do children often have?
3. What “winning teams” have you been on, and what was it like?

Explore It

4. What motivated David to write this poem? (56:1-2)
- * 5. How did David feel about his situation? (56:1-6)
6. What is the main idea of this psalm? (56:1-13)
7. What weapon did David’s enemies use against him? (56:2)
- * 8. How did David deal with his fears? (56:3-4, 10-11)
9. How did the psalm writer demonstrate his trust in the Lord? (56:3-4, 10-11)
10. What did David have that no one could take from him? (56:4)
11. What accusations did David make against his enemies? (56:5-7)
12. What role did the psalm writer want the Lord to play? (56:7-8)
13. What appeal did the psalm writer present to God? (56:8-9)
14. What gave the psalm writer confidence to face his enemies? (56:10-11)
- * 15. What commitment did David make to God even before God had answered his prayers? (56:12-13)
16. How did David plan to respond to God’s deliverance? (56:12-13)
17. What did David expect the Lord to do for him? (56:13)
18. For what reason did David expect God to save him? (56:13)

Get It

19. When have you felt like David?
20. In what ways is David a role model for us?
21. What lessons have you learned from experiencing difficult times in the past?
22. What usually motivates you to go to the Lord in prayer?
23. What kind of prayer habits do you wish you had?
- * 24. What changes would you like to make to improve your prayer life?
25. In light of this passage, how should you change the way you deal with the challenges you face every day?
- * 26. What can we do to demonstrate our trust in God?
27. What expectations should we have of the Lord?

Apply It

28. What changes can you make this next week to improve your prayer habits?
29. What can you do to follow David’s example in dealing with daily fears or problems?
- * 30. What step of faith could you take today to demonstrate your trust in God?

Psalm 57 - Psalm 57:1-11

Topics: Consequences, Danger, Deceit, Depend, Earth, Enemies, Evil, Example, Faith, Faithfulness, Fear, Glory, Heaven, Love, Mercy, Motives, Persecution, Praise, Prayer, Problems, Protection, Punishment, Purpose, Righteousness, Salvation, Security, Trust, Worship

Open It

- * 1. What is one difficult event or period of time you have gone through?
- 2. Why do people often pray in times of disaster or when their lives are threatened?

Explore It

- 3. How did David deal with the challenge he faced? (57:1)
- 4. What did David expect from the Lord? (57:1-3)
- * 5. What kind of relationship did David have with God? (57:1-3, 5, 7-11)
- 6. What situation motivated the psalm writer to write this poem? (57:1-11)
- 7. What two gifts did David expect the Lord to send from heaven? (57:3)
- 8. What imagery did David use to describe his enemies? (57:4)
- 9. How did David describe his predicament? (57:4-6)
- 10. What do David's words reveal about his motives in asking the Lord for help? (57:5)
- 11. What did David expect to happen to his adversaries? (57:6)
- * 12. What did the psalm writer do in anticipation of God's help? (57:7-11)
- 13. Why did the psalm writer make a vow to praise God? (57:9-11)
- * 14. What motivated the psalm writer to praise God? (57:9-11)
- 15. How did the psalm writer describe the Lord's character in his song of praise? (57:10-11)

Get It

- 16. What kinds of dangers or adversaries do Christians face today?
- 17. How should we prepare ourselves to face opposition or temptation?
- 18. How does your relationship with God impact the way you deal with difficult times in your life?
- 19. How would you expect Christians to deal differently with disaster?
- 20. Under what circumstances do you feel insecure or scared?
- * 21. How can we follow David's example when we feel threatened?
- 22. How can we know what expectations we ought to place on God?
- * 23. What should we do while we are waiting for God to act on our behalf?
- 24. What gifts can we give to God to thank Him for His help and deliverance?
- 25. What words of praise can you offer the Lord to thank Him for what He has done for you?

Apply It

- * 26. How can you remind yourself of God's love and power as you face the challenges of the coming week?
- 27. How can you demonstrate your thankfulness to God today for His help in the past?

Psalm 58 - Psalm 58:1-11

Topics: Accusation, Comparisons, Consequences, Criticism, Deceit, Dishonesty, Evil, Faithfulness, Heart, Injustice, Joy, Judgment, Motives, Praise, Prayer, Punishment, Questions, Rewards, Righteousness, Sin, Stubbornness

Open It

1. What are some of the joys you remember from childhood?
2. How have you seen sinful nature evident in children?
- * 3. What do people mean when they say, "There's no justice in this world"?

Explore It

4. What rhetorical questions did David pose? (58:1)
- * 5. What accusations did David make against the wicked? (58:1-5)
6. To which of God's roles did the psalm writer appeal? (58:1-11)
7. How does this psalm describe the consistency of the sins of the wicked? (58:3)
8. What imagery did David use to describe the words of the wicked? (58:4)
9. Why did the psalm writer compare the wicked to a "cobra that has stopped its ears"? (58:4-5)
10. What did David ask the Lord to do to the wicked? (58:6-8)
- * 11. What imagery is used to emphasize the certainty of God's judgment? (58:9)
12. What reassuring words does this psalm offer the righteous? (58:9-11)
13. How will the righteous react to the downfall of the wicked? (58:10)
- * 14. What will result from God's judgment on the wicked? (58:11)

Get It

15. Why is it important to study God's character and promises?
16. How did the psalm writer use his knowledge of God?
17. What does this psalm teach us about God?
- * 18. Why do people get angry at injustice?
19. Why did David speak so negatively about other people in this prayer?
20. Why should we turn to God for justice?
21. What attitudes and actions does this psalm teach us to value?
22. What's wrong with taking vengeance?
23. How can we be sensitive to instruction and correction from others?
24. In what ways have you seen the righteous rewarded?
25. What should motivate us to seek righteousness?
- * 26. Why should we serve the Lord even when we do not see any short-term advantages in it?

Apply It

27. Who is one other believer you could encourage in doing good?
28. In what ways are you able to seek the Lord this next week?
- * 29. What injustice can you bring to the Lord in prayer?

Psalm 59 - Psalm 59:1-17

Topics: Consequences, Deceit, Depend, Disobedience, Enemies, Evil, Example, Forget, God, Intimidation, Judgment, Love, Lying, Mercy, Opposition, Praise, Prayer, Pride, Protection, Punishment, Purity, Salvation, Sin, Strength, Trust, Unbelievers, Witnessing, Words

Open It

- * 1. How does it feel to be an innocent victim of crime?
- 2. How does a person prove his or her innocence?

Explore It

- 3. What request introduces this psalm? (59:1-2)
- * 4. How did the psalm writer plead his innocence before the Lord? (59:1-5)
- 5. How did David describe his adversaries? (59:2-3)
- 6. How did the psalm writer expect God to treat his enemies? (59:5, 8)
- 7. What imagery is used to describe the writer's enemies? (59:6)
- 8. How did David voice his confidence in God? (59:6-8)
- 9. What attitude do the wicked have toward their sin? (59:7)
- 10. What weapon did David's enemies use against him? (59:7, 12-13)
- * 11. Of what sins were David's enemies guilty? (59:7, 12-13)
- 12. What words of confidence express the psalm writer's trust in God? (59:9)
- 13. Why did David ask the Lord to spare the lives of his enemies? (59:11)
- 14. In what way were David's adversaries to serve as an example to Israel? (59:11)
- 15. What will be the result of God's judgment of the wicked? (59:13)
- 16. How were David's actions different from the people he condemned? (59:14-17)
- * 17. Why was David motivated to praise God? (59:16-17)
- 18. What promise concludes this psalm? (59:16-17)

Get It

- 19. What sinful attitude does this psalm instruct us to avoid?
- 20. What are the consequences of a proud spirit?
- * 21. How can we guard against the sin of pride?
- 22. In what practical ways can we demonstrate our dependence on the Lord?
- 23. In what ways should we be different from people who do not believe in God?
- * 24. How can our attitudes and actions be a testimony to others?
- 25. When have you felt the Lord's protection in the past?
- 26. How does this passage encourage us to deal with our fears?
- 27. In what ways do you think Christians should be involved in fighting for justice?

Apply It

- 28. What step of faith could you take this week to demonstrate to the Lord your trust in Him?
- 29. What steps could you take over the next few weeks to cultivate a spirit of humility?
- * 30. In what way could you be a witness for the Lord among the people with whom you have contact?

Psalm 60 - Psalm 60:1-12

Topics: Anger, Depend, Despair, Discouragement, Enemies, Failure, Faith, Faithfulness, Fear, Feelings, Guidance, Hope, Humility, Love, Obedience, Restoration, Salvation, Success, Trust, Victory, Weaknesses, Words

Open It

- * 1. Who or what do people sometimes blame when things seem to be going all wrong?
- 2. How do you typically feel when circumstances get out of control?

Explore It

- 3. How did the psalm writer interpret his defeat by the enemy? (60:1)
- 4. What lament introduces this psalm? (60:1-3)
- 5. What imagery did David use to describe how Israel felt when their enemies defeated them? (60:2)
- 6. What did the psalm writer mean when he said, “You have given us wine that makes us stagger”? (60:3)
- 7. For what reasons did the psalm writer hope in God’s deliverance? (60:4-5)
- * 8. How did the Israelites present their request to the Lord? (60:4-8)
- 9. How did the psalm writer expect the Lord to conquer Israel’s enemies? (60:4-8)
- 10. What images did David use to describe how God would help Israel? (60:8)
- 11. What rhetorical question did David ask of the Lord? (60:10)
- * 12. How did the Israelites feel about their own ability to conquer their enemies? (60:11)
- * 13. What confidence did Israel still have in the Lord, despite the defeat they had experienced? (60:11-12)
- 14. In what ways were the Israelites dependent on the Lord? (60:11-12)
- 15. What did David expect the Lord to do for His people? (60:12)

Get It

- 16. How can Christians view difficult circumstances differently from people who do not know God?
- 17. When have you ever felt defeated?
- 18. How does this psalm teach us to deal with defeat or times when we feel defeated?
- 19. What does this psalm say about depending on God?
- * 20. In what areas of your life do you need to depend more on the Lord?
- 21. What reasons do we have to place our hope in the Lord?
- * 22. Why should we continue trusting in the Lord even when we feel as if He has deserted us?
- 23. Why does God allow us to experience failure?
- 24. What expectations can you place on your relationship with God?
- 25. Where should we turn when we need help?
- 26. How can we call on God for help?

Apply It

- 27. What situation that seems out of control will you bring to the Lord in prayer?
- * 28. What concrete action could you take this week to place your confidence in the Lord’s ability to care for you?
- 29. How could you remind yourself of God’s power and willingness to help you?

Psalm 61 - Psalm 61:1-8

Topics: Believers, Confidence, Depend, Despair, Eternal Life, Faith, Faithfulness, Future, God, Guidance, Heart, Heaven, Heritage, Hope, Life, Love, Needs, Obedience, Perseverance, Praise, Prayer, Protection, Security, Vows

Open It

1. What makes you feel secure?
2. What would persuade you to buy a home security system (assuming you could afford one)?
- * 3. What do people often do to make themselves feel safe?

Explore It

4. What prayer request introduces the poem? (61:1-2)
5. What main idea unifies this passage? (61:1-8)
6. What kind of relationship did David have with the Lord? (61:1-8)
7. How did the psalm writer feel about his predicament? (61:2)
- * 8. What place of security did the psalm writer seek? (61:2)
9. What images did David use to describe what God had done for him? (61:2-4)
10. What motivated the psalm writer to appeal to God? (61:3)
11. What obvious truths did David speak in his prayer? (61:3, 5)
12. What was the psalm writer's longing? (61:4-5)
- * 13. Why did the psalm writer go to the Lord for help? (61:5)
14. What heritage did the psalm writer receive from the Lord? (61:5)
15. In what way did David want God to bless the king? (61:6-7)
16. What prayer concludes this psalm? (61:6-8)
17. How did the psalm writer expect the Lord to protect the king? (61:7)
18. What vow did the psalm writer make to the Lord? (61:8)
- * 19. How did David plan to demonstrate his own faithfulness to God? (61:8)

Get It

20. In what specific ways is the writer of this psalm a good role model for us?
21. Why did David pray?
22. Under what kind of circumstances did David pray?
23. Why is it important sometimes to state the obvious in our prayers?
24. Where did the psalm writer find his security?
25. How do people who do not know God seek security?
- * 26. What reasons do you have to trust the Lord with your problems?
27. In what ways has God been like a strong tower in your life?
28. What heritage has the Lord given to you?
29. What blessings have you received from God?
- * 30. Concerning what needs do you want to ask the Lord for help?
31. How should we demonstrate our faithfulness to God?

Apply It

32. What specific steps could you take this week to pray?
- * 33. What is one tangible step you can take to seek refuge in God each day?
34. What offering of praise could you give to the Lord to thank Him for His help and strength?

Psalm 62 - Psalm 62:1-12

Topics: Blessing, Character, Confidence, Convictions, Danger, Depend, Enemies, Heart, Honor, Hope, Hypocrisy, Insecurity, Love, Lying, Money, Praise, Prayer, Pride, Problems, Reliability, Rest, Rewards, Salvation, Security, Soul, Status, Strength, Trust, Wealth

Open It

- * 1. What characteristics do you look for in a friend?
- 2. When do you feel comfortable confiding in a friend?
- 3. What are the benefits of having a friend you can trust?

Explore It

- 4. What statement of faith introduces this poem? (62:1-2)
- 5. What gave David peace of mind? (62:1-2)
- * 6. How did David demonstrate his confidence in God in the face of danger? (61:1-4)
- 7. What simple message unifies this psalm? (62:1-12)
- 8. What rhetorical question did David pose to his attackers? (62:3)
- 9. What figure of speech did David use to describe his fragile condition? (62:3)
- 10. How did David demonstrate a sense of insecurity in his own strength? (61:3)
- 11. What were the intentions of David's enemies? (61:4)
- 12. What accusations did David make against his adversaries? (61:4)
- * 13. Where did David find his sense of security if not in his own status or power? (61:5-6)
- 14. What exhortation did the psalm writer give to God's people? (61:8)
- 15. How did David advise God's people to pray? (61:8)
- 16. What attitude did the psalm writer have toward the frailty of humankind? (61:9)
- 17. How did David distinguish between people of different status in society? (61:9)
- 18. What warning did the psalm writer offer to his adversaries? (61:10)
- 19. Why did David suggest to his adversaries that they should not become too attached to their wealth? (61:10)
- 20. Which of God's characteristics encourage His people to rely on Him? (61:11)
- * 21. What reasons did the psalm writer give people to put their trust in the Lord? (61:11-12)

Get It

- 22. What kinds of dangers or threats do we face today?
- 23. How can we follow David's example in facing the problems and trials of life?
- 24. What do we need to do whenever we feel anxious or uptight?
- 25. What attitude should we have about our own abilities?
- * 26. What does this psalm tell us about depending on the Lord?
- 27. How does this psalm encourage us to pray?
- 28. What specific instructions does this passage give us to follow?
- * 29. What does it mean to "pour out your heart" to God?
- 30. What attitude should we have toward our money?
- 31. How do you think you are able to serve God with the money God has entrusted to you?
- 32. What reasons do we have to put our confidence and faith in God?
- 33. Which of God's characteristics motivate you to rely on Him instead of on yourself?
- 34. In what area of life could you depend more on the Lord?
- 35. What does this passage tell us about the future we can expect?

Apply It

- * 36. In the next few days, when could you set aside some time merely to express, in prayer, confidence

in God's power and strength?

37. In what way could you improve the way you handle or use money?

38. What change or action would help you depend more on the Lord?

Psalm 63 - Psalm 63:1-11

Topics: Church, Consequences, Depend, Desires, Earth, Enemies, Fear, Feelings, Glory, God, Help, Life, Love, Lying, Name, Needs, Power, Praise, Prayer, Protection, Punishment, Reliability, Remembering, Satisfaction, Silence, Worship

Open It

1. What do you like to drink when you're really thirsty?
- * 2. If you were to be stranded on a deserted island, what are three things you would want to have with you?

Explore It

3. How did the psalm writer describe his situation? (63:1)
- * 4. What images did the psalm writer use to describe his longing for God? (63:1, 5)
5. What is the theme of this psalm? (63:1-11)
6. How did the psalm writer describe his dependence on the Lord? (63:1-11)
7. What did the psalm writer remember from his experience at his place of worship? (63:2-5)
8. How did David describe his experience at the temple? (63:2-5)
- * 9. How did the psalm writer's experience in the day encourage him at night? (63:2-7)
- * 10. What motivated David to praise the Lord? (63:2-8)
11. Why did David glorify the Lord? (63:3)
12. What did David think about before he went to sleep at night? (63:6-7)
13. What did David expect to happen to his enemies? (63:9-10)
14. What did David expect to happen to those who trusted God? (63:11)
15. What will happen to liars? (63:11)

Get It

16. What would make a person long for God?
17. How would you like your relationship with God to be like David's?
18. How can we strengthen our relationship with the Lord?
19. What image would you use to describe your present situation?
20. How can we depend on the Lord to help us through the problems we encounter?
21. How would you describe your last visit to church?
- * 22. How can our memory of meeting God in worship at church encourage us throughout the week?
23. What steps can we take to make the most of the time we spend in God's house?
24. What attitude does God want us to have toward worshiping Him?
25. What are the benefits of being part of a local church?
26. Why do you think some people hesitate to commit themselves to a local church?
27. What sacrifices do we have to make to commit ourselves to worshiping at a local church?
- * 28. What changes do you need to make in your attitudes or actions at church?

Apply It

29. In what ways could you remind yourself of God's presence with you throughout the week?
- * 30. For what do you want to praise God?

Psalm 64 - Psalm 64:1-10

Topics: Complaining, Consequences, Emotions, Encouragement, Enemies, Evil, Fairness, Faithfulness, Fear, Heart, Injustice, Intimidation, Judgment, Oppressed, Praise, Prayer, Protection, Punishment, Righteousness, Salvation, Thankfulness

Open It

1. How do you feel when you're in the middle of a noisy crowd?
2. When have you ever felt threatened by those who do not share your beliefs?
- * 3. Why is it not true that "sticks and stones will break my bones but names will never hurt me"?

Explore It

4. With what request did the psalm writer open this poem? (64:1)
5. From what did the author of this psalm need protection? (64:1)
6. What are some of the military words used in this poem? (64:1-10)
7. How are the wicked described in this passage? (64:2-6)
- * 8. How do the wicked attack others? (64:3-4)
9. How are the innocent affected by the wicked? (64:4)
10. How do the wicked behave when they're in groups? (64:5-6)
11. What conclusion did the author draw while describing the wicked? (64:6)
- * 12. What action will God take against the wicked? (64:7-8)
13. Where do the righteous find "refuge" from the "war" of the wicked? (64:7-10)
14. How will the wicked be viewed by others after God's judgment? (64:8)
15. In what ways will God's action against the wicked affect all of humankind? (64:9)
- * 16. How will people respond when God intervenes? (64:9-10)
17. How are the last two verses a fitting conclusion to this poem? (64:9-10)

Get It

18. In what ways are the wicked like a "noisy crowd"?
19. What emotions do you share with this psalm writer?
20. In what ways have you felt threatened by wickedness in the world?
21. When have you ever felt under attack for your beliefs?
22. How has God delivered you from spiritual attack?
- * 23. How do we need to respond when people verbally attack us?
24. In what situations do you experience verbal abuse?
- * 25. What can we learn from the example of the psalm writer about how to deal with attacks against us?
26. How does this psalm encourage you?
27. What can we learn from the negative example of the wicked in this passage?
28. How can Christians encourage each other in righteousness?
29. How do you think you need to be involved in "proclaiming the works of God"?
30. What reasons do you have to offer praise to the Lord?

Apply It

31. What is one way you can express confidence in God's justice in our wicked world?
32. What specific steps can you take to protect yourself from spiritual attacks?
- * 33. How do you want to respond the next time someone attacks you verbally?
34. When can you praise God together with believers?

Psalm 65 - Psalm 65:1-13

Topics: Answers, Awe, Blessing, Character, Church, Confidence, Creation, Earth, Example, Fear, Forgiveness, Generosity, God, Hope, Involvement, Joy, Listening, Nature, Peace, Praise, Prayer, Righteousness, Salvation, Security, Sin, Vows, Worship

Open It

- * 1. What have you learned about nature lately?
- 2. What do you enjoy most about animals, plants, the land, or some other aspect of nature?

Explore It

- 3. What words of commitment introduce this psalm? (65:1-2)
- * 4. What character traits of the Lord did the psalm writer praise? (65:1-13)
- 5. What gift does God give to His people? (65:3)
- 6. Who can enjoy the presence of the Lord? (65:3-4)
- 7. What benefits do God's forgiven people enjoy? (65:3-4)
- * 8. How does the Lord exert His control over creation? (65:5-8)
- 9. How is God involved in the affairs of the nations? (65:5-8)
- 10. In what ways does God bring order to the world? (65:5-8)
- 11. What image did the psalm writer use to describe the turmoil of the nations? (65:7)
- * 12. What should motivate all people to praise the Lord? (65:8)
- 13. In what specific ways did the Lord answer the prayers of the Israelites? (65:9-13)
- 14. How does the earth celebrate the Lord's goodness? (65:13)

Get It

- 15. How do you see God's hand at work in creation?
- 16. What does this psalm teach us about God's character?
- 17. What can we learn about God from creation?
- * 18. How does our understanding of God's character affect the way we live our everyday lives?
- 19. What motivates you to offer praise and worship to God?
- 20. What benefits from the Lord do you enjoy?
- 21. How has God answered your prayers?
- 22. How does remembering God's guidance and provision in the past encourage you for the future?
- * 23. Out of gratitude for the Lord's forgiveness, provision, and blessings, what commitment should we make to Him?
- 24. How do you plan to respond to God's goodness to you?

Apply It

- 25. What action could you take in the next few weeks to learn more about God's character and how He wants you to live?
- * 26. In what way could you show your appreciation to the Lord for the things, people, and experiences He has enabled you to enjoy?
- 27. Who is one person you could tell about God's goodness?

Psalm 66 - Psalm 66:1-20

Topics: Advice, Awe, Call, Challenge, Church, Creation, Effectiveness, Enemies, Example, Fear, Glory, Honor, Instructions, Joy, Listening, Love, Miracles, Power, Praise, Prayer, Problems, Protection, Purity, Rebellion, Remembering, Results, Sacrifice, Salvation, Sin, Testing, Vows, Witnessing, Worship

Open It

- * 1. What's the nicest thing anyone ever did for you?
- 2. What is something you have tried to get others to do, whether you were successful or not?

Explore It

- 3. Whom does this psalm call to praise the Lord? (66:1-4)
- * 4. What specific instructions are given about praising the Lord? (66:1-4)
- 5. Why did the psalm writer encourage others to praise God? (66:1-4)
- 6. What did the psalm writer tell God's people to remember? Why? (66:5-7)
- 7. What advice is given to those who are tempted to rebel against the Lord? (66:7)
- 8. What acts of deliverance did the psalm writer describe? (66:8-12)
- * 9. What purpose motivated God to allow His people to experience hardship? (66:9-12)
- 10. What kind of language is used to describe the way God purifies His people? (66:10)
- 11. What images did the psalm writer use to describe the testing Israel went through? (66:11-12)
- 12. Where did the Lord take His people when He removed them from their situation of distress? (66:12)
- 13. How did the psalm writer plan to fulfill his vows to the Lord? (66:13-15)
- 14. Under what circumstances did the psalm writer make his vows to God? (66:14)
- 15. What proclamation does this psalm writer address to its audience? (66:16-20)
- * 16. How did the psalm writer testify to God's goodness? (66:16-20)
- 17. According to the psalm writer, when does God answer the prayers of His people? (66:18-19)

Get It

- 18. Why does God allow us to experience hardship?
- 19. How should we react to failure or difficult experiences?
- 20. What does this psalm reveal about how we can make our prayers effective?
- 21. What do you think could inhibit the effectiveness of your prayers?
- 22. Why did the psalm writer remind others what God had done for them in the past?
- 23. What value is there in remembering what God has done for us?
- * 24. How does your memory of God's blessings in the past encourage you to praise and trust Him today?
- 25. What can we learn from the testimony of the psalm writer in this passage?
- * 26. How should we be involved in sharing what God has done for us?
- 27. What kinds of things prevent Christians from sharing their faith with others?
- 28. Why is it important to tell others about what God has done for us?
- 29. What specific instructions do we find in this psalm about how to praise God?

Apply It

- 30. What does this psalm encourage you to do?
- 31. What is one step you could take this week to make your prayers more effective?
- * 32. Who is one person you could tell about what God has done for you?

Psalm 67 - Psalm 67:1-7

Topics: Abundance, Affirmation, Benefits, Blessing, Confidence, Earth, Fairness, Faith, Fear, Gifts, Humility, Joy, Judgment, Justice, Motives, Needs, Praise, Prayer, Salvation, Witnessing, Worship

Open It

1. What do you think would help eliminate poverty or food shortages in certain parts of the world?
- * 2. What are some of your hopes for the future? for your children's (or the next generation's) future?

Explore It

3. What did the psalm writer ask the Lord to do? (67:1)
- * 4. Why did the psalm writer want the Lord to bless him and his people? (67:1-2)
5. What are the three parts to this psalm? (67:1-2, 3-5, 6-7)
- * 6. What is the theme of this communal prayer? (67:1-7)
7. What refrain is repeated in the psalm? (67:3, 5)
8. How did the people speaking this psalm seek to motivate God to answer their prayer? (67:4)
9. How should all people respond to the way God guides His people? (67:4)
10. In what specific way did Israel want to experience God's blessing? (67:6)
- * 11. What results did the psalm writer expect to see from this prayer? (67:6-7)
12. What did the psalm writer predict would happen? When? (67:6-7)

Get It

- * 13. How do you think we should follow the psalm writer's example in asking for God's blessings?
14. How is this prayer relevant to us today?
15. How would you like the Lord to "make His face shine upon" you?
16. How do your emotions affect your prayers?
17. What attitude should we have when we pray?
18. What motives should we have when we pray?
19. How can we know if we are praying with the right motivation?
- * 20. In what specific way would you like to experience God's blessing in your life?
21. How can you ensure you have the right motivation when you present your requests to God?
22. In what ways does God bless us?
23. How should we respond to God's blessings?

Apply It

- * 24. In what ways could you pray like the writer of this psalm?
25. What specific request would you like present to God this week?
26. How can you say thank You to God for the ways He has provided for you and your family?

Psalm 68 - Psalm 68:1-35

Topics: Awe, Burdens, Death, Earth, Enemies, Family, Gifts, Guidance, Holy, Honor, Hope, Humility, Joy, Loneliness, Needs, Poor, Power, Praise, Prayer, Protection, Rebellion, Righteousness, Salvation, Strength, War

Open It

- * 1. In what ways do you depend on your family and friends?
- 2. When was the last time you received an unexpected bonus or pleasant surprise?

Explore It

- 3. What does this psalm celebrate? (68:1-35)
- 4. How does this psalm foreshadow the resurrection, ascension, rule, and final triumph of Christ? (68:1-35)
- 5. How is the Lord described in this psalm? (68:1-35)
- 6. What images did the psalm writer use to describe how the wicked will perish? (68:2)
- * 7. What call to praise does this psalm give to God's people? (68:4-6)
- 8. How does God meet the needs of people who have no support from family? (68:5-6)
- 9. What acts of the Lord did the psalm writer recall for the benefit of his listeners? (68:7-14)
- 10. What poetic image did the psalm writer use to celebrate the way that God defeated Israel's enemies and abundantly provided for them? (68:13)
- 11. How does this psalm celebrate God's ascent to Zion? (68:15-18)
- * 12. What hope did the psalm writer express? (68:19-23)
- 13. How is the procession to God's temple described in this passage? (68:24-27)
- 14. What call creates the climax of this poem? (68:32-35)
- * 15. Why did the psalm writer encourage God's people to praise the Lord? (68:32-35)

Get It

- 16. What hope does this psalm give us?
- 17. What can we learn from this passage about God's character?
- 18. What can we learn from this passage about God's power?
- 19. How does this psalm inspire you to praise the Lord?
- * 20. In what ways does the Lord provide for us?
- 21. In what specific ways has the Lord provided for you or your family?
- 22. What are some ways we can praise God for His provision?
- 23. What encouragement does this passage give to people without family support?
- 24. How do you think God wants us to be involved in helping people who are lonely or defenseless?
- 25. What specific instructions does this passage give us?
- 26. How does God want us to depend on Him?
- 27. Why do you think we sometimes hesitate to trust the Lord?
- * 28. This psalm describes God as the one who "daily bears our burdens"; what burdens do you need Him to bear for you?

Apply It

- * 29. What burden could you give to the Lord this week?
- 30. In what way could you help someone who is lonely or alone?
- 31. What offering of praise do you want to express for God's provision?

Psalm 69 - Psalm 69:1-36

Topics: Answers, Confession, Conflict, Consequences, Depend, Earth, Endurance, Enemies, Family, Fasting, Goodness, Guilt, Hatred, Heaven, Help, Hope, Humility, Insults, Love, Needs, Poor, Praise, Prayer, Problems, Punishment, Sacrifice, Salvation, Sin, Thankfulness

Open It

- * 1. How do you think it would feel to be deserted or mocked by your family and friends because of some decision you made?
- 2. How did your family react to your decision to follow Christ?
- 3. What sacrifices have you had to make for your faith?

Explore It

- 4. What imagery is used to describe the psalm writer's situation? (69:1-2, 14-15)
- 5. What initial plea introduces this psalm? (69:1-4)
- 6. What motivated the psalm writer to write this poem? (69:1-36)
- 7. How is the Lord described? (69:1-36)
- 8. In what ways did the psalm writer depend on God? (69:1-36)
- 9. How did David plead his case before the Lord? (69:4)
- 10. How did David explain that his enemies were spreading false accusations about him? (69:4)
- 11. What confession did David make to the Lord? (69:5)
- * 12. What was David's motivation in asking for God's deliverance? (69:5-12)
- 13. How was David mocked for his commitment to the Lord? (69:7-12)
- 14. How did the psalm writer's own family treat him during his time of distress? (69:8)
- 15. How did David demonstrate his humility before God? (69:10-11)
- * 16. How did David respond to the mocking of his enemies? (69:13-18)
- 17. How did the psalm writer feel about his predicament? (69:19-20, 29)
- 18. What did David want the Lord to do for him? (69:22-28)
- * 19. What pleases God more than sacrifices? (69:30-31)
- 20. What call to praise concludes the psalm? (69:34-36)

Get It

- 21. When have you felt overwhelmed by your problems?
- 22. What specific steps did David take to deal with his predicament?
- * 23. In what ways should we imitate David's example?
- 24. What should be our motivation when we want God to rescue us from our problems?
- 25. What sacrifices did David make for his faith in God?
- 26. What are we tempted to do when people mock us for our faith?
- 27. What sacrifices do we need to be willing to make for our faith?
- * 28. What does the Lord desire from us even more than our sacrifices of money, time, or things?
- 29. What gift of praise could you give to the Lord?
- 30. What promises from this psalm would you like to claim for yourself?

Apply It

- 31. What is one step you can take to maintain your devotion to God the next time someone mocks you for your faith or beliefs?
- * 32. In what creative way could you offer your praise or thanks to the Lord this week?

Psalm 70 - Psalm 70:1-5

Topics: Benefits, Confusion, Depend, Desires, Devotion, Enemies, Help, Joy, Love, Needs, Poor, Praise, Prayer, Righteousness, Salvation, Shame, Worship

Open It

- * 1. In what way is your life either fast paced or laid-back?
- 2. What goes through your mind when someone says to you, "Hurry up"?
- 3. What are some everyday examples of the fast-paced nature of life today?

Explore It

- 4. What attitude begins and ends this psalm? (70:1, 5)
- 5. What is the theme of this prayer? (70:1-5)
- * 6. What did David ask of the Lord? (70:1-5)
- 7. What does this prayer reveal about David's relationship with the Lord? (70:1-5)
- 8. What predicament prompted David to write this psalm? (70:2-3)
- 9. What effects of God's help are described in this passage? (70:2-4)
- 10. How did David want God to treat his adversaries in comparison to other believers? (70:2-4)
- * 11. In what specific ways did David depend on the Lord? (70:2-5)
- 12. How does this psalm describe the people whom God chooses to bless? (70:4)
- 13. How would God's deliverance of the psalm writer affect others? (70:4)
- 14. What reason did David have for praising the Lord? (70:4)
- 15. How did David feel about his ability to save himself? (70:5)
- 16. How did the psalm writer describe the Lord? (70:5)
- * 17. What did David ask God to do? (70:5)

Get It

- 18. When are you often in a hurry?
- 19. What usually motivates us to pray?
- 20. When have you felt a sense of urgency in your prayers?
- 21. What should we do whenever we panic?
- * 22. How should we pray when we feel a sense of urgency or panic?
- 23. When and how does God want us to pray?
- 24. What behavior and attitudes does this passage advise us to avoid?
- 25. According to this psalm, what should we do?
- 26. What does it mean to seek the Lord?
- 27. What can we learn from David's example of dependence on the Lord?
- 28. In what specific areas of your life do you need to depend more on the Lord?
- 29. How would you like your relationship with the Lord to be more like David's?
- * 30. About what do you feel a sense of urgency or that time is running out?
- 31. In what ways do you think you could strengthen your relationship with God?

Apply It

- * 32. What urgent or pressing matter will you bring to the Lord today?
- 33. How do you want to pray differently about your most pressing concerns?
- 34. What changes would you like to make in your prayer habits this next week?

Psalm 71 - Psalm 71:1-24

Topics: Beliefs, Comfortable, Confidence, Conflict, Depend, Enemies, Evil, Faithfulness, Future, Help, Holy, Honor, Hope, Maturity, Power, Praise, Prayer, Problems, Righteousness, Salvation, Shame, Strength, Trust

Open It

1. What is one skill or ability you wish you had?
- * 2. In what ways have you changed as you've grown older?
3. Under what circumstances or in what settings do you feel vulnerable?

Explore It

4. How does the psalm writer's appeal for help introduce the passage? (71:1-4)
5. What is the dominant theme of this psalm? (71:1-24)
- * 6. What did the psalm writer recognize about God's help in the past? (71:5-8)
7. Why did the psalm writer compare himself to a "portent" (an omen or warning)? (71:7)
8. What weaknesses were the psalm writer's enemies trying to take advantage of? (71:9-11)
9. What central prayer request did the psalm writer present to the Lord? (71:9-13)
10. Why did the psalm writer need the Lord's deliverance? (71:10-11)
- * 11. What renewed commitment did the psalm writer make to God in his old age? (71:14-18)
12. How does the Lord express His righteousness? (71:16-17)
13. In whom did the psalm writer hope in the face of all his enemies? (71:19-21)
14. How is the Lord's righteousness described? (71:19)
- * 15. What commitment to the Lord concludes this psalm? (71:22-24)
16. What did the psalm writer anticipate in the future? (71:24)

Get It

17. What does this psalm teach us about God's character?
18. How does your knowledge of God's character affect your everyday life?
- * 19. How have you experienced God's help in the past?
20. How have you seen God use one of your weaknesses for His glory?
- * 21. How does remembering God's help in the past encourage you?
22. In what areas of your life do you need God's help or deliverance now?
23. How does this psalm encourage you to trust the Lord?
24. What does it mean for you to trust the Lord with your life?
25. How would you like to renew your commitment to the Lord?

Apply It

- * 26. To whom could you tell a story of what God has done for you in the past?
27. How could you express a renewal of your faith in the Lord?
28. What small step of faith could you take this week to demonstrate your renewed commitment to trust the Lord?

Psalm 72 - Psalm 72:1-20

Topics: Abilities, Accomplishments, Attitude, Authority, Blessing, Endurance, Generosity, Gifts, Judging Others, Justice, Leadership, Needs, Oppressed, Poor, Power, Praise, Prayer, Privilege, Problems, Responsibility, Righteousness, Serving, Status, Weaknesses

Open It

- * 1. Who has the most power and status in our society?
- 2. What have you seen leaders use their power to accomplish?
- 3. What kinds of decisions, acts, or events determine the success of a leader nowadays?

Explore It

- 4. How did the nation of Israel want the reign of their king to be characterized? (72:1)
- 5. On whom does this prayer focus? (72:1-20)
- * 6. What specific requests for the king did this psalm writer present to the Lord? (72:1-20)
- 7. How did the psalm writer want the king to administer justice? (72:2, 4)
- 8. How did the psalm writer want the king to treat the oppressed and underprivileged? (72:2-4)
- * 9. What did the king use his power to accomplish? (72:2-7, 12-14)
- 10. What imagery did the psalm writer use to describe the king's reign? (72:3-7)
- * 11. How did the psalm writer describe the blessings the king would experience? (72:7-11, 15-17)
- 12. How did the psalm writer describe the extent of the king's domain? (72:8-11)
- 13. How would other leaders respond to the king? (72:9-11)
- 14. How is the success of the king explained? (72:12-14)
- 15. What attitude did the king have toward the needy of society? (72:14)
- 16. What words of hope and praise conclude the psalm? (72:15-19)
- 17. What motivated the psalm writer to praise the Lord? (72:18-19)

Get It

- 18. How can we explain the success and blessings we experience?
- 19. What should be our response to the success God grants us?
- * 20. What specific instructions does this psalm give to all people who want to be righteous?
- 21. How can we follow the Israelites' example in this psalm?
- 22. How should we pray for our political and church leaders?
- * 23. What should we use our abilities and resources to accomplish?
- 24. What attitude should we have toward the poor and oppressed?
- 25. Who are the underprivileged in your community?
- 26. What role can you take in helping poor or oppressed people?

Apply It

- 27. How could you say thank You to God for the blessings He has given you?
- * 28. In what small way could you help a needy person this week?
- 29. For which political or church leaders will you commit to pray?

Psalm 73 - Psalm 73:1-28

Topics: Answers, Appearance, Attitude, Circumstances, Comparisons, Complaining, Consequences, Criticism, Differences, Discouragement, Disobedience, Doubt, Envy, Evil, Faithfulness, Frustration, Injustice, Life-style, Patience, Righteousness, Self-Centeredness, Success, Truth, Unfairness

Open It

- * 1. What unfairness or injustice do you see in your day-to-day life?
- 2. What do you think is the most desirable thing on earth?
- 3. Whom do you envy most, and what do you envy about him or her?
- 4. Who are some of the most prosperous people in the public eye?

Explore It

- 5. To whom does God show His goodness? (73:1)
- * 6. What dilemma did the author of this psalm face? (73:1-3)
- 7. What is ironic about the way the wicked live? (73:4-12)
- * 8. What characterizes the wicked? (73:4-12)
- 9. Why do the wicked take pride in themselves? (73:4-12)
- 10. In what way is this a description of wicked people: “pride is their necklace, they clothe themselves with violence”? (73:6)
- 11. What attitude do wicked people have toward God? (73:11)
- 12. Why did the psalm writer think that his own righteousness was in vain? (73:13)
- 13. How was the psalm writer affected by the prosperity of the wicked? (73:13-14, 21-22)
- * 14. When did the psalm writer understand that the prosperity of the wicked didn't matter? (73:17)
- 15. What did God reveal to the psalm writer about the wicked? (73:18-19)
- 16. How is God's treatment of the wicked and the faithful contrasted? (73:18-19, 23-27)
- 17. How did the psalm writer respond when he realized that the prosperity of the wicked is temporary? (73:18-28)
- 18. What is the most desirable thing on earth? (73:25)
- 19. With what vow did the author conclude his psalm? (73:28)

Get It

- 20. How are we just like the writer of this psalm?
- 21. How do you usually feel when you see bad people succeed and good people fail?
- 22. Why do we envy others' success?
- 23. How are you affected by the prosperity of wicked people?
- 24. Why do you think God allows sinful people to succeed or get rich?
- 25. What should be our response when we see sinful people succeed?
- * 26. How should you react when you experience failure in your life?
- 27. When has God guided you through a difficult problem?
- 28. What new perspective does this passage give you about your own circumstances?
- * 29. How can we have God's perspective when we feel confused or upset about the way our world is?
- 30. What have you learned about the role of worship in our lives?

Apply It

- * 31. What can you do to be content the next time you feel unfairly unrewarded for the good you do?
- 32. How can you help yourself remember that God is in control the next time you get frustrated with the unfairness you see around you?

Psalm 74 - Psalm 74:1-23

Topics: Anger, Covenant, Creation, Depend, Despair, Disobedience, Earth, Enemies, Foolishness, History, Needs, Oppressed, Poor, Prayer, Protection, Remembering, Salvation, Worship

Open It

1. What negative remarks have you heard people make about religion or religious belief?
- * 2. What's one lesson you learned "the hard way"?
3. What's one cause you once took up or have taken up recently?

Explore It

4. What was the initial complaint of the psalm writer? (74:1-2)
5. Why did Israel feel deserted by the Lord? (74:1-2, 4-10)
- * 6. How did the psalm writer feel? (74:1-2, 9)
7. What is the major idea of this psalm? (74:1-23)
8. Why did the psalm writer need the Lord's deliverance? (74:1-23)
9. What are the "everlasting ruins" to which the psalm writer referred? (74:3)
10. How was the Lord's temple destroyed? (74:3-8)
11. What motivation did Israel's enemies have for destroying God's temple? (74:8)
- * 12. What confession of faith serves as the center of the psalm? (74:12)
13. What did the psalm writer remember about God's deeds in the past? (74:13-17)
14. What imagery is used to celebrate God's work in creation? (74:13-17)
- * 15. What did the psalm writer ask God to do? (74:18-23)
16. What prayer concludes the psalm? (74:18-23)

Get It

17. How is this prayer a good model for us to follow?
- * 18. In what way can difficulties serve as teachers for us?
19. How do you see God's hand at work in creation?
20. How does the Lord bring order to nature?
21. What can we learn from this psalm about depending on the Lord during difficult times?
22. When have you felt deserted by the Lord or others?
23. How do you feel about your present circumstances?
24. In what area of your life do you need the Lord's help?
- * 25. In what specific ways could you depend more on the Lord to help you learn from your mistakes?

Apply It

- * 26. What's one practical step you can take to turn mistakes into learning opportunities?
27. How can you discipline yourself to turn to the Lord when you fall instead of wallowing in guilt?
28. How could you encourage a friend who is going through a difficult time?

Psalm 75 - Psalm 75:1-10

Topics: Advice, Consequences, Disobedience, God, God's Will, Heaven, Humility, Judgment, Justice, Praise, Prayer, Pride, Punishment, Righteousness, Thankfulness, Witnessing, Worship

Open It

- * 1. What do you think it would be like to know the future?
- 2. If you had the opportunity to find out, what would you want to know about the future?
- 3. In your view, what is good or bad about “trial by jury” in our criminal justice system?

Explore It

- 4. What two elements of worship begin and end this song? (75:1, 9-10)
- 5. What is the theme of this song? (75:1-10)
- 6. When and how does the Lord judge the earth? (75:2)
- * 7. What reassuring word from God forms the first half of the passage? (75:2-5)
- * 8. In what way is God superior to any person or part of creation? (75:3)
- 9. Who offers the world stability in the face of uncertainty? (75:3)
- 10. What causes the moral order of the earth to decline? (75:3-5)
- 11. What message is there for the arrogant and the wicked in this psalm? (75:4)
- 12. What image is used to describe the defiance of the wicked against the Lord? (75:4-5)
- 13. What does the psalm writer say about the position of humankind? (75:6)
- 14. How do God's people respond to the word from heaven? (75:6-8)
- 15. How is the success or failure of humankind decided? (75:7)
- 16. The wine represents God's judgment—who will “drink” this wine? (75:8)
- * 17. What vow concludes the psalm? (75:9)
- 18. What does this psalm say about the final outcome of the wicked and the righteous? (75:10)

Get It

- 19. Under what circumstances do people sometimes feel as if the world is crumbling around them?
- * 20. How does this psalm encourage us to face the uncertainties of life?
- 21. What does this psalm teach us about God's control of the events of our lives?
- 22. How has your relationship with the Lord helped you face an uncertain future?
- 23. What makes God the only One qualified to judge us?
- 24. In what ways do we judge one another when we shouldn't?
- 25. What attitude does this psalm advise us to avoid?
- 26. How can a proud spirit bring confusion and instability into a person's life?
- 27. What does an arrogant attitude demonstrate about a person's heart toward God?
- 28. How can we guard against the sin of pride?
- * 29. What does this passage teach us about thankfulness and praise?

Apply It

- 30. What specific steps could you take this week to cultivate a spirit of humility before God?
- 31. What is one way in which you could be more tolerant of and less judgmental toward other people?
- * 32. How could you express thankfulness for the stability God brings to your life?

Psalm 76 - Psalm 76:1-12

Topics: Anger, Attitude, Character, Enemies, Faithfulness, Fear, Heaven, Honor, Judgment, Justice, Leadership, Obedience, Power, Praise, Promises, Protection, Salvation, Vows, War, Worship

Open It

1. How does it feel when a friend breaks a promise?
- * 2. Why do people root for the underdog?

Explore It

3. What act of God does the introduction of the song describe? (76:1-3)
- * 4. Why was God's name honored in Israel? (76:1-3)
5. What attribute of the Lord does this psalm celebrate? (76:1-12)
6. What motivated the psalm writer to praise the Lord? (76:1-12)
7. How did the Lord defend His dwelling place in Zion? (76:2-3)
8. How did the Lord protect the nation of Israel? (76:3, 5-6)
9. What imagery is used to celebrate the majesty of the Lord? (76:4)
- * 10. What does this passage say about the Lord's majesty and justice? (76:4-10)
11. How did the Lord's deliverance of Israel demonstrate His power? (76:5-6)
12. Why should we fear the Lord? (76:7)
13. How does the earth respond to God's judgment? (76:8)
14. What results from the wrath of God against people? (76:10)
- * 15. How does this psalm encourage us to respond to God's help? (76:11-12)
16. What attitude should leaders have toward God? (76:12)

Get It

- * 17. How have you seen God's power at work in your life?
18. What does it mean to fear the Lord?
- * 19. What reasons do we have to fear God?
20. What imagery would you use to describe the Lord's majesty and power?
21. How do the Lord's promises differ from the promises of people?
22. Why does this psalm encourage us to "make vows to the Lord your God and fulfill them"?
23. What is the danger in making vows to God?
24. What kind of vows do you think we should make to the Lord?
25. What should motivate us to obey God?

Apply It

26. What new promise would you like to make to the Lord?
- * 27. What is one way you can celebrate God's power and majesty during Christian holidays such as Advent, Christmas, and Easter?
28. What offering of praise could you give to God today?

Psalm 77 - Psalm 77:1-20

Topics: Anger, Compassion, Confusion, Decisions, Desires, Despair, Faith, Faithfulness, Frustration, Guidance, Help, History, Holy, Love, Mercy, Miracles, Nature, Obedience, People, Power, Praise, Prayer, Promises, Remembering, Strength, Thinking, Trust

Open It

- * 1. What do you do to strengthen your relationships with your friends?
- 2. How are friendships weakened?

Explore It

- 3. Why was the psalm writer perplexed? (77:1-9)
- * 4. How did the psalm writer feel about God's inaction on his behalf? (77:1-9)
- 5. What main idea forms the theme of this psalm? (77:1-20)
- 6. What did the psalm writer recall about God's mercies in the past? (77:3-6)
- 7. How did remembering God's help in the past make the psalm writer feel about his present situation? (77:3-6)
- * 8. What decision did the psalm writer make about how to handle God's inactivity in his present situation? (77:10-12)
- 9. How was the psalm writer's decision to remember God's help in the past an act of faith? (77:10-12)
- 10. How does this passage describe God's character? (77:11-15)
- 11. How did God demonstrate His power to the nation of Israel? (77:13-20)
- 12. What specific historical event did the psalm writer remember to celebrate God's majesty? (77:16-19)
- 13. How did God reveal His power over nature? (77:16-19)
- * 14. What conclusion did the psalm writer make about God's involvement in the lives of His people? (77:20)
- 15. What imagery is used to describe God's guidance? (77:20)

Get It

- 16. How did the psalm writer overcome his feelings of doubt and discouragement?
- 17. How can we nurture our relationship with the Lord?
- 18. What resulted from the psalm writer's meditation on God's works in the past?
- 19. When have you felt far away from the Lord?
- 20. Why do you think we sometimes feel that God is distant and unreachable?
- * 21. How can we follow the psalm writer's example in dealing with doubt and discouragement?
- 22. How can we be sure of God's guidance in the future?
- 23. What has God done for you in the past that you want to remember?
- * 24. What memories of God's help in the past encourage you to believe that He will help you in the future?
- 25. What can we learn from the psalm writer's conclusion in this passage?

Apply It

- 26. Who is one person you can ask to pray with you the next time you feel discouraged?
- * 27. How can you remind yourself this week of God's faithfulness to you in the past?
- 28. How could you praise the Lord today for His presence, mercy, and guidance in your life?

Psalm 78 - Psalm 78:1-72

Topics: Advice, Anger, Children, Commitment, Depend, Disobedience, Enemies, Faith, Faithfulness, Flattery, Forget, Future, Guidance, Heart, History, Hypocrisy, Instructions, Judgment, Law, Leadership, Loyalty, Mercy, Miracles, Power, Praise, Rebellion, Remembering, Responsibility, Sin, Teaching, Testing, Trust, Witnessing

Open It

1. What is a “fair-weather friend”?
2. What’s most distasteful to you about the behavior of a spoiled child?
- * 3. If you were invited to do so, what advice would you give to the parents of a spoiled child?
4. Why do parents teach their children to say thank you?

Explore It

5. Why did the psalm writer encourage God’s people to tell their children of God’s faithfulness in the past? (78:1-8)
6. What is the central message of this passage? (78:1-72)
- * 7. How does this psalm serve as a warning to God’s people? (78:1-72)
8. What did the psalm writer want Israel’s future generations to avoid? (78:8)
9. What violation of God’s covenant did the psalm writer describe? (78:9-11, 17-20)
10. What had the Lord done on behalf of Israel? (78:11-16)
11. How had the Israelites responded to God’s faithful protection and guidance? (78:17-20)
12. How had the Israelites demonstrated their rebellion and unfaithfulness? (78:18-20, 32-37, 40-43, 56-58)
13. How did the Lord feel about His people’s rebellion? (78:21-22, 58-59)
- * 14. How did the Lord provide for the nation of Israel despite their disobedience? (78:23-29, 38-39, 42-55)
15. What resulted from Israel’s rebellion? (78:30-31, 59-64)
- * 16. How is the hypocrisy of the Israelites described? (78:32-37)
17. What incredible fact did the psalm writer reveal about God’s people? (78:32-37)
18. How did the Lord demonstrate His mercy to His people? (78:38-41, 68-71)

Get It

19. Why are we tempted to ignore God when things are going well?
20. What’s wrong with seeking the Lord only when we need His help?
21. How can we strengthen our relationship with the Lord even in the good times?
- * 22. How does the nation of Israel serve as a negative example to us today?
23. What behaviors and attitudes does this psalm warn us to avoid?
- * 24. How can we guard against the sin of hypocrisy?
25. How does our relationship with the Lord during the good times demonstrate the sincerity of our faith and our faithfulness to Him?
26. How have you experienced God’s help and guidance in the past?
27. Why is it important to meditate on God’s faithfulness in the past?
28. What responsibility do we have to our own children and future generations?
29. What can we do to teach our children to be loyal and faithful to God?

Apply It

30. What can you do to remember the Lord on days when you feel no need to turn to Him?
- * 31. When could you set aside some time this week to meditate on God’s faithfulness to you?
32. Whom could you tell about what God has done for you?

Psalm 79 - Psalm 79:1-13

Topics: Anger, Depend, Despair, Forgiveness, Future, Help, Home, Insults, Jealousy, Judgment, Justice, Mercy, Name, Needs, Persecution, Praise, Prayer, Reputation, Sin, Strength, War

Open It

1. Why do you think actions speak louder than our words?
2. What was your first impression of your church?
- * 3. What have you heard people say turns them off to Christianity?

Explore It

4. How was the Lord's temple violated? (79:1-3)
5. What predicament prompted the Israelites to go to God in prayer? (79:1-4)
6. How were the Israelites persecuted? (79:1-4)
7. What main request did Israel present to the Lord? (79:1-13)
8. How was the nation of Israel viewed by her neighbors? (79:4)
9. What did the Israelites think was preventing God from acting on their behalf? (79:5)
- * 10. What did the Israelites ask God to do on their behalf? (79:5-8)
11. How are Israel's enemies described? (79:6-7)
12. How did the Israelites feel about their situation? (79:8)
13. Why did the Israelites need God's mercy? (79:8-9)
- * 14. How did Israel try to convince God to come to her rescue? (79:10)
15. What did the Israelites expect to happen if God chose not to deliver them? (79:10)
16. Why did Israel believe her enemies deserved God's judgment? (79:10)
17. How did Israel view the attacks of her enemies? (79:12)
- * 18. What prayer and vow concludes the psalm? (79:12-13)
19. What does the concluding vow reveal about Israel's attitude? (79:13)

Get It

20. What do our actions and attitudes tell others about Christianity?
- * 21. How did the Israelites believe their lives reflected on God's character?
22. How do our actions reflect on the reputation of Christ?
23. How should we be involved in preserving God's reputation?
- * 24. What steps do you think you could take to improve your witness for Christ?
25. What can we learn from this passage about presenting our needs to God in prayer?
26. What different elements should our prayers include?
27. On what aspect of prayer do you need to focus more attention?
28. How should we respond to God's help in our lives?
29. What kind of commitments does God want from us?

Apply It

30. What commitment would you like to make to the Lord today?
31. When could you set aside time this week for prayer?
- * 32. What step could you take to improve your witness for Christ?

Psalm 80 - Psalm 80:1-19

Topics: Anger, Comparisons, Conflict, Despair, Enemies, Heaven, Judgment, Mourning, Needs, Obedience, People, Praise, Prayer, Problems, Promises, Punishment, Restoration, Salvation

Open It

- * 1. What metaphor, imagery, or illustration would you use to describe your spiritual journey?
- 2. What do you think of when you hear the word revival?

Explore It

- 3. What appeal did the Israelites make to the Lord in this prayer? (80:1-3)
- 4. How is the Lord described in the psalm? (80:1-19)
- 5. What refrain is repeated in this poem, and what is the effect of the repetition? (80:3, 7, 19)
- 6. How did the psalm writer explain God's inaction? (80:4)
- 7. Why did the Israelites lament over God's actions? (80:4-7)
- 8. How did Israel feel about God's inaction? (80:4-19)
- 9. How were the Israelites treated by their neighbors? (80:6)
- 10. In what ways was Israel a transplanted vine? (80:8-11)
- * 11. What imagery did the psalm writer use to describe Israel's condition? (80:8-16)
- 12. What was different about Israel's situation at the time of this prayer? (80:12-13, 16)
- 13. What specific request did the psalm writer present to the Lord? (80:14-15)
- * 14. What did Israel recognize about God's power? (80:16)
- 15. What prayer concludes the poem? (80:16-19)
- 16. How did Israel promise to respond to God's deliverance? (80:17-18)
- * 17. What vow did Israel make to God? (80:18)

Get It

- 18. What does this passage reveal about God's character?
- 19. How did the Israelites demonstrate their dependence on God?
- 20. What are the benefits of remembering God's deeds for us in the past?
- 21. How does this psalm encourage you about your present situation?
- 22. In what way do you need to be restored or revived by the Lord?
- * 23. In what areas of your life do you need to depend more on the Lord for guidance and help?
- 24. What does it mean to call on the name of the Lord?
- 25. What did Israel plan to do in response to God's deliverance?
- 26. How has God shown His faithfulness to you in the past?
- * 27. How should we respond to God's salvation and help?

Apply It

- * 28. With whom could you pray and invite God to revive your relationship with the Lord?
- 29. How could you and your family remind yourselves each day this week about what God has done for you?
- 30. What small step of faith could you take to demonstrate your commitment to trust the Lord with all the details of your life?

Psalm 81 - Psalm 81:1-16

Topics: Advice, Answers, Celebration, Depend, Despair, Disobedience, Enemies, Faithfulness, Freedom, God, Heart, History, Idolatry, Instructions, Joy, Listening, Loyalty, Music, Needs, Obedience, Praise, Prayer, Pride, Punishment, Remembering, Salvation, Satisfaction, Strength, Stubbornness, Submission, Testing, Worship

Open It

- * 1. What kinds of things interfere with our spiritual growth?
- 2. How does our culture entice us to remove our focus from the Lord?

Explore It

- 3. How is the Lord described in the psalm? (81:1-5)
- * 4. What does the introduction of the song summon God's people to do? (81:1-5)
- 5. What does this song celebrate? (81:1-16)
- 6. What is the historical background of the feast that this song celebrates? (81:3-5)
- 7. From what predicament did the Lord save the Israelites? (81:6)
- 8. What did the Lord do for the nation of Israel? (81:6-7)
- 9. What words from the Lord follow the psalm writer's instructions? (81:6-10)
- * 10. How does God want His people to respond to His help? (81:8-10)
- 11. What specific instructions did God give to Israel? (81:9)
- 12. What promise does the Lord offer His people in return for their obedience? (81:10)
- 13. How does God describe the response of Israel to His faithfulness? (81:11-16)
- 14. What did God do when Israel refused to submit to Him? (81:12)
- 15. What simple reason does the Lord give to explain why Israel did not experience continued success? (81:13-16)
- * 16. What does the Lord desire to do for His people? (81:14-16)

Get It

- 17. What does this passage reveal to us about the kind of relationship God wants to have with us?
- 18. How did God want Israel to respond to His faithfulness?
- 19. How has the Lord demonstrated His faithfulness to you?
- 20. What should be your response to God's help?
- 21. What does the Lord want from us?
- 22. According to this psalm, what behavior does God want us to avoid?
- * 23. What words from the Lord do you need to listen to and obey?
- 24. What "gods" are we tempted to put before the Lord?
- 25. What steps can we take to withstand the temptation to put other things before the Lord?
- * 26. What changes do you need to make in order to make your relationship with God your number one priority?
- 27. What promises does this psalm offer to us if we submit to the Lord?
- 28. What can we expect from the Lord in return for our obedience?

Apply It

- 29. In what area of your life do you need to submit to the Lord in obedience?
- * 30. What changes do you think God wants you to make this week to put Him first in your life?
- 31. What specific steps could you take to prevent other "gods" from interfering with your relationship with the Lord?

Psalm 82 - Psalm 82:1-8

Topics: Death, Disobedience, Evil, Heaven, Judgment, Justice, Leadership, Morality, Needs, Oppressed, Poor, Protection, Responsibility, Understanding, Unfairness, Weaknesses

Open It

- * 1. What kinds of things prevent us from getting involved in social issues?
- 2. Who are the needy people of your community?
- 3. When was the last time someone helped you out?

Explore It

- 4. To what is the psalm writer referring when he speaks of the “great assembly”? (82:1)
- 5. What is the theme of this psalm? (82:1-8)
- 6. To which of the Lord’s roles does this psalm appeal? (82:1-8)
- 7. What did the psalm writer see in his vision of God’s judgment? (82:1-8)
- * 8. What primary task of kings and judges were the leaders, whom the psalm writer condemned, failing to accomplish? (82:3-4)
- * 9. How did the psalm writer describe the leaders he condemned? (82:5)
- 10. Why did the psalm writer refer to darkness? (82:5)
- 11. For what reason were the “foundations of the earth” shaken? (82:5)
- 12. How will the wicked leaders of the world be treated by the righteous? (82:6)
- 13. How does the psalm imply that the wicked leaders took their power and status to an extreme? (82:6)
- * 14. What outcome did the psalm writer predict for the wicked rulers? (82:7)
- 15. What prayer concludes the psalm? (82:8)
- 16. Why did the psalm writer ask the Lord to judge the earth? (82:8)

Get It

- 17. What does this passage tell us about leadership?
- 18. What kind of leaders are condemned?
- 19. How do immoral leaders affect the stability of a whole nation?
- 20. What future can wicked leaders expect?
- 21. What attitudes and behaviors does this psalm advise us to avoid?
- 22. How do you need to change your attitude toward the underprivileged of your community?
- 23. What responsibility do you think Christians have to help the underprivileged of society?
- * 24. How should we be involved in defending and rescuing the needy?
- 25. What kind of leaders does God want us to be?
- 26. According to the psalm writer, what is a leader’s main task?
- * 27. In what way are you a leader at work, church, in your community, or in the home?

Apply It

- 28. What specific steps could you take this week to improve your leadership skills?
- * 29. How could you protect or help a needy neighbor, friend, or family member in a tangible way?

Psalm 83 - Psalm 83:1-18

Topics: Attitude, Confidence, Conflict, Depend, Desires, Enemies, Expectations, Fear, God, History, Hope, Judgment, Motives, Needs, Neighbor, Obedience, Oppressed, People, Power, Prayer, Pride, Problems, Silence, Trust

Open It

1. In what circumstances do you sometimes feel overwhelmed or helpless?
- * 2. In what settings or situations are you a minority?
3. How do you usually deal with feelings of discouragement or doubt?

Explore It

4. What appeal to God did the psalm writer present? (83:1-4)
- * 5. Why did the nation of Israel need God's help? (83:1-8)
6. What is the main idea of this prayer? (83:1-18)
7. How did the psalm writer describe the threats against Israel? (83:2-8)
8. How did the Israelites view themselves in God's sight? (83:3)
9. What was the goal of Israel's enemies? (83:4)
10. Who formed an alliance against Israel? (83:5-8)
11. How had the Lord demonstrated His power? (83:9-11)
- * 12. What did Israel want God to do for them? (83:9-12)
13. What imagery did the psalm writer use to describe how Israel's enemies will react to God's judgment? (83:13-16)
14. Why did the psalm writer compare God's judgment to fire? (83:14-15)
- * 15. What motive did the psalm writer have in asking God to deliver Israel? (83:16)
16. What will be the final result of God's deliverance of Israel? (83:17-18)

Get It

17. When have you ever felt like you were surrounded by threats or overwhelmed by problems?
18. How did the Israelites deal with their predicament?
- * 19. What can we learn from Israel's example?
20. In what way are Christians a minority?
21. How should we view ourselves and our relationship with God?
- * 22. How should we pray for the world (friends, family, and coworkers who do not know God)?
23. What should be our motives in asking the Lord for help?
24. How can we guard against selfish motives in our prayers?
25. What do you need from the Lord?
26. What do you think it means to trust in the Lord?
27. In light of this passage, how should you present your needs to God?
28. In what specific areas of your life do you need to depend more on the Lord?

Apply It

- * 29. What specific request would you like to present to the Lord today?
30. What small change could you make in your prayer habits?
31. Who is one person you need to pray for?
32. What small step could you take this week to demonstrate your dependence on the Lord rather than in your own strength?

Psalm 84 - Psalm 84:1-12

Topics: Blessing, Choices, Church, Desires, God, Heart, Honor, Hope, Loyalty, Praise, Prayer, Preparation, Priorities, Promises, Remembering, Righteousness, Strength, Trust, Worship

Open It

- * 1. What's one thing you like about your church? One thing you dislike?
- 2. What kind of vacations do you most look forward to?

Explore It

- 3. How did the psalm writer describe the house of the Lord? (84:1-4)
- 4. What was the psalm writer's desire? (84:1-12)
- * 5. What experience did the psalm writer miss from the past? (84:1-12)
- 6. How did the psalm writer describe his longing for God's house? (84:2)
- 7. Why was the psalm writer jealous of the birds? (84:3)
- * 8. Why did the psalm writer want to return to God's temple? (84:4)
- 9. What pilgrimage did the psalm writer describe in this passage? (84:5)
- 10. How did the psalm writer describe the joy of going to Zion to worship God? (84:5-7)
- 11. How did the travelers' expectations of God's house change his attitude toward the difficulties of the journey? (84:6-7)
- 12. What prayer did the psalm writer offer to the Lord? (84:8-11)
- 13. What would the psalm writer choose over status or power? (84:10)
- * 14. What attitude did the psalm writer have toward God's temple? (84:10-11)
- 15. What character traits of the Lord's did the psalm writer praise? (84:11)
- 16. Why did the psalm writer refer to God as a "sun and shield"? (84:11)
- 17. What conclusion did the psalm writer draw? (84:12)

Get It

- 18. How does this passage challenge us to view the opportunity to go to church?
- 19. What attitude should we have toward church?
- 20. What should be our motivation in going to church?
- 21. What kinds of distractions prevent us from looking forward to going to church?
- 22. Under what circumstances do you sometimes feel like skipping church?
- 23. Why do you think we sometimes take church for granted?
- * 24. How can we renew our desire to worship God and have a positive attitude toward going to church?
- 25. How do you need to change your attitude about church or worship?
- * 26. What change do you need to make in your everyday habits to help you have the proper attitude toward attending church each week?
- 27. Why is it sometimes most important to attend church on those days when we don't feel like going?
- 28. How should our expectations of worshipping God on Sunday mornings affect our preparations to go to church?

Apply It

- 29. In practical terms, what can you do to make getting to church less stressful or frustrating?
- * 30. What practical steps could you take this week to prepare yourself to worship God next Sunday at church?
- 31. What can you do the day before worship to help you enter worship with the right attitude and motivation?

Psalm 85 - Psalm 85:1-13

Topics: Anger, Blessing, Desires, Expectations, Faithfulness, Forgiveness, Goodness, Guidance, Heaven, Hope, Joy, Listening, Love, Obedience, Past, Peace, People, Promises, Restoration, Righteousness, Salvation, Sin

Open It

1. When has another person encouraged you in your faith?
- * 2. How did your mother reassure you after you got in trouble?
3. When was a time you received mercy as a child?

Explore It

4. What mercies had the Lord granted His people in the past? (85:1-3)
5. For what reason did the psalm writer recall God's faithfulness in the past? (85:1-4)
6. What is the theme of this communal prayer? (85:1-13)
- * 7. How can God's people rest secure in His care? (85:1-13)
- * 8. What request did the psalm writer present to the Lord? (85:4-7)
9. What did the psalm writer recognize about the reason Israel was experiencing difficult times? (85:4-7)
- * 10. What promises does God offer His people? (85:8)
11. How should God's people respond to His faithfulness? (85:8)
12. What mercies did the psalm writer expect to receive from the Lord? (85:8-9)
13. What reassurance is offered? (85:10-13)
14. What will God give? (85:10-13)
15. What blessings from the Lord are personified in the passage? (85:10-13)
16. What picture did the psalm writer give of God's gracious treatment of His people? (85:10-13)

Get It

17. What does this psalm tell us about God's character?
18. What kind of relationship does the Lord want to have with us?
19. How does corporate worship strengthen our relationship with the Lord?
- * 20. What reasons does this passage give you to trust the Lord with your needs?
21. Why does God sometimes allow us to go through difficult times?
22. How have you experienced the blessing of the Lord?
23. How can reminding ourselves of God's past mercies help us through our present difficulties?
- * 24. How can we ensure we will receive God's promised blessings?
25. To whom does the Lord draw near?
26. What are the dangers in trying to keep our faith secret or hidden from others?
27. According to this psalm, what responsibility do we have to the Lord?

Apply It

28. What is one thing you could do to thank the Lord for His many blessings?
- * 29. Where or how could you display a reminder of God's faithfulness to you each day this week?
30. What small step could you take to draw near to the Lord each day?

Psalm 86 - Psalm 86:1-17

Topics: Answers, Call, Compassion, Depend, Devotion, Enemies, Fear, Forgiveness, Glory, God, Goodness, Guidance, Heart, Joy, Love, Mercy, Needs, Poor, Praise, Prayer, Pride, Problems, Protection, Salvation, Serving, Soul, Strength, Teaching, Trust, Truth, Worship

Open It

1. What would you say is one of your best character traits?
2. What do you think your friends appreciate most about you?
- * 3. What do you most appreciate about one of your friends?

Explore It

4. What was David's predicament? (86:1, 7, 14)
5. What specific blessings did David ask of the Lord? (86:1-4, 11, 16-17)
6. What motivated David to write this prayer? (86:1-17)
7. What attitude did David have toward himself? (86:1-17)
- * 8. How did David demonstrate his dependence on God? (86:1-17)
9. What does this psalm reveal about the kind of relationship David had with the Lord? (86:1-17)
- * 10. Why did David believe the Lord would answer his prayer? (86:2-3, 5, 11-13, 15-17)
11. To whom does the Lord show His mercy? (86:2-7)
12. Why did David call to God for help? (86:5-7)
13. How did David compare the Lord to other gods? (86:8-9)
- * 14. How did David want the Lord to work in his life? (86:11)
15. What did David expect to be the result of God's work in him? (86:11-12)
16. What vow did David make to the Lord? (86:11-12)
17. What did David expect from God? (86:13, 15, 17)
18. How are David's adversaries described? (86:14)

Get It

19. What does this passage tell us about God's character?
20. What do you appreciate most about God's character?
21. What difference does it make that God is faithful, merciful, and loving?
22. According to this psalm, how should we view ourselves in relation to God?
23. Why does God want us to depend on Him?
- * 24. In what specific ways is David a role model for us?
- * 25. How would you like your relationship with God to be like David's?
26. What did David mean when he asked the Lord to give him an undivided heart?
27. When should we pray for an "undivided heart"?
28. What is one thing in your life that takes your focus off of the Lord?

Apply It

- * 29. What steps could you take this week to eliminate anything that weakens your commitment to serve God?
30. How could you remind yourself each day of God's faithfulness, mercy, and love?
31. How do you want to pray differently this week?

Psalm 87 - Psalm 87:1-7

Topics: Accountability, Believers, Citizenship, Depend, Doctrine, Eternal Life, Future, God, Judgment, Love, People, Praise, Prophecy, Rewards

Open It

- * 1. What do you like and dislike about having a boss?
- 2. In what settings or places are you accountable to someone else?

Explore It

- 3. From where did the Lord rule over the nation of Israel? (87:1-2)
- 4. Why did the Lord choose to dwell in Zion? (87:1-2)
- * 5. What does this psalm celebrate? (87:1-7)
- 6. If the nations listed in this psalm are representative of peoples that do not know God, what is the message of this psalm? (87:1-7)
- 7. How is this psalm prophetic? (87:1-7)
- 8. What reputation does the “city of God” have? (87:3)
- * 9. Whose names does the Lord record as citizens of Zion? (87:4-7)
- 10. Why does the Lord carefully record the names of all of His people? (87:4-7)
- * 11. Why will God’s people sing, “All my fountains are in you”? (87:7)
- 12. How will God provide for His people in Zion? (87:7)

Get It

- 13. What does this psalm teach us about God?
- 14. Whom does the Lord choose to be His people?
- 15. What does it mean to acknowledge God?
- * 16. In what ways do we need to acknowledge the Lord?
- 17. How can we be sure our names are recorded in God’s register?
- 18. Why is Christian fellowship important?
- 19. What does it mean to be held accountable?
- 20. How should Christians keep each other accountable?
- 21. What are the dangers in being accountable to no one?
- 22. Who keeps you accountable in your Christian walk?
- * 23. In what ways do you think you could be kept more accountable?

Apply It

- * 24. Whom could you ask to keep you accountable in your Christian walk?
- 25. In what area do you need someone to hold you accountable? Whom could you ask to help you?
- 26. Practically speaking, how can you acknowledge the Lord?
- 27. What plans can you make to fellowship with other believers this next week?

Psalm 88 - Psalm 88:1-18

Topics: Anger, Call, Death, Depend, Depression, Despair, Emotions, Faithfulness, Fear, Friendship, Grief, Help, Hope, Life, Loneliness, Love, Perseverance, Praise, Prayer, Problems, Punishment, Rejection, Righteousness, Salvation, Soul, Suffering, Youth

Open It

- * 1. Why do you think people sometimes blame God for their problems?
- 2. What kinds of events cause you to feel lonely or depressed?
- 3. How has a friend helped you through a difficult time in your life?

Explore It

- 4. What is the overall mood of this poem? (88:1-18)
- 5. What appeal opens the psalm? (88:1-2)
- * 6. How is the psalm writer's situation described? (88:3-5)
- 7. Whom did the psalm writer blame for his predicament? (88:6-9)
- 8. How was the psalm writer treated by his friends? When? (88:8, 18)
- * 9. How did the psalm writer respond to his difficult situation? (88:9)
- * 10. What request did the psalm writer present to the Lord? (88:9-12)
- 11. From what did the psalm writer need to be saved? (88:10-12)
- 12. What imagery is used to describe death and the grave? (88:10-12)
- 13. Why did the psalm writer question the Lord? (88:13-14)
- 14. How is the psalm writer's life described? (88:15-18)
- 15. What imagery did the psalm writer use to describe God's wrath? (88:7, 15-18)
- 16. Where did the psalm writer seek comfort? (88:18)

Get It

- 17. How does this psalm help us?
- 18. When have you ever felt overwhelmed by your problems or deserted by God and all of your friends?
- * 19. How is the psalm writer a good example to us about how to deal with depression?
- 20. How does God want us to deal with feelings of loneliness and despair?
- 21. What small ray of hope does this psalm offer us?
- * 22. What hope can we have in the problems of life?
- 23. How can we depend on God to save us?
- 24. What fears or feelings of discouragement would you like to entrust to the Lord?

Apply It

- * 25. In what ways could you call on the Lord when you feel lonely or discouraged?
- 26. What person feeling overwhelmed by his or her problems could you encourage in the next few days?
- 27. What can you do or say to encourage a discouraged friend or relative?

Psalm 89 - Psalm 89:1-52

Topics: Attitude, Awe, Believers, Covenant, Creation, Death, Depend, Doubt, Enemies, Expectations, Faith, Faithfulness, Fear, Frustration, Future, Glory, Heaven, Help, Holy, Justice, Light, Love, Needs, Persecution, Power, Praise, Prayer, Promises, Questions, Rejection, Righteousness, Shame, Strength

Open It

- * 1. When has someone broken a promise to you?
- 2. How does it feel to be betrayed by a friend?

Explore It

- 3. What promises did the psalm writer make to the Lord? (89:1-2)
- 4. What is the focus of the introduction of the psalm? (89:1-4)
- 5. What is the main idea of this prayer? (89:1-52)
- 6. How is the Lord described in this psalm? (89:1-52)
- 7. What two character traits of the Lord's did the psalm writer emphasize? (89:5-18)
- 8. What imagery is used to celebrate God's power over nature? (89:9-10)
- * 9. Whom did the psalm writer call "blessed"? (89:15)
- 10. What promises did God make to David? (89:19-29, 33-37)
- 11. What does the psalm say about God's agreement with His people? (89:19-37)
- 12. What were the conditions of God's agreement with David? (89:30-32)
- 13. What motivated the psalm writer to appeal to God's character and His covenant? (89:38-45)
- * 14. Why did the psalm writer feel that the Lord had broken His promises? (89:38-45)
- 15. What were the consequences of God's rejection? (89:38-45)
- 16. How was the psalm writer treated by his adversaries? (89:41-45, 50-51)
- 17. What did the psalm writer recognize about his own insignificance? (89:47-48)
- * 18. What prayer concludes the psalm? (89:46-51)

Get It

- 19. What can we learn from the psalm writer's example?
- 20. What should we do when we feel deserted by God?
- 21. What do we usually do when we feel rejected or lonely?
- * 22. In what specific ways should we follow the psalm writer's example to get through difficult times?
- 23. What promises has God made to us?
- 24. How are God's promises different from the promises of our friends?
- * 25. How do God's promises encourage you to face the future?
- 26. According to the psalm writer, whom does the Lord bless?
- 27. What does it mean to "walk in the light" of the Lord's presence?
- 28. How should we be involved in telling others about God's love and faithfulness?

Apply It

- 29. How can you prepare yourself to deal with feelings of frustration or fear?
- * 30. How can you remind yourself of God's promises throughout the week?
- 31. Whom could you tell about God's love this week? How?

Psalm 90 - Psalm 90:1-17

Topics: Anger, Blessing, Children, Compassion, Depend, Faith, Fear, Heart, Help, Humility, Joy, Judgment, Learning, Life, Perspective, Power, Praise, Pride, Problems, Punishment, Satisfaction, Self-Esteem, Strength, Teaching, Wisdom, Work

Open It

1. What do you think of when you hear the phrase, “One thousand years”?
2. What are some of the things you’d like to do in the next five years? Next ten years? Before you die?
- * 3. Before you die, what is one: Book you’d like to read? Place you’d like to go? Deed you’d like to do?

Explore It

4. What mercies from God did Moses recall? (90:1-2)
5. What is the theme of this prayer? (90:1-17)
- * 6. How does this prayer reveal Moses’ humility? (90:1-17)
- * 7. What picture does this psalm paint about our state before God? (90:1-17)
8. What caused Moses to turn to God for help? (90:1-17)
9. How did Moses describe humankind’s condition under God’s wrath? (90:3-10)
10. What imagery is used to highlight humankind’s insignificance and God’s greatness? (90:4-6)
11. How did Moses feel about God’s judgment? (90:7-9)
12. What does God’s holy light reveal? (90:8)
13. How does this psalm depict the lives of people? (90:9-10)
- * 14. What did Moses want the Lord to teach him? Why? (90:12)
15. What prayer concludes the psalm? (90:13-17)
16. What promise did Moses make to God in return for His compassion? (90:14)

Get It

17. What does the psalm teach us about the attitude we should have toward ourselves? Toward God?
18. What builds a person’s self-esteem?
19. What destroys a sense of self-worth?
20. How can we balance a healthy self-esteem with a humble attitude?
- * 21. How does this passage challenge us to depend on God rather than rely on our own abilities and strength?
22. In what way should we depend on God?
23. According to the writer of this psalm, how can we “gain a heart of wisdom”?
24. What does it mean to “number our days”?
25. How much longer do you expect to live?
26. What should motivate us to turn to God for help?
- * 27. How does remembering God’s help in the past encourage you to trust Him with your future?
28. What fears do you have about your future?
29. How should you deal with your fears in light of this passage?

Apply It

30. How could you remind yourself of God’s past faithfulness more often?
31. What change do you need to make in your attitudes or actions to show God the respect and honor He deserves?
- * 32. What concrete action could you take this week to entrust the Lord with your future?

Psalm 91 - Psalm 91:1-16

Topics: Angels, Assurance, Believe, Circumstances, Courage, Danger, Depend, Faith, Faithfulness, Fear, God, Hope, Love, Needs, Prayer, Protection, Relationships, Reliability, Salvation, Security, Thankfulness, Trust, Worry

Open It

- * 1. What endangers our health and safety in today's world?
- 2. What emotions do you feel when you think about the dangers you face?

Explore It

- 3. What are three images used in the passage to convey God's protection over His loved ones? (91:1-2, 4)
- 4. What is the central theme of this poem? (91:1-16)
- 5. How is the person who trusts in God described? (91:1-16)
- 6. What military words are used and what purpose do they serve? (91:1-16)
- * 7. What concrete reasons did the psalm writer give us to find our security in God? (91:1-16)
- 8. What did the psalm writer reveal as his own worst fears? (91:3-6)
- * 9. Which acts of God's deliverance are listed in the passage? (91:3-8)
- 10. How does the list of dangers in the poem highlight God's protection? (91:3-8)
- 11. What condition did the author place on God's protection? (91:9-10)
- 12. What role do angels play in our lives? (91:11-12)
- 13. What reason does the Lord give for rescuing His children? (91:14-15)
- 14. What must a person do to receive God's protection? (91:14-15)
- * 15. What specific promises does God give to His people? (91:15-16)

Get It

- 16. In what ways is God like a fortress, a shadow, and a bird?
- 17. What characteristics does God have in common with a fortress, a shadow, and a bird?
- 18. What words or images would you use to describe the Lord's protection in your life?
- 19. When have you experienced the protection of the Lord?
- 20. How should we respond when God's delivers or protects us from danger?
- 21. What are your worst fears?
- 22. How do you typically deal with your fears?
- * 23. How does the psalm writer encourage us to trust the Lord with our fears?
- 24. What does this passage teach us about prayer?
- 25. How do you think you could improve your prayer habits?
- * 26. How has your attitude toward the dangers of life changed in light of what you have learned about God's character?
- 27. What dangers do you expect to face in the next few weeks?

Apply It

- * 28. What simple action can you take each day to entrust the Lord with your fears?
- 29. How could you encourage another friend who is struggling with fear?
- 30. With what sort of prayer might you celebrate God's care and protection?

Psalm 92 - Psalm 92:1-15

Topics: Blessing, Character, Consequences, Death, Effectiveness, Enemies, Evil, Faithfulness, Foolishness, Greatness, Health, Holy, Joy, Judgment, Justice, Love, Music, Praise, Prayer, Punishment, Purity, Righteousness, Sin, Spiritual Growth, Thinking, Understanding, Wisdom, Work, Worship

Open It

1. Why are advertisements so misleading?
- * 2. What are some examples of relatively harmless, short-lived pleasures (such as ice cream)?
3. What value is there in the cliché, “No pain, no gain”?

Explore It

4. How does the psalm introduce its topic? (92:1-3)
5. What does this passage celebrate? (92:1-15)
6. What is the theme of the psalm writer’s testimony? (92:1-15)
- * 7. What motivated the psalm writer to offer this song of praise to God? (92:4-5, 10-11)
8. How does this psalm describe the foolishness and destiny of the wicked? (92:6-9)
9. What do fools fail to understand? (92:6-9)
- * 10. How are the pleasures of evil misleading? (92:7)
11. What had the Lord done for the psalm writer? (92:10-11)
12. What imagery is used to describe the prosperity of the righteous? (92:12-14)
13. Why are the righteous compared to a tree? (92:12-14)
14. What kind of future can the righteous expect? (92:12-15)
15. Under what circumstances do the righteous flourish? (92:12-15)
- * 16. What are the righteous like? (92:12-15)
17. In what way will the righteous “bear fruit”? (92:14)

Get It

18. What does this psalm teach us about the consequences of sin?
19. What does this passage tell us about the rewards of righteousness?
20. Why are the temptations of the world so misleading?
21. What are the short-term benefits of sin?
22. What are the long-term consequences of sin?
- * 23. Under what conditions can we expect to grow and mature as Christians?
24. What are the benefits of taking time to worship God?
25. How does our attitude affect what kind of nourishment we receive when we go to church?
26. What can you do to take greater advantage of the opportunity to worship God?
27. What steps can we take to “stay fresh and green” in our faith?
28. What kind of “fruit” should a Christian bear?
- * 29. What “pruning” do you need to do in your life?

Apply It

30. What small change could you make to lessen the attraction or pull of a needless temptation in your life?
- * 31. When might you be able to spend some extra time in prayer and meditation this week?
32. What works or deeds of God in your life do you want to record or write down?

Psalm 93 - Psalm 93:1-5

Topics: Character, Conflict, Creation, Encouragement, Future, Holiness, Instructions, Nature, Power, Reliability, Security, Strength, World, Worship

Open It

- * 1. What examples of order and consistency do you see in nature?
- 2. What do you do when you need to do something (open a jar, clean up after a sick child, lift a heavy item) for which you do not have the strength?

Explore It

- * 3. How is the order of creation maintained? (93:1)
- 4. What do we know about the Lord's reign? (93:1-2)
- 5. What caused the people of Israel to trust in the Lord? (93:1-2)
- 6. What is the focus of this hymn? (93:1-5)
- 7. What character traits of the Lord's does this psalm celebrate? (93:1-5)
- 8. What can God's people expect of the future? (93:2, 5)
- 9. How does God demonstrate His power over the world? (93:3-4)
- 10. What imagery is used to describe the threats God's people face? (93:3-4)
- 11. How does this psalm compare God's power to nature? (93:3-5)
- * 12. What conclusion did the psalm writer draw from his meditation on the Lord's character? (93:5)
- 13. What encouragement did the psalm writer offer God's people? (93:5)
- * 14. How did the psalm writer describe the reliability of God's instructions to His people? (93:5)

Get It

- 15. To what concerns of yours does this hymn speak?
- 16. What kind of dangers threaten our security?
- 17. How does God want us to view our fears and vulnerabilities?
- * 18. How does meditating on God's character help us to trust Him?
- 19. What conclusions about God's character can we draw from this psalm?
- 20. What does the organization of nature tell us about God?
- 21. If we did not have the Bible, what could we know about God's character from observing His creation?
- 22. How has God demonstrated His power in your life?
- 23. How does this passage challenge you to view the future?
- 24. What does this psalm say about the reliability of God's instructions?
- * 25. What life directives has the Lord given to us?

Apply It

- 26. In what way could you entrust your life more to God, who is steadfast and unmovable?
- * 27. What picture, poem, or object could you use to remind yourself of God's majesty and strength?

Psalm 94 - Psalm 94:1-23

Topics: Advice, Attitude, Blessing, Consequences, Creation, Death, Deceit, Depend, Discipline, Evil, Fear, Follow, Foolishness, Heart, Help, Instructions, Joy, Judgment, Justice, Knowledge, Law, Oppressed, Pride, Punishment, Rejection, Righteousness, Soul, Teaching, Thinking, Weaknesses, Wisdom

Open It

1. Why do people say, “You can’t judge a book by its cover”?
- * 2. What are some “small crimes” many people commit mainly because they don’t think they’ll ever get caught or punished?

Explore It

3. To what characteristic of God’s did the psalm writer appeal? (94:1-2)
4. What is the focus of the psalm’s introduction? (94:1-3)
5. What was the psalm writer’s purpose in writing this psalm? (94:1-23)
- * 6. What situation motivated the psalm writer to go to the Lord? (94:3-7)
7. What accusations are made against the wicked? (94:4-7)
8. How are the righteous compared to the wicked? (94:4-7, 12-15)
9. Who is affected by the sin of evildoers? (94:5-6)
10. Why do the wicked continue in their sin? (94:7)
11. What warnings does the psalm offer the wicked? (94:8-11)
- * 12. Why did the psalm writer encourage the wicked to reconsider their actions? (94:9-11)
13. Whom does the Lord choose to bless? (94:11-15)
- * 14. What reward is there in faithfully obeying God? (94:12-15)
15. How will justice be restored for the righteous? (94:15)
16. How did the psalm writer demonstrate his dependence on God for justice? (94:16-19)
17. What did the psalm writer believe would have happened had the Lord not saved him? (94:17)
18. How did God meet the psalm writer at the time of his greatest need? (94:18)
19. What words of confidence conclude the psalm? (94:20-23)

Get It

20. How is God’s judgment different from that of a human judge?
21. What’s wrong with the attitude, “It isn’t wrong if you don’t get caught”?
22. In what way do we rely on God’s mercy?
23. What behavior does this psalm advise us to avoid?
24. What instructions does this psalm encourage us to follow?
- * 25. How and why does God discipline His people?
- * 26. In what way do we need to fear God?
27. How has God met you in your greatest need?
28. How does God want to transform our anxieties?
29. What prevents God from saving us from our fears?
30. What does it mean to take refuge in the Lord?
31. What changes on your part would allow the Lord to turn your fears into joy?

Apply It

- * 32. What habit or tendency do you need to change because God sees all you do?
33. What fears or problems do you want to commit to the Lord today?

Psalm 95 - Psalm 95:1-11

Topics: Anger, Caring, Consequences, Creation, Example, God, Greatness, Heart, History, Humility, Instructions, Joy, Judgment, Listening, Nature, Obedience, Power, Praise, Protection, Punishment, Rebellion, Remembering, Rest, Rewards, Salvation, Security, Sensitivity, Thankfulness, Worship

Open It

- * 1. What is one lesson you have learned from the past?
- 2. What are some things that people often become so familiar with that they ignore them?

Explore It

- 3. How is the Lord described? (95:1, 3, 6)
- 4. What call did the psalm writer give to God's people? (95:1-5)
- 5. What is the main idea of this psalm? (95:1-11)
- * 6. What reasons did the psalm writer give Israel to praise the Lord? (95:3-5)
- 7. How did God's power and authority extend far beyond the gods of Israel's neighbors? (95:3-5)
- 8. How did the psalm writer advise the righteous to demonstrate their submission to God? (95:6)
- 9. What should motivate God's people to worship Him? (95:6-7)
- * 10. How should God's people acknowledge God's kingship over them? (95:6-11)
- * 11. What advice did this psalm offer to the Israelites? (95:6-11)
- 12. What imagery is used to describe the relationship God wants to have with His people? (95:7)
- 13. How did the psalm writer want Israel to respond differently to God's voice? (95:7-11)
- 14. Why did the psalm writer remind Israel of her rebellion in the past? (95:8-11)
- 15. Why did the Lord expect the Israelites to remain faithful to Him? (95:9)
- 16. Why did God condemn Israel to forty years in the desert? (95:10)
- 17. What were the consequences of the Israelites' rebellion? (95:11)

Get It

- 18. What specific instructions does this psalm give us about worship?
- 19. Why do you think the psalm writer called God's people to bow before the Lord?
- 20. What motivates you to offer praise and thanksgiving to God?
- 21. What lessons have you learned from your struggles in the past?
- 22. What are some of the dangers of dwelling on the past?
- 23. What attitude do you think God wants us to have toward our failures?
- 24. What have been some of the consequences of your failures?
- * 25. How does this passage encourage us to look beyond our failures and learn from them?
- 26. How can we guard against hardening our hearts to the Lord?
- * 27. What steps can we take to keep our minds and hearts sensitive to God?

Apply It

- 28. How do you plan to follow the psalm writer's advice about worshipping God?
- 29. What step could you take in prayer this week to accept God's forgiveness for failures in the past?
- * 30. What can you do to become more sensitive to God's voice?

Psalm 96 - Psalm 96:1-13

Topics: Advice, Blessing, Character, Creation, Earth, Fear, Glory, God, Greatness, Heaven, Holy, Instructions, Joy, Judge, Justice, Praise, Righteousness, Security, Strength, Thankfulness, Truth, Witnessing, Worship

Open It

1. What are some common elements of worship in your church?
- * 2. For you, what can cause church worship services to become stale or boring?
3. How do you think your church could add some creativity or newness to its worship services?

Explore It

4. What does the repetition in this psalm emphasize? (96:1-2, 7-8)
5. What call introduces the psalm? (96:1-3)
6. How far did the psalm writer want the praise of God's people to extend? (96:1-3)
- * 7. What instructions for worship are given in this psalm? (96:1-3, 7-10)
8. What reasons did the psalm writer give to the nations to praise the Lord? (96:1-13)
- * 9. What does this psalm reveal about God's character? (96:1-13)
10. What did the psalm writer encourage God's people to proclaim? (96:2)
11. How does the God of heaven differ from earthly gods? (96:4-5)
12. Why should God's people be motivated to praise God? (96:4-6)
13. Whom did the psalm writer call to worship God? (96:7-9)
14. What does the order of nature reveal? (96:10)
15. How is the judgment of the Lord described? (96:10, 13)
- * 16. How can the nations demonstrate their fear of the Lord? (96:10-13)
17. Why does Israel maintain her hope in God? (96:10-13)
18. What will motivate creation to praise the Lord? (96:11-13)

Get It

19. What do the instructions in this psalm say to the nations today?
20. What reasons does this passage give us to worship the Lord?
21. What should be our motivation in praising God?
22. What about nature inspires you to praise God?
23. What does it mean to fear the Lord?
24. What do we have to offer to God?
- * 25. What kind of worship does God desire?
26. How could you encourage your church leaders to keep your worship services fresh and captivating?
- * 27. How can you declare the Lord's glory to others?

Apply It

28. What is one thing you can do to revive your worship of God or make it more meaningful?
29. What gift of time, money, or service could you give to the Lord this week?
- * 30. Who is one person you could tell about God's goodness?

Psalm 97 - Psalm 97:1-12

Topics: Believers, Character, Creation, Devotion, Earth, Enemies, Evil, Faithfulness, Fear, Glory, God, Heaven, Idolatry, Image, Joy, Judgment, Justice, Learning, Nature, Obedience, Praise, Righteousness, World, Worship

Open It

- * 1. How do you feel when you are many miles away from “civilization”?
- 2. What is your biggest concern about the environment?

Explore It

- 3. What testimony did the psalm writer offer to the nations? (97:1-6)
- 4. What does this passage celebrate? (97:1-12)
- 5. On what principles is the Lord’s rule established? (97:2)
- * 6. How is the Lord’s glory revealed in nature? (97:2-6)
- 7. How does nature itself reveal God’s character to the world? (97:2-6)
- 8. What is the impact of the imagery used by the psalm writer? (97:2-6)
- * 9. What conclusion did the psalm writer draw from nature? (97:6)
- 10. How does the center verse serve as a contrast to the theme of the psalm? (97:7)
- 11. Why does the city of Zion rejoice? (97:8)
- 12. What declaration did the psalm writer make to God’s people? (97:8-12)
- * 13. What specific instructions did the psalm writer offer? (97:10)
- 14. How does God treat the faithful? (97:10-11)
- 15. What advice concludes the passage? (97:12)

Get It

- 16. What words of advice does this psalm give us?
- * 17. What promises does this psalm offer?
- 18. What role should nature play in our lives?
- 19. What principles have you learned from observing God’s creation?
- 20. What responsibility do we have to care for nature? Why?
- 21. How should we be involved in maintaining or restoring God’s creation?
- 22. What steps could you take to take better care of God’s creation around you?
- * 23. What does this passage say about the kind of worship God desires?
- 24. How do you think you could improve your worship of the Lord?
- 25. What are some modern day “images” or “idols” that many people worship?
- 26. What distracts you from worshiping the Lord?

Apply It

- 27. What is one step you could take to remember God’s place in the world as Lord over all?
- * 28. How could you offer praise to the Lord in a creative and meaningful way this next week?

Psalm 98 - Psalm 98:1-9

Topics: Advice, Call, Character, Commitment, Creation, Devotion, Earth, Equality, Experience, Fairness, Faithfulness, Holy, Instructions, Joy, Judge, Justice, Love, Music, Nature, People, Praise, Righteousness, Salvation, World, Worship

Open It

- * 1. How do you celebrate special days or events in your family?
- 2. What do you like to do when you celebrate some special occasion or happening?

Explore It

- 3. Why does the psalm call God's people to sing "a new song"? (98:1)
- * 4. For what reasons does the Lord deserve praise? (98:1-3)
- 5. What has God done to deserve our praise? (98:1-3)
- 6. What did the psalm writer celebrate? (98:1-9)
- 7. On which character trait of God's did the psalm writer focus? (98:1-9)
- 8. How did the psalm writer progressively extend his call to worship God? (98:1-9)
- * 9. Whom does this psalm call to praise the Lord? (98:1-9)
- 10. Why does this psalm call us to rejoice and be joyful? (98:1-9)
- 11. What characteristics of God's did the psalm writer emphasize? (98:2-3, 9)
- 12. How is God's commitment to His people summed up by the psalm writer? (98:3)
- * 13. What specific instructions does this psalm offer about how to worship God? (98:4-6)
- 14. What imagery is used to describe the whole world's praise to God? (98:7-8)
- 15. What final reason did the psalm writer give God's people to praise Him? (98:9)
- 16. How is God's judgment of the earth described? (98:9)

Get It

- 17. What hope and encouragement can we glean from this psalm?
- 18. What does this passage teach us about the character of God?
- 19. What have you learned about worship from this psalm?
- 20. What has this psalm taught you about joy?
- 21. What kinds of things cause your relationship with the Lord to become stagnant and boring?
- * 22. How can we keep our spiritual lives fresh and exciting?
- 23. How can we guard against getting into a rut in our spiritual journeys?
- * 24. What kind of worship and praise does the Lord want from us?
- 25. How do you think you could praise the Lord?
- * 26. What "new song" or act of praise could you present to the Lord?
- 27. What attributes or works of God's motivate you to praise Him?

Apply It

- 28. How could you creatively remind yourself each day this week about one praiseworthy attribute or blessing of the Lord's?
- * 29. What is one step you could take to add new meaning to your worship of God?

Psalm 99 - Psalm 99:1-9

Topics: Answers, Awe, Call, Character, Equality, Fear, Forgiveness, Holy, Humility, Instructions, Judgment, Justice, Law, Listening, Love, Obedience, Praise, Prayer, Punishment, Representatives, Worship

Open It

- * 1. Who calls on you in times of need?
- 2. What kinds of things have you found prevent people (whether children, co-workers, neighbors, or family members) from understanding you?
- 3. With whom do you sometimes have difficulty communicating? Why?

Explore It

- 4. How should the world respond to God's holy reign? (99:1)
- 5. What motivated the psalm writer to write this hymn of praise? (99:1-9)
- * 6. Why should people praise and honor the Lord? (99:2-3)
- 7. How did God demonstrate His justice in Israel? (99:4)
- 8. How does this psalm describe the quality of God's reign? (99:4-5)
- 9. Why did the psalm writer refer to God's "footstool"? (99:5)
- 10. Who communicated with God? (99:6-7)
- * 11. How did God show Himself to Israel? (99:6-7)
- 12. Whom did the Lord choose to be His representatives? (99:6-7)
- 13. What role did Moses, Aaron, and Samuel play in Israel? (99:6-7)
- 14. What kind of relationship did Moses, Aaron, and Samuel have with the Lord? (99:6-7)
- 15. How did God deal with the sins of the Israelites? (99:8)
- * 16. What does God's treatment of Israel reveal about His character? (99:8-9)
- 17. What concluding instructions did the psalm writer offer God's people? (99:9)
- 18. What should motivate people to praise the Lord? (99:9)

Get It

- 19. What does this psalm tell us about praise?
- 20. What does this psalm teach us about the Lord?
- 21. How does God demonstrate His holiness to us?
- 22. How can we expect to be judged by God?
- * 23. What kind of relationship does God desire to have with us?
- 24. How does God communicate with us?
- * 25. What steps can we take to become more sensitive to God's voice?
- 26. What does it mean to worship the Lord?
- 27. What inhibits our worship of the Lord?
- 28. What can we do about the distractions that prevent us from praising God?
- 29. How should we respond to God's forgiveness?

Apply It

- 30. How can you thank God for His forgiveness?
- 31. What is one concrete way you can celebrate God's holiness this week?
- * 32. What steps could you take this week to open your lines of communication with God?

Psalm 100 - Psalm 100:1-5

Topics: Appreciation, Attitude, Call, Character, Creation, Devotion, Emotions, Faithfulness, Future, Goodness, Instructions, Joy, Knowledge, Love, Motives, Obligation, People, Praise, Preparation, Protection, Reliability, Thankfulness, Worship

Open It

1. When do you feel like shouting for joy or singing?
- * 2. When (in what situations or for what acts) do you expect a thank you or acknowledgment of a favor you've done?

Explore It

- * 3. What attitude is recommended to accompany the praise of God's people? (100:1, 4)
4. Who is called to worship the Lord? (100:1-3)
5. Why is the Lord worthy of praise? (100:1-5)
6. How does the psalm writer describe the relationship God has with His followers? (100:3)
7. What imagery is used to describe God's protection of His people? (100:2)
8. What does this psalm say about Israel's special relationship with the Lord? (100:3, 5)
- * 9. Why should the world acknowledge the Lord through praise? (100:3-5)
10. Where should believers offer their praise to God? (100:4)
11. How should a person enter God's house? (100:4)
12. How does God demonstrate His goodness to the world? (100:5)
- * 13. How does this psalm describe the reliability of God's character? (100:5)

Get It

14. What message comes through most clearly to you in this psalm?
15. What does this psalm advise us to do?
16. What should motivate us to worship God?
- * 17. What is sincere worship?
18. What attitude should we have toward worshiping God?
- * 19. What changes do you feel you could make to improve your attitude toward worship and praising God?
20. What relationship does the Lord want to have with us?
21. How does this psalm challenge you to rely on the Lord?

Apply It

22. What statement of praise could you give to God today?
23. What is one specific step you could take to ensure that your worship of God is sincere and meaningful?
- * 24. How could you prepare yourself to praise and thank God the next time you go to church for worship?

Psalm 101 - Psalm 101:1-8

Topics: Character, Choices, Commitment, Deceit, Evil, Faith, Faithfulness, Friendship, Heart, Influence, Justice, Love, Motives, Peer Pressure, Plans, Praise, Pride, Priorities, Protection, Punishment, Purity, Righteousness, Unbelievers

Open It

- * 1. In what settings do you feel pressure from others to behave a certain way?
- 2. What are some positive lessons you have learned from watching friends, family members, or acquaintances?

Explore It

- 3. How does the psalm describe the Lord's character? (101:1)
- 4. What does the introduction of the psalm celebrate? (101:1-2)
- 5. What is the focus of this poem? (101:1-8)
- * 6. What promises did David make to the Lord? (101:1-8)
- * 7. How did David plan to remain pure before the Lord? (101:1-8)
- 8. What did David ask of the Lord? (101:2)
- 9. How did David describe the extent of his commitment to God? (101:2-3, 6-8)
- 10. How did David contrast his own attitude to that of the wicked? (101:2-8)
- 11. What attitude did David have toward the wicked? (101:3-8)
- 12. What accusations did David make against the wicked? (101:4-7)
- 13. How could David guard against the influence of the wicked? (101:4-8)
- * 14. Whose company did David want to keep? Why? (101:6)

Get It

- 15. What glimpse does this psalm give into the kind of relationship David had with the Lord?
- 16. What strategy did David have to lead a blameless life?
- 17. What does it mean to lead a blameless life?
- 18. In what specific ways do you think we should follow David's example?
- 19. What steps can we take to strengthen our commitment to God?
- 20. Who has helped you mature in your Christian walk?
- * 21. What attitudes should we have toward unbelievers?
- 22. How do you think your choice of friends affects the way you live?
- 23. Why is peer pressure so powerful?
- 24. How can we prevent ourselves from being negatively influenced by unbelievers?
- 25. How can we ensure that the influence of friends plays a positive role in our lives?
- * 26. What changes does this psalm challenge you to make in the company you keep?

Apply It

- * 27. What steps could you take to strengthen your relationships with the people who have a positive influence on your life?
- 28. What is one change you need to make to reduce the negative influence of people in your life?
- 29. What can you do to find a balance in the friends you keep?

Psalm 102 - Psalm 102:1-28

Topics: Answers, Body, Call, Character, Compassion, Creation, Depend, Despair, Earth, Emotions, Enemies, Example, Faithfulness, Fear, Feelings, Frustration, Future, Glory, Heart, Heaven, Help, Listening, Love, Oppressed, Pain, Praise, Prayer, Problems, Reliability, Salvation, Strength, Worship

Open It

- * 1. How do you feel physically when you are worried or scared? happy?
- 2. Of what do you like to write down, record on tape, or otherwise keep a record?

Explore It

- 3. What initial appeal introduces the psalm? (102:1-2)
- 4. What was the attitude of the psalm writer as he was writing this? (102:1-28)
- 5. What motivated the psalm writer to write this prayer? (102:1-28)
- 6. How did the psalm writer describe his situation? (102:3-11)
- * 7. What affect did the psalm writer's problems have on his emotional attitude and physical strength? (102:3-11)
- 8. What imagery is used to depict the psalm writer's suffering? (102:3-11)
- 9. How was the psalm writer treated by others during this difficult time in his life? (102:8)
- 10. What reason explains the psalm writer's distress? (102:10)
- * 11. Where did the psalm writer obtain his hope for the future? (102:12-17)
- 12. How did the psalm writer overcome his sense of dismay? (102:12-17)
- 13. How is God described in this psalm? (102:12-28)
- 14. How did the psalm writer expect God to treat His people? (102:12-28)
- 15. What specific reason prompted the psalm writer to record this prayer? (102:18)
- 16. What will be the result of God's deliverance of His people? (102:21-22)
- * 17. What does this psalm say about God's reliability? (102:24-28)

Get It

- 18. When have you felt weakened by the stress and pressure of life's problems as was the psalm writer?
- * 19. How can we follow the psalm writer's example when dealing with overwhelming problems in our lives?
- 20. What attitude should we have toward ourselves and the Lord in the middle of our problems?
- 21. When has the Lord shown compassion on you?
- 22. What should be our response to God's deliverance and help?
- * 23. How would it be beneficial to keep a record of God's faithfulness in our lives?
- 24. What promise would you like to claim from this passage?

Apply It

- 25. What specific steps could you take this week to lighten the anxiety you feel over the challenges you face?
- 26. What character traits of God's could you remind yourself of to encourage you to trust in Him?
- * 27. Where could you record or write down the ways that God is faithful to you?

Psalm 103 - Psalm 103:1-22

Topics: Angels, Anger, Blessing, Compassion, Covenant, Desires, Fear, Forgiveness, God's Will, Goodness, Heaven, Humility, Justice, Love, Obedience, Oppressed, Praise, Prayer, Pride, Righteousness, Salvation, Satisfaction, Self-esteem, Sin, Soul, Worship

Open It

1. According to TV and advertisements that you often see, what attitude should we have about ourselves?
2. What are some of the benefits of your job (whether paid or not)?
- * 3. What are some frail or fragile possessions that you have taken steps to protect from damage?

Explore It

4. What call introduces and concludes the hymn? (103:1-2, 20-22)
5. What is the focus of this psalm? (103:1-22)
6. What personal benefits did the psalm writer receive from the Lord? (103:3-5)
7. What imagery did the psalm writer use to emphasize his message? (103:4-5, 11-16)
8. How does the psalm characterize God's reign? (103:6, 19)
9. What mercies did the Lord give to the nation of Israel? (103:7-19)
- * 10. How does the Lord respond to the sinfulness of people? (103:8-10)
11. How is God's love and forgiveness depicted? (103:8-13)
12. How does God demonstrate His compassion for His people? (103:8-18)
13. To whom does the Lord give His blessings? (103:13, 17-18)
- * 14. How are we described in this passage? (103:14-16)
15. What are people like? (103:14-16)
16. What did the psalm writer compare to grass? Why? (103:15-16)
- * 17. What specific instructions conclude the psalm? (103:20-22)

Get It

18. What can we learn from this psalm about God's character?
19. What can we learn from this psalm about people?
20. In what specific ways should we imitate the psalm writer's attitude?
21. What does this passage teach us about ourselves?
22. How is the Christian view of people different from the secular view?
23. What are the benefits of having a good self-image?
- * 24. How can we cultivate an attitude of humility?
25. What does it mean to fear the Lord?
26. How can we know God's will?
27. What can we do to ensure that we are doing God's will?
- * 28. How has God made Himself known to us?
29. How has God demonstrated His compassion to you?
30. What blessings from the Lord have you enjoyed?
31. What can we learn from this psalm about how to praise God?

Apply It

32. What gift of praise can you offer to the Lord today?
- * 33. How can you prevent yourself from having a proud attitude this week?
34. What specific steps could you take to remember God's commands in the Bible?

Psalm 104 - Psalm 104:1-35

Topics: Actions, Character, Creation, Depend, Earth, Fear, Glory, Goodness, Heaven, Holy Spirit, Involvement, Light, Nature, Power, Praise, Satisfaction, Sin, Trust, Vows, Work, Worship

Open It

1. What pet peeves have you heard people voice about nature or the environment?
- * 2. What is the most beautiful scene or landscape in your memory?

Explore It

3. What is the theme of the psalm writer's praise? (104:1-35)
- * 4. What did the psalm writer see as the purpose of creation? (104:1-35)
5. What does this passage reveal about the psalm writer's view of God? (104:1-35)
6. What imagery is used to describe the sky? (104:2-4)
7. How is God involved in the events of the earth? (104:5-9)
8. How is the earth described? (104:10-18)
9. How is the orderliness of earth emphasized? (104:19-23)
10. What did the psalm writer learn from observing the sea? (104:24-26)
- * 11. In what ways does the earth and all life depend on God? (104:27-30)
- * 12. What conclusion did the psalm writer draw from observing and thinking about God's creation? (104:31-35)
13. What vow concludes the psalm? (104:33)

Get It

14. What can we learn from observing creation?
15. What have you learned about God from the psalm writer's meditation on creation?
16. How does our treatment of nature reflect our beliefs about God?
17. What role do you think Christians should take in protecting the environment?
- * 18. What attitude should we have toward God's creation?
19. How should our actions reflect our belief in God as Creator?
- * 20. How does this psalm inspire you to praise God?
21. What does this passage teach us about the relationship God wants to have with us?
22. In what areas of your life do you need to depend more on the Lord?
23. How have you seen God involved in the events of your life?
24. How could you allow the Lord to be more involved in your everyday life?

Apply It

25. What words of praise can you offer the Lord for His creation?
26. When could you take some time to worship God through observing His creation?
- * 27. In what way can you demonstrate respect for God's creation?

Psalm 105 - Psalm 105:1-45

Topics: Blessing, Celebration, Covenant, Faithfulness, Freedom, Glory, Goodness, Hatred, Heart, History, Holiness, Joy, Judgment, Miracles, Obedience, Praise, Promises, Protection, Rebellion, Remembering, Satisfaction, Strength, Thankfulness, Witnessing, Worship

Open It

1. What kinds of pictures do you keep in your photo albums?
- * 2. Why do we save certain pictures or documents?
3. How do you feel when you look at old photo albums or record books of your past?

Explore It

4. What is the focus of the introduction of the psalm? (105:1-4)
- * 5. What specific instructions does this psalm give to God's people? (105:1-4)
6. How should God's people respond to His goodness? (105:1-4)
7. What is the main idea of this passage? (105:1-45)
8. What did the psalm writer tell Israel to remember? (105:5-7)
- * 9. Why was Israel motivated to worship the Lord? (105:5-45)
10. How was Abraham honored by God? (105:8-11)
11. How did the Lord demonstrate His faithfulness to Israel? (105:8-41)
12. What specific blessings did the Lord give to Israel? (105:12-41)
13. How did the Lord use nature to protect and deliver Israel? (105:16, 28-35, 39-41)
14. What specific role did Joseph play in Israel's history? (105:16-22)
15. How were Moses and Aaron involved in bringing God's deliverance to Israel? (105:26-38)
16. Which of the plagues against Egypt did the psalm writer recall? (105:28-36)
17. Why were the Egyptians glad to see the Israelites leave their land? (105:38)
18. What imagery is used to describe the Lord's provision for Israel in the desert? (105:41)
19. What conclusion did the psalm writer draw from his meditation on God's goodness? (105:42-45)
- * 20. What does the Lord expect from His people? (105:42-45)
21. What should motivate people to obey God? (105:42-45)

Get It

22. What specific instructions are given to us in this passage?
23. What does it mean to seek the Lord's face?
- * 24. How should we respond to God's goodness?
25. What are the benefits of keeping a record of God's past goodness?
26. How has God shown His faithfulness to you in the past?
27. What does remembering God's goodness motivate you to do?
- * 28. How do you plan to respond to God's faithfulness to you?
29. What does the Lord expect of us?
30. What motivates you to obey the Lord?
31. What does our obedience reveal about our attitude toward the Lord?
32. What is one change you need to make in your life to obey and honor the Lord better?
33. Why should we tell others about what God has done for us?

Apply It

34. What specific step could you take this week to seek the Lord?
- * 35. How could you keep a record of God's faithfulness to you?
36. Whom could you tell this week about God's goodness to you?

Psalm 106 - Psalm 106:1-48

Topics: Anger, Blessing, Call, Conscience, Covenant, Disobedience, Enemies, Envy, Faithfulness, Forget, Forgiveness, Goodness, Help, History, Holiness, Idolatry, Joy, Judgment, Justice, Kindness, Love, Mercy, Miracles, Power, Praise, Prayer, Promises, Remembering, Righteousness, Sacrifice, Salvation, Sin, Testing, Thankfulness, Unbelievers, Unfaithfulness, Vows, Witnessing

Open It

1. How does it feel to have finally “paid your dues” after making a mistake?
2. What’s the first thing you like to do after you return home from an exhausting trip?
- * 3. What beliefs or ideals are widely accepted by our culture but clearly contradict the teaching of Scripture?

Explore It

- * 4. How is God’s character depicted in this psalm? (106:1-4, 8, 40-48)
5. What motivated the author to write this psalm? (106:1-48)
6. What did the psalm writer ask of the Lord? (106:4-5)
7. What did the psalm writer confess? (106:6-39)
8. How is Israel’s history described? (106:6-43)
9. Why did the Lord save Israel from the Egyptians at the Red Sea? (106:8)
10. How did Israel react to the parting of the Red Sea? (106:10-12)
11. How did Israel put the Lord to the test? (106:13-14)
12. What role did Moses play in Israel’s history? (106:16-23)
13. What demonstrated the Israelites’ lack of faith in God? (106:19-21, 28)
14. How was Phinehas viewed by God? Why? (106:30-31)
- * 15. How does this passage summarize Israel’s rebellion? (106:34-39)
16. What temptations drew Israel away from her faith in God? (106:34-39)
17. How did the Lord react to Israel’s sin? (106:40-43)
- * 18. How did God demonstrate His faithfulness to Israel despite her rebellion? (106:44-46)
19. What communal prayer and word of praise conclude the psalm? (106:47-48)

Get It

20. What does this passage reveal to us about God’s character?
21. What can we learn from Israel’s negative example?
22. What role should confession play in our lives?
23. How can we expect the Lord to respond to our confession?
24. What caused Israel’s downfall and rebellion?
- * 25. What temptations from the world around us do you think we need to guard against?
26. How are our consciences dulled by our culture?
27. What are some subtle temptations that can interfere with our spiritual growth?
28. What things divert our attention from the Lord?
29. How has God shown His love and mercy to you?
- * 30. How should we respond to God’s deliverance and help?

Apply It

31. When can you set aside some time this week to spend time in prayer, confession, and praise?
- * 32. What concrete action could you take to prevent the temptations of the world from interfering with your commitment to God?
33. How could you thank the Lord today for His faithfulness to you?

Psalm 107 - Psalm 107:1-43

Topics: Advice, Blessing, Conflict, Depend, Despair, Disobedience, Enemies, Faithfulness, Goodness, Guidance, Help, Instructions, Joy, Love, Mercy, Nature, Needs, Oppressed, Praise, Protection, Rebellion, Sacrifice, Salvation, Satisfaction, Thankfulness, Wisdom, Words, Work

Open It

1. What's one instance of discipline that was particularly effective on you when you were a child?
2. What's one instance of mercy that you remember being shown to you?
- * 3. Why do judges sometimes grant mercy to defendants who have been found guilty of a crime?

Explore It

- * 4. How did the psalm writer want Israel to respond to God's forgiveness and deliverance? (107:1-3, 8-9, 15-16, 21-22, 31-32)
5. What specific reasons did the psalm writer list to inspire the Israelites to offer their thanks to God? (107:1-3, 8-9, 15-16, 21-22, 31-32)
6. What is the focus of the introduction and conclusion of the psalm? (107:1-3, 43)
7. What exhortation does this psalm give to God's people? (107:1-43)
8. On what attributes of God does this psalm focus? (107:1-43)
9. How did God show His mercy to the needy even in His judgment of Israel? (107:3, 6-38, 41)
10. What punishment did Israel receive for her rebellion? (107:10-12)
11. What two major demonstrations of God's deliverance does this psalm celebrate? (107:10-16, 17-22)
- * 12. How did the Lord respond to Israel's cry for relief from His discipline? (107:13-16)
13. What further discipline did Israel endure for her sin? (107:17-18)
14. How did God demonstrate His mercy to the Israelites? (107:19-20)
15. What "wonderful deeds" did the Lord do for Israel through nature? (107:23-30, 33-38)
16. What imagery is used to describe the Lord's destruction and restoration of the land of Israel? (107:33-35)
- * 17. What advice to the wise concludes the poem? (107:43)

Get It

18. What was the main weakness of the Israelites?
19. Why did the Lord show mercy to Israel?
20. How does God's treatment of Israel encourage you to trust in Him?
- * 21. What lessons can we learn from this description of Israel's history?
22. In what way is Israel a good example to us?
23. What does this psalm reveal to us about God's character?
24. When have you experienced God's discipline in your life?
- * 25. How can we guard against the temptation to rebel against the Lord during the good times?
26. When have you experienced God's mercy?
27. How can going through difficult experiences either strengthen or weaken a person's faith in God?
28. How could experiencing good times have a negative impact on a person's spiritual growth?
29. How do you think the Lord wants to be involved in the high and low points of our lives?
30. How should we respond to the Lord's involvement in our lives, whether it be discipline or blessing?
31. What main piece of advice does this psalm give to us?
32. What does it mean to "consider the great love of the Lord"?

Apply It

- * 33. What practical steps can you take to trust in the Lord, even in the good times?
- 34. If you are going through a difficult time in your life, what does this passage encourage you to do?
- 35. How could you thank the Lord today for His forgiveness and mercy?

Psalm 108 - Psalm 108:1-13

Topics: Confidence, Depend, Earth, Enemies, Faithfulness, Glory, Guidance, Heart, Heaven, Help, Love, Praise, Prayer, Rejection, Salvation, Success, Trust, Victory, Vows, War, Witnessing

Open It

- * 1. On what sources of help do you rely?
- 2. When was a time you felt helpless?

Explore It

- 3. What commitment did the psalm writer make to the Lord? (108:1-3)
- 4. What attribute of the Lord does the introduction celebrate? (108:1-5)
- 5. What is the theme of the psalm writer's praise? (108:1-13)
- 6. How did the psalm writer plan to make his commitment to the Lord public? (108:3)
- 7. How did the Lord feel toward the Israelites? (108:6)
- * 8. What main request did the psalm writer present to the Lord? (108:6-13)
- 9. What imagery is used by the psalm writer, and what is its effect? (108:7-9)
- 10. Why did the Israelites want the Lord's guidance? (108:10)
- * 11. What motivated Israel to turn to the Lord for help? (108:10-13)
- 12. Why did Israel feel rejected by God? (108:11)
- 13. How did Israel feel about their own strength in battle? (108:12)
- * 14. How did the psalm writer demonstrate his confidence in the Lord? (108:12-13)
- 15. What did the psalm writer expect from God? (108:13)
- 16. What words of confidence conclude the prayer? (108:13)

Get It

- 17. What commitment have you made to the Lord?
- 18. What responsibility do we have to make our commitments to God known to others?
- 19. What are the benefits of telling others about what God has done for you?
- 20. How do you feel when you tell someone about what God has done for you?
- 21. What kinds of things prevent us from sharing our testimony with others?
- 22. What reactions have you received when you have shared your faith?
- 23. What motivates you to turn to God for help?
- 24. What can we learn from Israel's example about the attitude we should have towards our own strength?
- * 25. In what area of your life do you need the Lord's help or guidance?
- * 26. How can we tangibly demonstrate our confidence in God?
- 27. In what area of your life would you like to depend more on the Lord and less on your own strength?

Apply It

- 28. Who is one person you could tell this week about God's faithfulness to you?
- 29. In what small way could you demonstrate your confidence in the Lord?
- * 30. What specific steps could you take in the next few days to seek the Lord's guidance or help?

Psalm 109 - Psalm 109:1-31

Topics: Accusation, Blessing, Character, Children, Confidence, Consequences, Depend, Evil, Family, Fasting, Friendship, Future, Hatred, Injustice, Kindness, Love, Lying, Needs, Opposition, Poor, Praise, Prayer, Protection, Punishment, Remembering, Salvation, Silence, Sin, Trust, Unfairness

Open It

- * 1. How do you think it would feel to be falsely accused?
- 2. How do we protect ourselves against false accusations?
- 3. What would you do if you were charged with a crime you did not commit?

Explore It

- 4. What appeal introduces the poem? (109:1-5)
- 5. What dilemma prompted David to write this prayer? (109:1-31)
- 6. What are the specific details of the dilemma David faced? (109:2-5)
- 7. How did David describe himself? (109:4)
- 8. How is David contrasted with his false accuser? (109:4-5)
- * 9. What did David ask the Lord to do for him? (109:6-15)
- 10. How did David want the punishment of his enemy to extend beyond the enemy's own life? (109:8-15)
- 11. How far did David want his adversary's punishment to extend? (109:15)
- 12. How is the enemy's character depicted? (109:16-20)
- 13. What imagery is used to describe the enemy's character? (109:18-19)
- 14. How did David feel about his predicament? (109:22-24)
- 15. How did David describe his own suffering? (109:22-25)
- * 16. How did David deal with his dilemma? (109:24, 26-31)
- 17. Whom did David want to receive the credit for his deliverance? (109:26-27)
- 18. What concluding petition is presented in this prayer? (109:26-29)
- 19. What did David expect from the Lord? (109:29)
- * 20. What vow did David make to the Lord? (109:30-31)

Get It

- 21. When have you felt overwhelmed by problems?
- * 22. How can we follow David's example in dealing with our fears and disappointments?
- 23. What can we learn from this passage about how to present our requests to God?
- 24. What should be our motivation in seeking the Lord's help?
- * 25. What are your most pressing needs now?
- 26. How could you depend more on the Lord to help you?
- 27. How does this psalm encourage you to change your prayer habits?

Apply It

- * 28. What steps can you take this week to follow David's example in dealing with the challenges you face?
- 29. What steps could you take to demonstrate your confidence in the Lord to provide your needs?
- 30. In what way could you improve your prayer habits this next week?

Psalm 110 - Psalm 110:1-7

Topics: Anger, Character, Confidence, Death, Depend, Enemies, Holiness, Judgment, Justice, Needs, Promises, Protection, Reliability, Trust, Vows, War

Open It

1. How do you think a leader should respond to insubordination?
2. What is one method you have found that helps you resolve conflicts with others?
- * 3. In your opinion what sort of person would make an ideal president?

Explore It

4. What simple instruction does the Lord offer His anointed one? (110:1)
5. What imagery is used to describe the defeat of the enemy? (110:1)
- * 6. What decree from the Lord introduces the poem? (110:1-3)
7. By whose power would the kingdom of God's anointed one be established? (110:1-4)
8. How will the Lord provide for His people? (110:1-5)
9. In what specific ways could this psalm apply to the Messiah? (110:1-7)
10. To whom was David be speaking in this psalm? (110:1-7)
11. What did the psalm writer mean when he said that the Lord would extend the scepter of His chosen one? (110:2)
- * 12. What promises are contained in this psalm, and to whom do they apply? (110:4-7)
13. According to the psalm writer, how will God demonstrate His presence? (110:5-6)
- * 14. What did David predict the Lord's anointed would do with God's help? (110:5-7)

Get It

15. What does this psalm reveal to us about God's authority?
16. Why should we respect God?
17. What does it mean to respect God's authority?
- * 18. What does this psalm reveal to us about God's reliability?
19. How does this passage inspire you to put your trust in the Lord?
- * 20. In what area of your life have you hesitated to rely on God?
21. What changes do you need to make to depend on the Lord for all of your needs?
22. How is this psalm a good example to us of how God cares for those He loves?
23. How have you experienced the protection and provision of the Lord?
24. What can we learn from this passage about God's care for even our smallest needs?
25. How do you think a Christian's methods for solving problems should differ from the techniques of unbelievers?

Apply It

- * 26. What small need would you like to trust the Lord to meet this week?
27. What specific steps could you take this week to demonstrate your confidence in God to meet all of your needs?
28. In what way can you show thankfulness to God at each meal for His provision?

Psalm 111 - Psalm 111:1-10

Topics: Awe, Commitment, Compassion, Covenant, Faithfulness, Fear, Future, Gifts, Glory, Heart, Instructions, Intentions, Justice, People, Power, Praise, Remembering, Righteousness, Understanding, Wisdom, Work, Worship

Open It

- * 1. What do you enjoy most about corporate worship services?
- 2. What do you think or feel whenever you are invited to participate in public praise of the Lord?
- 3. How do you think we could become more comfortable with worshipping God in the presence of others?

Explore It

- 4. What promise opens this passage? (111:1)
- * 5. In whose company did the psalm writer promise to praise the Lord? (111:1)
- 6. How does this psalm combine praise and instruction? (111:1-10)
- 7. What is the theme of the psalm writer's praise? (111:1-10)
- 8. What inspired the psalm writer to extol the Lord? (111:2-4)
- 9. What works of the Lord did the psalm celebrate? (111:2-9)
- 10. How did the psalm writer describe God's character? (111:3-10)
- 11. On whom does God bestow blessings? (111:5)
- 12. In what specific ways does God provide for His people? (111:5-6, 9)
- * 13. How are God's precepts described? (111:7)
- 14. What words of advice conclude this psalm? (111:10)
- * 15. What results can people expect from following the Lord's principles? (111:10)
- 16. What did the psalm writer mean when he spoke of fearing the Lord? (111:10)
- 17. What conclusion did the psalm writer draw from his meditation on God's works? (111:10)

Get It

- 18. What words of advice in this psalm hit home to you?
- * 19. What are the benefits of praising God in the company of others?
- 20. What kinds of feelings, perceptions, or attitudes prevent us from praising God publicly?
- 21. What does it mean to fear the Lord?
- 22. How can you tell when a person fears God?
- 23. What should motivate us to fear the Lord?
- * 24. What do you think are the most important precepts the Lord has given us?
- 25. What specific biblical instructions do you struggle to obey?
- 26. How do you think we can resist the temptation to ignore biblical principles that we don't like?
- 27. What are the advantages of living a life of obedience to the Lord?
- 28. What conclusion do you draw from thinking about God's faithfulness to you?

Apply It

- 29. What small steps could you take this week to obey the Lord in one area that you have struggled with in the past?
- 30. How can you remind yourself of the long-term benefits of obeying the Lord every day?
- * 31. In what way could you praise God with others more often?

Psalm 112 - Psalm 112:1-10

Topics: Advice, Believers, Benefits, Blessing, Challenge, Children, Compassion, Desires, Evil, Faithfulness, Fear, Generosity, Gifts, Goodness, Heart, Honor, Instructions, Jealousy, Justice, Problems, Purity, Righteousness, Security, Success, Trust, Wealth

Open It

- * 1. What are some of the advantages of living a clean (moral) life?
- 2. Under what circumstances does it seem useless to try to live righteously?
- 3. What goes through your mind whenever you learn of a particularly evil person having great wealth or living in luxury?

Explore It

- 4. How does the first verse introduce the theme of the passage? (112:1)
- * 5. How is the godly person described? (112:1-9)
- * 6. How does this passage characterize the godly person? (112:1-9)
 - 7. What is the focus of this psalm? (112:1-10)
 - 8. How are the wicked different from the righteous? (112:1-10)
 - 9. What can the descendants of the righteous expect? (112:2)
 - 10. What are some of the benefits the godly person enjoys? (112:2-3)
 - 11. What imagery is used to describe difficult times in life? (112:4)
 - 12. How can the righteous expect even the challenges of life to be different for them? (112:4)
- * 13. Who can expect to receive blessings from the Lord? (112:5)
 - 14. How far will the reputation of the godly extend? (112:6)
 - 15. What attitude does the upright person have toward life? (112:7)
 - 16. Where does the godly person find his or her sense of security? (112:7)
 - 17. What can the righteous expect in the future? (112:8)

Get It

- 18. What does this psalm tell us about the advantages of having faith in God?
- 19. What can we learn from this passage about the rewards of righteousness?
- 20. Why do you think the Lord does not always bless godly people with great wealth?
- 21. Why do you think God sometimes allows sinful people to prosper?
- 22. What benefits have you experienced as a result of your faith in God?
- * 23. How does this psalm inspire you to view life differently?
 - 24. What attitude does the Lord want us to have towards the difficulties of life?
 - 25. How can we maintain a sense of safety and security?
 - 26. In light of this passage, what expectations should we have for the future?
 - 27. What characterizes people whom God chooses to bless?
- * 28. In what specific ways could you change your attitudes or behavior to become more like the godly person described in this passage?

Apply It

- 29. What can you do to remind yourself to be content with what you have?
- 30. What would you list as God's blessings to you?
- * 31. For what benefits of obedience to God do you want to thank God right now?

Psalm 113 - Psalm 113:1-9

Topics: Comparisons, Expectations, Faithfulness, Glory, Heaven, Help, Honor, Humility, Instructions, Motives, Needs, Poor, Power, Praise, Satisfaction, Status, Worship

Open It

1. Who are the lowly people in our society?
- * 2. Who are the needy people in your community?
3. What do you think is effective or ineffective about government programs (such as welfare, unemployment compensation, medicare, etc.) that help people with special needs?

Explore It

4. Whom does the psalm call to praise the Lord? (113:1)
5. What does this hymn celebrate? (113:1-9)
- * 6. What motivated the psalm writer to write this hymn of praise to the Lord? (113:1-9)
7. What imagery is used to describe the extent to which the Lord deserves praise? (113:3)
8. How is the Lord's majesty contrasted to our humility? (113:4-9)
9. How is the Lord described? (113:4-9)
10. What seven verbs did the psalm writer use to celebrate God's worthiness of praise? (113:4-9)
- * 11. Why is the Lord worthy of the praise of His people? (113:5-9)
- * 12. How is God's love demonstrated to His people? (113:6-9)
13. What imagery did the psalm writer use to depict the circumstances of the needy? (113:7)
14. How does God honor the lowly? (113:7-9)
15. How did the psalm writer expect God to meet the needs of the lowly? (113:7-9)
16. What example is used to characterize the needy? (113:9)
17. How does the Lord satisfy the desires of women who want but cannot have children? (113:9)

Get It

18. What does this psalm teach you about how to praise the Lord?
19. Why should we praise the Lord?
20. What are the benefits of meditating on God's holiness and greatness?
21. How has God stooped down to meet our needs?
22. How do you think Christians can be involved in meeting the needs of people around them?
23. How have you experienced the Lord's compassion in your life?
24. What can we learn from the psalm writer's words about depending on God for help?
25. What should we expect from the Lord?
- * 26. In what specific ways do you need the Lord to help you?
27. What should be your response to God's help?
- * 28. How can we offer our worship to the Lord all day long, as the psalm writer advises?

Apply It

29. How do you plan to present your needs to the Lord this week?
30. What offering of praise can you give to God today in anticipation for what He will do for you?
- * 31. How could you creatively remind yourself throughout each day to worship the Lord?
32. What small deed could you do to help a needy person this next week?

Psalm 114 - Psalm 114:1-8

Topics: Advice, Faith, Faithfulness, Fear, God, Goodness, History, Miracles, Nature, Needs, Remembering, Worship

Open It

1. What do you consider to be important elements of a corporate worship service?
- * 2. What are some of the good things that have happened in your church over the years?

Explore It

3. What was established when Israel came out of Egypt? (114:1-2)
4. In what way was Israel's deliverance from Egypt significant? (114:1-2)
5. To what event was the psalm writer referring in mentioning water and hills? (114:1-4)
- * 6. What specific event does this hymn celebrate? (114:1-8)
7. What relationship did the Lord have with Israel? (114:2)
8. Where did God choose to dwell? (114:2)
9. What is personified in this passage? (114:3-4)
10. What is the point of mentioning water and hills? (114:3-4)
11. What question did the psalm writer pose to nature? Why? (114:5-6)
- * 12. What advice did the psalm writer offer? (114:7)
13. What should motivate God's people to fear Him? (114:7-8)
14. What did the Lord do to sustain and refresh the life of Israel? (114:8)
- * 15. What conclusion did the psalm writer draw from his meditation on God's deliverance of Israel from Egypt? (114:7-8)

Get It

16. What is the message of this psalm about God's power?
17. What did the psalm writer learn from remembering God's deliverance in the past?
- * 18. Why is it important to remind ourselves of God's help in the past?
19. How has God shown His help to your church body?
20. In what creative ways can a congregation remind itself of God's faithfulness?
21. In what specific ways has God met your personal needs?
- * 22. What motivates you to respect and honor the Lord?
23. What does this passage teach us about the kind of relationship God wants to have with us?
24. How can we strengthen our relationship with the Lord?

Apply It

- * 25. How could you remind yourself each day this week of what God has done for you?
26. What specific steps could you take this week to strengthen your relationship with the Lord?

Psalm 115 - Psalm 115:1-18

Topics: Beliefs, Blessing, Character, Doubt, Enemies, Faith, Faithfulness, Glory, Heaven, Help, Idolatry, Love, Power, Praise, Protection, Remembering, Trust, Worship

Open It

- * 1. What kinds of things do you think prevent people from taking their faith seriously?
- 2. In what ways do you feel encouraged by friends, TV, or other influences to compromise high moral standards?
- 3. What would you say are some of the strongest temptations in our society?

Explore It

- * 4. What did the psalm writer recognize about Israel's achievements? (115:1)
- 5. What does the praise of God's people accomplish? (115:1-18)
- 6. On which attributes of the Lord does this psalm focus? (115:1-18)
- 7. How was Israel taunted by their neighbors? (115:2)
- 8. How did the Israelites answer their enemies? (115:3)
- 9. What does the psalm reveal about God's character? (115:3)
- * 10. What did Israel recognize about the gods of the surrounding nations? (115:4-7)
- 11. How are idols described in the psalm? (115:4-7)
- 12. What is predicted for people who worship idols? (115:8)
- 13. What call did the psalm writer give to Israel? (115:9-11)
- * 14. How did Israel respond to the psalm writer's call? (115:12-13)
- 15. What blessing is offered to Israel? (115:14-15)
- 16. What words of affirmation conclude the psalm? (115:16-18)

Get It

- 17. In what ways should we imitate Israel's example?
- * 18. What attitude should we have toward our own achievements?
- 19. What has this passage taught you about the kind of relationship we should have with God?
- 20. In your own words, what is an idol?
- 21. What are some things in our world today that can become idols (substitutes for God) to people?
- * 22. How can we guard against letting our successes, affections, or loyalties interfere with our commitment to the Lord?
- 23. In what specific ways has the Lord been your "help and shield"?
- 24. What benefits do we experience when we praise the Lord?
- 25. What inspires you to worship the Lord?

Apply It

- 26. What words of praise can you offer to God right now?
- * 27. What concrete action could you take this week to eliminate or control distractions that draw your attention away from the Lord?

Psalm 116 - Psalm 116:1-19

Topics: Answers, Believe, Call, Compassion, Death, Depend, Despair, Faithfulness, Freedom, Goodness, Humility, Love, Mercy, Needs, Protection, Rest, Righteousness, Salvation, Sorrow, Thankfulness, Vows, Worship

Open It

1. When has a friend or family member helped you through a difficult experience?
- * 2. What are some of the ways that we express our gratitude to people who help us?

Explore It

- * 3. Why did the psalm writer depend on the Lord for help? (116:1-2)
4. What is the focus of the psalm writer's praise? (116:1-6)
5. What is the main theme of this psalm? (116:1-19)
6. How did the psalm writer feel about the Lord? Why? (116:1-19)
- * 7. What did the psalm writer reveal about his own faith? (116:7, 10, 13-14)
8. How had the Lord provided for the psalm writer's needs? (116:7-11)
9. From what predicament did the Lord deliver the psalm writer? (116:8-11)
10. What accusation did the psalm writer make against his enemies? (116:11)
- * 11. How did the psalm writer plan to respond to God's goodness? (116:12-14)
12. What did the psalm writer celebrate? (116:13-14)
13. What promise did the psalm writer make to the Lord? (116:13-14, 17-19)
14. What did the psalm writer recognize about the Lord's goodness to him? (116:15-16)
15. What attitude did the psalm writer have toward himself and the Lord? (116:15-16)

Get It

16. What can we learn about thankfulness from the psalm writer's attitudes and actions?
17. How would you like your faith to be like the psalm writer's?
- * 18. How can we cultivate an attitude of service?
19. What should motivate us to depend on the Lord for help?
20. What resulted when the psalm writer recalled God's goodness to him in the past?
21. How have you experienced God's faithfulness?
- * 22. What should be our response to God's deliverance and help?
23. Why did the psalm writer promise to call on God and fulfill his vows to the Lord?
24. What can we learn from this psalm about how to worship the Lord?
25. What offerings can we give to the Lord?

Apply It

26. How could you creatively remind yourself this week to turn to the Lord for help in times of need?
27. What is one step you could take to renew your worship of the Lord?
- * 28. What gift of calling on God or fulfilling a vow can you give to the Lord to thank Him for His faithfulness to you?

Psalm 117 - Psalm 117:1-2

Topics: Call, Character, Faithfulness, God, Instructions, Love, People, Praise, Worship

Open It

- * 1. If you were to write a poem to God, what would it be about?
- 2. What do you think would be the advantages of writing down a prayer?

Explore It

- 3. To whom is the psalm writer speaking? (117:1)
- 4. What does this passage reveal about God's plan throughout history to reveal Himself to us? (117:1-2)
- 5. What is the message of this psalm? (117:1-2)
- * 6. What instructions does this psalm offer to God's people? (117:1-2)
- * 7. How is God characterized in this passage? (117:1-2)
- 8. What motivated the psalm writer to praise the Lord? (117:2)
- * 9. What reason did the psalm writer give to encourage God's people to praise Him? (117:2)
- 10. On which attributes of the Lord does this passage focus? (117:2)
- 11. On whom does the Lord focus His love? (117:2)
- 12. How did the psalm writer describe God's faithfulness? (117:2)

Get It

- 13. How is the message of this psalm important to us today?
- 14. What does this psalm teach us about God's care for us?
- * 15. How should we respond to God's love and faithfulness?
- 16. What reasons do you have to offer your worship to the Lord?
- 17. What should be our motivation in praising God?
- 18. What enhances your worship of the Lord?
- 19. In what creative ways can we give our praise to God?
- * 20. How can we keep our praise and worship fresh and meaningful?

Apply It

- 21. What creative gift of worship could you offer the Lord today?
- * 22. What is one characteristic of God that you could record in a poem, statement of praise, or reminder?

Psalm 118 - Psalm 118:1-29

Topics: Answers, Attitude, Beliefs, Blessing, Challenge, Depend, Despair, Discipline, Enemies, Faithfulness, Fear, Freedom, Help, Humility, Joy, Love, Perspective, Praise, Problems, Punishment, Righteousness, Salvation, Strength, Success, Thankfulness, Trust, Victory, Witnessing, Worry

Open It

- * 1. What kinds of experiences, concerns, or circumstances cause you to worry?
- 2. What do you usually feel like doing when you are under great stress?

Explore It

- 3. What call introduces the poem? (118:1-4)
- 4. What is the theme of this hymn of thanksgiving? (118:1-29)
- 5. On which main character trait of God does this psalm focus? (118:1-29)
- * 6. What instructions did the psalm writer give to Israel? (118:2-4)
- 7. How is the psalm writer's situation described? (118:5, 10-12)
- 8. How did the psalm writer depend on the Lord in his time of need? (118:5-7, 10-13)
- * 9. What attitude did the psalm writer have toward his predicament? (118:5-18)
- 10. What is the focus of the psalm writer's song of thanksgiving? (118:5-21)
- 11. What advice did the psalm writer offer his listeners? (118:8-9)
- * 12. How did the psalm writer respond to God's deliverance? (118:17, 19-21)
- 13. What did the psalm writer believe was the reason for his hardship? (118:18)
- 14. What had the Lord done for the psalm writer and Israel? (118:21-23, 27)
- 15. How did the Israelites respond to the psalm writer's song of praise? (118:22-27)
- 16. How did the psalm writer conclude this hymn? (118:28-29)

Get It

- 17. What can we learn from the psalm writer about how to deal with hardship and adversity?
- * 18. What attitude should we have toward our own difficult circumstances?
- 19. What does a fearful attitude indicate about our relationship with the Lord?
- 20. In what way are Christians well equipped to handle the challenges of life?
- * 21. What does it mean to trust the Lord with our problems?
- 22. What specific instructions does this psalm give to us?
- 23. Why is it better to "take refuge in the Lord than to trust in man"?
- 24. What challenges do you face in the near future?
- 25. How does this passage encourage you to handle the challenges you are facing?
- 26. How can we plan to respond to God's help and deliverance in our lives?

Apply It

- * 27. What practical steps could you take this week to trust the Lord with your needs each day?
- 28. How could you resist the temptation to worry about your problems?
- 29. What offering of praise could you give to the Lord in anticipation of His help?

Psalm 119 - Psalm 119:1-176

Topics: Accountability, Advice, Attitude, Basics of the Faith, Bible, Blessing, Character, Commitment, Convictions, Depend, Desires, Devotion, Discipline, Enthusiasm, Goals, Habits, Inspiration, Instructions, Maturity, Relationships, Respect, Sin, Spiritual Disciplines, Submission, Truth, Value, Words

Open It

1. How do you feel when you receive a long letter from a close friend?
- * 2. What role does communication play in relationships?
3. What causes friendships to deteriorate?

Explore It

4. Who will be blessed by God? (119:1-3)
5. What is the central message of this devotional psalm? (119:1-176)
6. What was the psalmist's motivation in writing this poem? (119:1-176)
- * 7. How is God's Word described in this passage? (119:1-176)
8. How is the psalmist's devotion to God's Word revealed? (119:1-176)
9. What advice does this psalm give to young people? (119:9-16)
- * 10. What attitude did the psalmist want to have toward God's Word? (119:17-24)
11. What did the psalmist ask the Lord to do for him? (119:33-40)
12. How had the psalmist demonstrated his commitment to the Lord? (119:44-64)
- * 13. What role did God's Word play in the psalmist's life? (119:49-64)
14. What attitude did the psalmist have toward the Lord's discipline? (119:65-72)
15. What happens when we read and think about God's Word? (119:97-104)
16. From what did the psalmist want the Lord to deliver him? (119:121-152)
17. What confession concludes this psalm? (119:176)

Get It

18. How has God communicated with us?
19. What can we learn about God's Word from this psalm?
20. What role should God's Word play in our lives?
21. How should we read and study God's Word?
22. How would you like to change the way you read or study God's Word?
- * 23. How can we show our respect for God's written Word?
24. What benefits can we expect from disciplined meditation on God's Word?
25. According to the many clues in this psalm, how can we prevent ourselves from sinning against the Lord?
26. What does it mean to hide God's Word in our heart?
- * 27. What specific instructions from this psalm would you like to apply to your life?

Apply It

28. What verse or passage from this psalm would you want to memorize? Why?
29. How could you improve the quality or quantity of the time you spend reading and thinking about God's Word this week?
- * 30. In what specific ways could you demonstrate your love for God's word in the next few weeks?

Psalms of Ascents - Psalms 120:1-134:3

Topics: Accomplishments, Advice, Answers, Attitude, Blessing, Call, Character, Children, Church, Commitment, Confidence, Consequences, Covenant, Deceit, Depend, Desires, Endurance, Enemies, Faithfulness, Family, Forgiveness, God, Greatness, Hatred, Heaven, Help, Heritage, Home, Hope, Instructions, Joy, Mercy, Ministry, Neighbor, Obedience, Oppressed, Parents, People, Praise, Prayer, Pride, Protection, Relationships, Reliability, Rewards, Righteousness, Salvation, Shame, Sin, Success, Unity, Victory, Waiting, Worship, Youth

Open It

- * 1. What are some of the challenges of getting along with your family?
- 2. How have your relationships with others been affected by your faith in God?
- 3. How do you think a Christian family might differ from a family that does not believe in the Lord?

Explore It

- 4. What main request do these psalms present to the Lord? (120:1-134:3)
- * 5. What motivated the psalmists to depend on the Lord for help? (120:1; 121:1-8; 123:1-3; 124:6-8; 126:2-3; 130:1-8; 132:11-18)
- 6. What promises are offered to God's people? (121:3-8; 125:1-5; 128:1-6; 130:7-8; 132:13-18)
- 7. How did Solomon remind us that all of life's blessings come from God and not people's own achievements? (127:1-5)
- 8. What attitude do these psalms tell us to have toward ourselves? (121:1-2; 123:3; 124:1-5; 126:1-3; 127:1; 128:1-4; 130:3, 5)
- * 9. In what specific ways should God's people depend on Him? (121:1-8; 123:1-2; 127:1-2; 130:1, 5-6)
- 10. What attitude should God's people have toward the Lord? (121:5-8; 123:1-3; 124:1-5, 8; 127:1-2; 129:4; 130:4, 7-8; 131:1-2)
- 11. How should God's people view a place of worship? (122:1, 4; 132:1-5, 7, 13-14; 134:1-2)
- * 12. What did David realize about his own abilities in comparison to the Lord's power? (124:1-8)
- 13. What do these psalms say about relationships? (127:1-5; 128:3-4; 133:1-3)

Get It

- * 14. What should motivate us to depend on the Lord for help in times of need?
- 15. What promises from these psalms would you like to claim for yourself?
- 16. What attitude should we have toward ourselves?
- 17. How can we cultivate a humble attitude?
- 18. In light of these psalms, what attitude should we have toward church?
- 19. How do you think you could improve your attitude toward worshiping God?
- * 20. In what specific ways do you need to depend more on the Lord and less on yourself?
- 21. What have you learned from these passages about interpersonal relationships?
- 22. How should we treat our family members and friends?
- 23. What good things, experiences, people, or successes has God granted to you?
- 24. How can we thank the Lord for His goodness to us?

Apply It

- 25. How could you demonstrate your thankfulness to the Lord today for the friendships you have?
- 26. What could you do this week to demonstrate your respect for church and for the worship of God?
- * 27. In what specific area of your life could you depend more on the Lord and less on confidence in your own abilities?

Psalm 135 - Psalm 135:1-21

Topics: Church, Commitment, Compassion, Creation, Devotion, Earth, Enemies, Fear, Goodness, Heaven, Idolatry, Ministry, Miracles, Nature, Possessions, Praise, Protection, Trust, Value, Worship

Open It

1. What are the top priorities in your life right now?
- * 2. What kinds of things can divert our attention from the important things in life?

Explore It

3. Whom did the psalmist call to praise? (135:1-2)
4. What is the central topic of this psalm? (135:1-21)
- * 5. On which of the Lord's characteristics did the psalmist focus his praise? (135:1-21)
6. What main reason did Israel have for praising God? (135:3-4)
- * 7. How is the God of Israel compared to other gods? (135:5-18)
8. Where in creation does God have His way? (135:6)
9. How does the Lord exert His power? (135:6-7)
10. How is the Lord's triumph over Egypt and foreign kings celebrated? (135:8-12)
11. What did the psalmist want the Lord to do for Israel? (135:14)
12. How are foreign gods depicted? (135:15-18)
- * 13. What will be the result of trusting in other gods? (135:18)
14. Who is called to praise the Lord in the psalm's conclusion? (135:19-20)
15. What call concludes the psalm? (135:19-21)

Get It

16. What reasons do we have to offer our praise to God?
17. How have you seen God's hand at work in creation?
18. How have you experienced God's power at work in your own life?
- * 19. What should be our response to God's work in nature and in our own lives?
20. What are some of the things people worship today other than the true God?
21. How do you think some Christians lose their faith?
- * 22. How can we guard against allowing our priorities to be displaced by worldly concerns?
23. How does recalling God's faithfulness to us inspire us to remain true to Him?

Apply It

24. What praise offering can you give to God today?
- * 25. What is one step you could take this week to strengthen your commitment to the Lord?
26. How could you remind yourself of God's greatness and power over technology and other modern idols?

Psalm 136 - Psalm 136:1-26

Topics: Appreciation, Creation, Enemies, Freedom, Gifts, God, Goodness, Guidance, Heaven, Honor, Love, Miracles, Nature, Power, Reliability, Salvation, Strength, Thankfulness, Worship

Open It

1. How do you feel when someone compliments you?
- * 2. How do you feel when you give a compliment to someone else?
3. Why do you think it is important to say thank you?

Explore It

- * 4. What does this psalm reveal about God's character? (136:1, 4-5, 12, 23-24)
5. What call introduces and concludes this psalm? (136:1-3, 26)
6. What is the emphasis of the psalm's refrain? (136:1-26)
- * 7. What is the focus of this praise psalm? (136:1-26)
- * 8. Why should God's people offer Him thanks? (136:1-26)
9. What does the psalm reveal about God's interest in creation? (136:4-9)
10. What specific event in Israel's history did the psalmist recall? (136:10-15)
11. How was the nation of Israel delivered from Egypt? (136:10-15)
12. How did the Lord help Israel conquer her enemies? (136:17-22)
13. What benefits did Israel enjoy from the Lord's destruction of her enemies? (136:21-22)
14. How do the four concluding verses review the basic themes of the psalm? (136:23-25)

Get It

15. In what specific ways should we follow this psalmist's example?
- * 16. What are the benefits of reflecting on God's great deeds for His people in the past?
17. What does this passage teach us about God's character?
18. How does this psalm inspire you to worship the Lord?
- * 19. Why should we be motivated to offer thanks to God?
20. How have you seen the Lord's hand at work in your life?
21. What should be our response to God's help in our lives?

Apply It

- * 22. What creative gift of thanksgiving could you give to the Lord today?
23. How could you remind yourself each day this next week of God's deeds for you?
24. Whom could you tell about what God has done for you?

Psalm 137 - Psalm 137:1-9

Topics: Challenge, Commitment, Consequences, Despair, Devotion, Enemies, Faithfulness, Forget, Hope, Mourning, Oppressed, Prayer, Problems, Punishment, Remembering, Sorrow, War

Open It

- * 1. How has your relationship with the Lord helped you through a difficult time in the past?
- 2. Why does a child react so strongly to losing a blanket, toy, or other special item?
- 3. How does your relationship with God usually change when you are going through hard times?

Explore It

- * 4. While in captivity, to what memory did the psalm writer cling? (137:1)
- 5. What did the psalm writer remember about his exile? (137:1-3)
- 6. What caused the psalm writer to mourn? (137:1-3)
- 7. How did the psalm writer's captors torment him? (137:1-3)
- * 8. What motivated the psalm writer to write this passage? (137:1-9)
- 9. Why did the Israelites refuse to sing their worship songs? (137:3-4)
- 10. What commitment did the psalm writer make? (137:4-6)
- * 11. How did the psalm writer demonstrate his commitment to Jerusalem? (137:4-6)
- 12. What attitude did the psalm writer have toward Jerusalem? (137:6)
- 13. What did the psalm writer want the Lord to do for Israel? (137:7-9)
- 14. Why did the psalm writer believe his enemies deserved the Lord's punishment? (137:7-9)
- 15. What did the psalm writer expect to happen to Babylon in the future? (137:8)

Get It

- 16. What challenges did the psalm writer face?
- 17. What can we learn about sadness and mourning from the psalm writer's example?
- 18. How did the psalm writer get through his difficult circumstances?
- 19. What kind of relationship does God want to have with us in the good and bad times?
- 20. How would you like your commitment to the Lord to be like the psalm writer's devotion to Jerusalem?
- 21. Why is it difficult to remain faithful to one's beliefs in difficult times?
- * 22. How can we mourn or experience grief in a way that reflects God's hand in our lives?
- 23. What difficulties are you facing in the near future?
- * 24. How does this psalm encourage you to handle the challenges you face?

Apply It

- * 25. What specific steps could you take this week to strengthen your commitment to the Lord, even if you are going through a difficult experience?
- 26. How could you encourage or help a person who is struggling with a problem this week?

Psalm 138 - Psalm 138:1-8

Topics: Anger, Answers, Call, Courage, Enemies, Faithfulness, Glory, Heart, Holy, Humility, Love, Name, Praise, Pride, Problems, Protection, Purpose, Salvation, Strength, Words, Worship

Open It

- * 1. What characteristics do you look for in a friend?
- 2. What character traits would you like to cultivate in your own personality?
- 3. Which of the Lord's characteristics do you appreciate most? Why?

Explore It

- 4. How did David worship the Lord? (138:1-2)
- * 5. What motivated David to write this song to God? (138:1-3)
- 6. What is the main topic in this song? (138:1-8)
- 7. How had the Lord met David's needs? (138:2-3, 7)
- 8. Whom did David want to join him in praise to God? (138:4-5)
- * 9. What reason did David give others to worship the Lord? (138:4-5)
- 10. What two things display God's glory? (138:4-5)
- 11. What testimony is given to God's faithfulness? (138:6-8)
- 12. How is God's love described? (138:6-8)
- 13. How does the Lord judge? (138:6)
- * 14. How does the Lord demonstrate His care for those He loves? (138:7)
- 15. What hope did David place in the Lord? (138:8)
- 16. What prayer concludes the psalm? (138:8)

Get It

- 17. What can we learn about praise from this song?
- 18. In what ways could we follow David's example in praising God?
- 19. What does this passage tell us about what God wants to do for us?
- * 20. How has God's faithfulness to you given you courage and a sense of security?
- 21. How have you found God's words and ways to be reliable?
- * 22. Why should we want to tell others about what God has done for us?
- 23. What attitude does this psalm warn us to avoid?
- 24. How can we cultivate a humble attitude?
- 25. Why should we put our hope in the Lord?
- 26. How can you depend more on God in times of trouble?

Apply It

- 27. What song of praise could you offer to God today?
- 28. What steps could you take this week to guard against the sin of pride?
- * 29. Whom could you tell about God's reliability and faithfulness?

Psalm 139 - Psalm 139:1-24

Topics: Creation, Earth, Enemies, Guidance, Hatred, Heaven, Help, Holy Spirit, Knowledge, Praise, Protection, Testing, Thinking, Trust, Value, Work, Worship

Open It

- * 1. What is something about you or your personality that is totally unique?
- 2. What makes life worth living?
- 3. Why do you think the conflicting views on abortion matter so much to people?

Explore It

- * 4. How did David describe God's knowledge of him? (139:1-6)
- 5. What main prayer request is presented to the Lord in this psalm? (139:1-24)
- * 6. What attitude did David have toward himself and the Lord? Why? (139:1-24)
- 7. What "knowledge" did David feel was too lofty for him to understand? (139:6)
- 8. What rhetorical question did David pose to the Lord? (139:7)
- 9. What did David reveal about our ability to escape God's scrutiny? (139:7-12)
- * 10. How does this passage depict God's omnipresence? (139:8-12)
- 11. Why did God know David so well? (139:13-15)
- 12. What caused David to offer his praise to the Lord? (139:14)
- 13. What does this psalm reveal about God's care for His people throughout their lives? (139:15-16)
- 14. Whom did David view as his enemies? (139:19-22)
- 15. What set David apart from God's adversaries? (139:19-22)
- 16. How did David demonstrate his loyalty to the Lord? (139:21-22)
- 17. Why did David want the Lord to examine his heart? (139:23-24)

Get It

- 18. What does this psalm teach us about God's character?
- 19. What does this passage teach us about human life?
- 20. What can we learn about ourselves from this passage?
- * 21. In light of this passage, what attitude should we have toward ourselves? toward the Lord?
- 22. How does this psalm motivate you to praise the Lord?
- 23. How have you experienced God's care for you?
- 24. Why does the Lord test us?
- 25. When has the Lord tested you?
- 26. What attitude should we have to the Lord's discipline in our lives?
- 27. How can we demonstrate our loyalty to God?
- * 28. In what area of your life do you desire God's leading?

Apply It

- 29. What gift of praise could you give to the Lord today?
- * 30. How do you plan to seek the Lord's guidance this next week?
- 31. How could you thank God for His creation?
- 32. How could you remind yourself each day this week of God's presence with you?

Psalm 140 - Psalm 140:1-13

Topics: Call, Consequences, Deceit, Depend, Desires, Dishonesty, Enemies, Evil, Heart, Justice, Lying, Mercy, Motives, Needs, Plans, Pride, Problems, Protection, Punishment, Righteousness, Strength, Success, Unfairness

Open It

1. How do you feel when someone who is dishonest or unfair succeeds?
- * 2. When have you ever failed or lost what you wanted as a result of being honest?

Explore It

3. How are David's enemies described? (140:1-5)
- * 4. How does this psalm describe the Lord? (140:1-13)
5. What is this psalm's central theme? (140:1-13)
6. Why did David need God's deliverance? (140:1-13)
7. What main weapon did David's adversaries use against him? (140:3)
8. What danger did David face? (140:4-5)
9. How did David deal with his fears? (140:6-7)
- * 10. What did David want the Lord to do for him? (140:6-8)
11. Why did David want the Lord to make the plans of the wicked fail? (140:8)
12. What strategy did David want God to use against his adversaries? (140:9-11)
- * 13. How did David demonstrate his confidence in the Lord? (140:12-13)
14. What did David believe about God's character? (140:12-13)

Get It

15. What can we learn from David's example about how to deal with our fears?
16. What problems or disappointments threaten to discourage you?
- * 17. How can you use what you have learned from this psalm to deal with your fears?
18. In what specific way do you need the Lord's help?
19. How can we demonstrate our confidence in the Lord?
20. What prevents you from completely trusting God with your problems?
- * 21. How does this passage encourage you to put your trust in God?
22. What attitude does this psalm warn us to avoid?
23. As Christians, how should we view the unfairness we see around us?
24. When are you tempted to allow pride to interfere with your relationship with God?
25. How can we guard against the sin of pride?

Apply It

26. How do you plan to present your needs to the Lord this week?
- * 27. What practical steps could you take each day to trust the Lord with your feelings and circumstances?
28. How could you encourage a friend who is struggling with disappointment or a difficult problem?

Psalm 141 - Psalm 141:1-10

Topics: Accountability, Advice, Attitude, Death, Depend, Desires, Discipline, Evil, Guidance, Heart, Influence, Peer Pressure, Prayer, Protection, Purity, Responsibility, Righteousness, Words

Open It

1. How have you experienced the influence of peer pressure?
- * 2. When has the rebuke of a friend had a positive impact on you?
3. What impact can discipline have on us?

Explore It

4. What initial appeal is presented to the Lord in the introduction? (141:1-2)
5. What was David's main concern? (141:1-10)
6. What imagery is used to describe David's prayer? (141:2)
- * 7. How did David want the Lord to protect him? (141:3-4)
8. In what specific way did David want to remain pure before God? (141:3-4)
9. What imagery describes the temptation to associate with the wicked? (141:4)
10. Why did David describe the strike of a righteous man as a "kindness"? (141:5)
- * 11. How did David view the discipline of the righteous? (141:5)
12. What was the theme of David's prayers? (141:5-6)
13. How is the destiny of the wicked described? (141:6-7)
- * 14. How did David voice his trust in the Lord? (141:8)
15. What plea for deliverance is presented to God? (141:8-10)

Get It

16. In what specific ways would you like your desires to match David's?
- * 17. Why is David a good example for us to follow today?
18. On what temptation does this psalm focus?
19. What did David realize about the power of peer pressure?
20. What kinds of temptations do we face today?
21. What temptation threatens to overwhelm you?
22. How did the psalm writer want the Lord to protect him from temptation?
- * 23. How should we view the advice or discipline of other mature believers?
24. What responsibility do you think we have to hold each other accountable?

Apply It

- * 25. What practical steps could you take this week to withstand negative peer pressure?
26. In what one area of your life do you need to be held accountable?
27. Who is a close friend who could hold you accountable this week?

Psalm 142 - Psalm 142:1-7

Topics: Call, Complaining, Depend, Despair, Enemies, Fear, Freedom, Goodness, Mercy, Needs, Praise, Prayer, Problems, Protection, Righteousness, Strength, Worry

Open It

- * 1. How do people usually deal with overwhelming problems?
- 2. What successful techniques have you found to deal with stressful or scary situations?
- 3. When was the last time you had a narrow escape?

Explore It

- 4. What is the main theme of this prayer? (142:1-7)
- 5. Why did David need the Lord's help? (142:1-7)
- 6. How did the psalm writer demonstrate his faith and confidence in God? (142:1-7)
- * 7. What predicament did the psalm writer face? (142:1-7)
- 8. How did David feel about his situation? (142:3-6)
- 9. What motivated David to depend on God? (142:4-5)
- 10. Why did David refer to the Lord as his "portion"? (142:5)
- 11. What did David present to the Lord? (142:5-7)
- * 12. How did David feel about his own ability to save himself? (142:6)
- 13. What sort of language did David use to describe his situation? (142:7)
- 14. What did David expect from the Lord? (142:7)
- * 15. How did David promise to respond to God's deliverance? (142:7)
- 16. How did David predict others would respond to God's help? (142:7)

Get It

- 17. In what specific ways should we imitate David's example in this psalm?
- 18. How was David's attitude honoring to God?
- * 19. What does this passage teach you about relying on the Lord in times of need?
- 20. When have you felt overwhelmed by your circumstances?
- 21. When has the Lord been a "refuge" for you?
- 22. In what way has the Lord been a "refuge" for you?
- * 23. In what specific areas of your life could you depend more on the Lord?
- 24. What should we expect from the Lord?
- 25. How should we respond to God's help and deliverance?
- 26. In what practical ways can we demonstrate our confidence in the Lord?

Apply It

- * 27. What practical steps can you take this week to rely on God to help you deal with the challenges you face?
- 28. If you feel overwhelmed by your circumstances, how can you use what you have learned from this psalm to better deal with your situation?
- 29. How do you plan to praise the Lord this week for His goodness to you?

Psalm 143 - Psalm 143:1-12

Topics: Answers, Attitude, Call, Character, Darkness, Depend, Despair, Enemies, Faithfulness, God's Will, Guidance, Heart, Holy Spirit, Hope, Humility, Judgment, Leadership, Love, Mercy, Name, Prayer, Problems, Protection, Remembering, Righteousness, Soul, Teaching, Trust, Work

Open It

1. Who was the best teacher you ever had, and why?
- * 2. In your opinion what makes a good teacher?

Explore It

3. To which of the Lord's character traits did David appeal? (143:1, 11)
4. What is the focus of this prayer? (143:1-12)
- * 5. What appeal did the psalm writer present to the Lord? (143:1-12)
6. What did David admit about his own character? (143:2)
- * 7. What attitude did David have toward himself? (143:2, 12)
8. On what did David want the Lord to focus His attention? (143:3)
9. What imagery is used to emphasize the psalm writer's dire need? (143:3)
10. How did David describe his predicament? (143:3-4)
11. How did David feel about his situation? (143:4)
- * 12. What strategy did David use to combat his own fears? (143:5-6)
13. What kind of language is used to describe David's longing for the Lord? (143:6)
14. What kind of future did the psalm writer expect without the Lord's help? (143:7)
15. How did David show his trust in God? (143:8-9)
16. What did David want the Lord to do for him? (143:8-12)
17. What was David's motivation in asking for God's deliverance? (143:11)

Get It

18. What can we learn from David's example about how to deal with our fears and problems?
- * 19. What strategies should we use to combat feelings of doubt or discouragement?
20. How does remembering God's faithfulness in the past encourage you to trust Him today?
21. How does God teach us the lessons He wants us to learn?
- * 22. Practically speaking, how can we demonstrate our trust in the Lord?
23. What attitude does God want us to have toward ourselves?
24. How can we cultivate a servant attitude?
25. What does this passage teach us about God?
26. How does God's Spirit lead us?
27. In what area of your life do you need God's guidance?

Apply It

28. In what practical ways could you sensitize yourself to God's Spirit?
- * 29. What do you want to remember the next time you feel hopeless or depressed?
30. How could you remind yourself this week to call on God whenever you have a need?

Psalm 144 - Psalm 144:1-15

Topics: Attitude, Blessing, Caring, Character, Confidence, Contentment, Deceit, Depend, Enemies, Faithfulness, God, Health, Heaven, Love, Lying, Needs, Possessions, Praise, Promises, Protection, Self-Esteem, Strength, Trust, Victory, War, Youth

Open It

1. Why do you think many people struggle with low self-esteem?
- * 2. In your view what's most difficult about maintaining a healthy self-image?

Explore It

3. What gifts from God does David celebrate in the introduction? (144:1-2)
4. What is the theme of this prayer? (144:1-15)
5. How is the Lord characterized in this psalm? (144:1-15)
- * 6. What did the psalm writer recognize about his own status? (144:3-4)
7. What imagery is used to depict our insignificance? (144:4)
8. How did David want the Lord to deliver him? (144:5-8)
9. How are David's enemies described? (144:8, 11)
- * 10. What vow did the psalm writer make to the Lord? (144:9-10)
11. What inspired David to offer his praise to God? (144:10)
12. What will be the result of God's deliverance? (144:12-15)
13. What blessings did the psalm writer expect from God? (144:12-15)
14. What imagery did the psalm writer use to celebrate God's blessings? (144:12-14)
- * 15. To whom does the Lord give His blessings? (144:15)

Get It

16. How is the view of people portrayed in this psalm different from the world's view?
17. What does this passage reveal to us about the character of God?
18. What attitude did the psalm writer exemplify?
19. How do you need the Lord to heal or strengthen your self-image?
20. What role should God play in our everyday lives?
- * 21. How can we follow David's example in responding to God's goodness?
22. What inspires you to offer your praise to God?
23. What blessings can we expect from the Lord?
24. What gifts from God do you enjoy now?
- * 25. In what area of your life do you need God's help?
26. What kinds of things prevent God from working in our lives?

Apply It

27. What motivates you to give your praise to God today?
28. What steps could you begin to take to open up the areas of your life that you have held back from the Lord?
- * 29. In what specific ways could you allow God more freedom to work through you each day this week?

Psalms of Praise - Psalms 145:1-150:6

Topics: Awe, Beliefs, Blessing, Call, Celebration, Character, Compassion, Desires, Earth, Evil, Faithfulness, Fear, Freedom, Glory, Greatness, Healing, Heaven, Holiness, Hope, Humility, Joy, Knowledge, Love, Name, Nature, Oppressed, Power, Praise, Protection, Punishment, Responsibility, Revenge, Righteousness, Salvation, Satisfaction, Soul, Strength, Testimony, Trust, Truth, Understanding, Words, Work, Worship

Open It

1. What kinds of things do you usually talk about with your friends?
- * 2. Why are spiritual issues sometimes difficult to talk about with others?
3. How do you feel when you tell someone about what God has done for you?

Explore It

4. How do these psalms characterize the Lord? (145:1-150:6)
5. What is the overarching theme of these six psalms? (145:1-150:6)
- * 6. What should motivate God's people to praise the Lord? (145:1-150:6)
7. What practical advice is offered about how to worship God? (145:4-7, 10-12; 146:1-2; 147:1; 149:1-3, 5-6; 150:1-6)
- * 8. What responsibility do God's people have to tell others of God's goodness? (145:4-7, 11-12; 147:1; 148:1-5, 13-14; 149:1-3, 6; 150:1-6)
9. How does the Lord meet the needs of His people? (145:13-20; 146:7-9; 147:2-4, 6, 8, 13-14; 149:4)
10. What specific words of instruction are given to God's followers? (146:3; 147:1, 7, 12; 148:7-14; 149:1-3, 5-9; 150:1-6)
11. How does God demonstrate His love for the needy? (146:7-9; 147:2-3, 6)
- * 12. What does God desire from His people? (147:10-11)
13. Whom do the psalm writers call to praise God? (148:1-5, 7-13; 149:2, 5)
14. How is Psalm 150 a fitting conclusion to the book of Psalms? (150:1-6)

Get It

15. How has the Lord demonstrated His love for you?
16. What responsibility do we have to tell others about what God has done for us?
17. What sometimes prevents you from sharing your faith with others?
- * 18. How do you think you could make it easier for yourself to share with others what God means to you?
19. What should motivate us to offer our praise to God?
20. What lessons can we learn from these psalms about how to praise the Lord?
21. How do these passages encourage you to improve your worship of God?
- * 22. What are some practical tips on worship from these psalms that you would like to try?
23. Practically speaking, how can you put your hope in the Lord?

Apply It

24. What specific steps could you take this week to add some creativity and enthusiasm to your worship of the Lord?
25. What concrete action could you take to motivate yourself to tell others about God's love for them?
- * 26. Who is one person you could tell this week about your faith in God?