

WEEK 45 Psalm 88 - Psalm 94

Psalm 88 — The psalmist blames God and begs for help during a time of adversity and despair. ***Have you experienced a time when you blamed God for the struggles in your life? If so, how did you overcome?***

Psalm 89— This is a song, likely a lament, which struggles with God’s discipline and His unsearchable ways. ***In verses 38 & 39, Did God break His promise to David and renounce His covenant?***

Psalm 90 — Moses contrasts God eternal nature and man’s mortality, asking God to relent and renew his favor toward Israel. Look for “You”, “We”, and “Our” in this psalm. ***Do any of these words stand out to you? If so, why?***

Psalm 91 — Commonly known as the “Soldier’s Psalm”, it recounts the blessing of God’s protection toward those who trust in Him. ***Are the promises in this psalm conditional?***

Psalm 92 — God’s love and faithfulness are celebrated with this song. ***List the ways that God’s love and faithfulness are manifested (hint: look for the use of God’s proper name Yahweh, translated as LORD in most English Bibles).***

Psalm 93 — The psalmist teaches that God is in control, mightier than nature, and trustworthy forever. ***List the attributes of God described in this psalm.***

Psalm 94 — God’s role as divine Judge is examined in this psalm. ***What actions does God take toward the various types of people listed here?***

WEEK 46 Psalm 95-106

Psalm 95 — This psalm (possibly written by David) celebrates God's sovereignty and exhorts us to remain malleable to His instruction. The dangers of hardening our hearts toward God are still present today. ***What are some ways that we can avoid making the same mistake that the Israelites did? See also Hebrews 3:12-15 & 4:6-7***

Psalm 96 — This is a song declaring the glories of God to the nations and compelling us to do the same. ***Why is God worthy to be praised (vv 4-6, 10, 13)?***

Psalm 97 — God's righteous and just reign is celebrated in this psalm. ***What are we instructed to do in response to God's sovereign rule (see vv 10 - 12)?***

Psalm 98 — This psalm helps us to remember that God loves to rescue his people. ***How has the LORD rescued you?***

Psalm 99 — The psalmist reminds us that our omnipotent God provides both forgiveness and discipline when we go astray. ***What were the sins of Moses, Aaron, and Samuel? See Exodus 32:35, Numbers 20:10-12 & 1 Samuel 15:11,35;16:1***

Psalm 100— This is a song celebrating God, who is both our Creator and our Shepherd. Consider verse 3. ***How does it feel to be cherished by God?***

Psalm 101— David ponders God's love and vows to uphold righteousness during his reign. ***How can we internalize David's passion to order our thoughts, conduct, and relationships?***

Psalm 102— The psalmist reminds himself of God's compassion and glory in the midst of intense personal grief. ***How does reminding ourselves of God's goodness help in times of great distress (see verses 12, 13, 18-21; Hebrews 10:23)?***

Psalm 103— David reminds us to be mindful of all of God's benefits and encourages us to praise Him for all that He has done. ***Who does David encourage to praise God (hint: look for the word praise in the psalm)?***

Psalm 104 — God's greatness is celebrated in this psalm recounting the many wondrous things that He has done. Imagine you were writing this psalm, ***how is He "very great" to you?***

Psalm 105 — The psalmist recounts Israel's miraculous deliverance from famine, slavery, and their conquest of Canaan, giving glory to God for all that he has done. ***Why did God do this for the Israelites?***

Psalm 106— This is a psalm contrasting God's faithful providence and Israel's waywardness. Consider the sins of the Israelites and God's responses (hint: look for "they" and "he"). ***How does God deal with their sinfulness?***

WEEK 47 Psalm 107-119; 1-48

Psalm 107 — This is a song which reminds us that God is faithful to forgive and rescue us when we falter. This chapter describes different adversities that God allows us to endure, whether caused by our own choices or by circumstances we can't control. What did this adversity cause them to do? See verses 6, 13, 19, and 28. ***Have you ever had such an experience that you responded in the same way? If so, describe.***

Psalm 108 — David recalls God's promises while asking for help against Israel's foes. David feels like God has rejected Israel (vs. 11). ***What is his response? See verses 1-6, 12-13, also 7-9.***

Psalm 109 — David appeals to God against wicked enemies who tried to destroy him. ***Do we have the right to ask God to judge those who have wronged or betrayed us? Consider vv 4-7, Luke 23: 34, and Romans 12:14, 17-19.***

Psalm 110 — This is a messianic psalm which was quoted by Jesus in the gospels and mentioned by the Apostles in various epistles. ***What does this Psalm teach us about Jesus?***

Psalm 111 — This is a song praising God's works and commending those who reverence Him. ***What are some of the attributes of God's works mentioned in this psalm (see vv 2-4, 6-7)?***

Psalm 112 — The various ways that God blesses those who love and revere Him are discussed in this Psalm. Besides material blessings, ***what are some other ways that the righteous are blessed?***

Psalm 113 — The psalmist exhorts us to praise God for His lofty majesty and His care of the lowest among men. ***Consider the contrasts in this Psalm, from the highest heavens to the dust of the earth. How does this show us that God is worthy to be praised?***

Psalm 114 — This psalm celebrates the terrifying and formidable presence of God. Put yourself in the Israelites' shoes for a moment. ***How would you feel to experience the Red Sea, the Jordan (vv 3, 5), or to watch Mount Sinai (vv 4, 6) tremble under the magnitude of God's presence (see also Exodus 3:6, 19:16; Acts 7:32; Hebrews 12:21; John 10:28-29)?***

Psalm 115 — The psalmist encourages us to trust in and praise God who is our help and shield. ***What reasons and results does the psalmist give for trusting in God?***

Psalm 116 — This is a personal song of thanksgiving to God for deliverance from trouble. Considering vv 1-2 and 12-14, ***what do we have to offer God for His goodness to us?***

Psalm 117 — This is a song of praise for God's steadfast love and faithfulness. ***How has God been great to you?***

Psalm 118 — This is a Messianic psalm celebrating God's salvation. Can you find the verses in this Psalm which are cited in the New Testament (hint: There are 3 verses cited in the New Testament. ***Use your study bible cross-reference and footnote?***

WEEK 48 Psalm 119-123

Psalm 119:1-48 — This Psalm is an acrostic whose 22 stanzas of eight verses in each stanza begin with a different letter of the Hebrew alphabet. Consider the possible contradiction between verses 4 and 5. **What does this teach us about holiness, repentance, and devotion?**

Psalm 119:49-96 — The psalmist takes comfort in the promised blessings for those who keep God's Word. **What are the different words the author used to describe the Word of God?**

Psalm 119:97-136— These stanzas of Psalm 119 reflect praise of God's Word, commitment to keep it, and requests for divine providence. **As you reflect upon the stanzas of this psalm, what stands out to you?**

Psalm 119:136-176— The psalmist pleads for deliverance from his adversaries in order to devote himself to God's law. **How does the psalmist's passion for God's Word encourage you?**

Psalm 120— This is a psalm requesting deliverance from deceitful and violent men. **How would you compare the heart of the psalmist with that of his fellow citizens (vv. 5-7)?**

Psalm 121— This is a song reminding us of God's provision. **List all the ways God takes care of us as given in this psalm.**

Psalm 122 — This is a psalm sung by the Israelites as they made their pilgrimage to Jerusalem. **What are some things that these pilgrims are instructed to do?**

Psalm 123 — This psalm is an expectant prayer to God for mercy and relief from prideful contempt. **Are you actually expecting an answer when you pray?**

WEEK 49 Psalm 124-136

Psalm 124— The psalmist considers what their life would be like without God's help. ***What would your life look like without God's help and love?***

Psalm 125— This is a prayer for those who trust in God. Since all have sinned and fallen short of the glory of God (Romans 3:23), ***What is the difference between the upright and the crooked (vv 4-5).***

Psalm 126— This is a song celebrating the return of the Israelites from the Babylonian captivity. ***Have you experienced a time when God turned your mourning into dancing? If so, describe it.***

Psalm 127— This psalm is a reminder that we need God's guidance, providence, peace, and prosperity. ***What do we learn about God in this Psalm?***

Psalm 128— In this psalm blessings are promised to those who fear the Lord. ***What does the Bible mean when it tells us to fear the Lord?***

Psalm 129— This is a psalm that pronounces a curse upon those who hate Jerusalem. Consider the ill will toward the wicked, that God would drive them back in disgrace, and that they would wither before they grow up. ***Is this psalm too harsh toward Israel's enemies?***

Psalm 130— A repentant heart waits expectantly for God's mercy and forgiveness. ***Why is the psalmist so confident that God will hear and answer his prayer? hear and answer his prayer?***

Psalm 131— The psalmist extols the virtues of humility and the state of being at peace with oneself. ***How does a person gain these virtues? See verse 3.***

Psalm 132— This is a psalm remembering David's zeal for the house of God. ***What are you zealous for, or to put in another way, what causes you to weep, or what rightfully angers you?***

Psalm 133— This is a psalm celebrating the brotherhood of believers. Share a time when you experienced Christian unity and harmony. ***Describe the impression it made on you.***

Psalm 134— This is a psalm encouraging reciprocal blessing to the Lord. ***What does it mean to bless the Lord?***

Psalm 135 — The psalmist encourages the priests, the Israelites, and all God-fearing people to praise our worthy and sovereign LORD. ***What reasons does the psalmist give to prove that God is worthy to be praised?***

Psalm 136 — This is a song of adoration listing many reasons to give thanks to God. ***What are your top 5 reasons to give thanks to God?***

WEEK 50 Psalm 137-150

Psalm 137— This is a lament and prayer for vengeance against the Edomites and Babylonians. ***How do you explain the last two verses of this psalm when you compare it with the New Testament teaching on love and grace?***

Psalm 138— David gives thanks to God for His love, faithfulness, and promises. Consider verses 4 and 5. ***Were these verses fulfilled in David's time or do they refer to the return of Christ to earth?***

Psalm 139— This is a song of David which celebrates God's omniscience, omnipresence, and omnipotence. ***Identify the verses in this psalm which show God's omniscience (all knowing), omnipresence (everywhere present), and omnipotence (all powerful)***

Psalm 140 — David makes an impassioned plea for deliverance, vindication, and justice from those who sought to destroy him. ***Do you see any aspects to this psalm which are superseded by Jesus' teaching about forgiveness? See vv. 9-1, Matt 5:43-44, 6:12, and Luke 6:27-28.***

Psalm 141— King David prays for God to guard his heart, welcoming a righteous rebuke instead of keeping company with wicked men. ***David asks God to set a guard and watch over which parts of his body?***

Psalm 142— David may be in a cave but his refuge is in God alone. Think back to a time when you were in dire straits. ***Where did you find refuge from your storm?***

Psalm 143— David prays for mercy, forgiveness, and deliverance from his enemies. ***What is the basis for David's request?***

Psalm 144— David thanks God for preparation, protection in battle, and the prosperity of God's people. ***Are you ready to do battle in the arena where God has called you? Explain.***

Psalm 145— This is an acrostic psalm that celebrates God's sovereignty, unfailing love, and intimate attention to the needs of every living being in His creation. ***Meditate on what God has done, who He is, and our proper response (hint: look for "your", "the Lord", and "I will").***

Psalm 146— This psalm is a call to praise our all-sufficient eternal God who sustains us and thwarts the plans of evil men. ***Give five ways that God helps those who rely on Him.***

Psalm 147— This is a celebratory psalm recounting God's unique relationship with the nation of Israel. ***Personalize this psalm and reflect on who God is to you (try replacing them, they, and our with me or my).***

Psalm 148— This is a song encouraging all of creation to praise our exalted and majestic God. ***What is your favorite verse in this psalm and why?***

Psalm 149— This is a new song written to praise our God who never grows old. ***Take a moment to rejoice, for God delights in you (vv. 4-5).***

Psalm 150— The psalmist reminds us where, why, how, and whom should praise God. ***What causes you to rejoice in God?***