

Getting to Know God Through the Psalms 12 weeks Bible Study Course

Week 1: February 5 Pages 2-4 (Psalms 7, 8)

Week 2: February 12 Pages 5-7 (Psalms 16, 9, 11)

Week 3 – February 19 Pages 8 – 10 (Psalms 18, 20)

Week 4 – February 26 Pages 11 – 13 (Psalms 23, 27, 36)

Week 5 – March 5 Pages 14 – 16 (Psalms 29, 96, 46)

March Break

Week 6 – March 19 Pages 17-19 (Psalms 62, 81, 84)

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Week 12 – April 30 Pages 36 – 38 (Psalms 147, Create your own psalm)

Some of the Names of God and their meanings – Page 39

A – Z of what God is like – Page 40

Chart to list the names and qualities of God with conditions and response to God

Prayer Requests

Knowing God: The Answer to Every Situation of Life

John 17:3 Jesus' prayer is *"that they know you, the only true God, and Jesus Christ, whom you have sent."*

But Hosea 4:6 says *that his people are destroyed for a lack of knowledge of God.*

We are told in Psalm 20:7, *"Some trust in chariots and some in horses, but we trust in the name of the LORD our God."*

In Jeremiah 9:23-24 *This is what the LORD says: "Let not the wise boast of their wisdom or the strong boast of their strength or the rich boast of their riches, but let the one who boasts boast about this: that they have the understanding to know me, that I am the LORD, who exercises kindness, justice and righteousness on earth, for in these I delight," declares the LORD.*

And when we do get to know God, we will have the ability to *"take delight in the LORD."*

Psalm 37:4

In this Bible Study series, let's get to know the only true God not only with our head but also with our heart, so we can truly boast in (to have confidence in and trust in) the name of the LORD our God and delight in His name.

What do you want to know about God? What do you think God wants you to know about Him and experience? Is it important what we think about God?

Yes, what we think about God

- shapes our moral and ethical standards,
- determines our lifestyle and controls our behaviour
- directly affects our response to hardship and pain
- enables us to know what to accept and what to reject in our daily living

Before we start, write down the words that come to your mind when you think of God?

You can write them here or at the back of the book there is an A-Z page of what God is like.

At the back of the book you will also find a page with 3 columns. Feel free to fill that out each week so you can get a summarized view of what you have learned about God and how you want to respond to Him.

Each day, before you read the psalm, I would suggest you pray a prayer something similar to David's prayer, "Open my eyes to see the wonderful truths in your law."

Then as you read a Psalm, I would recommend taking 3 coloured markers or highlighters and with one colour mark all the words and phrases that tells us the names of God and/or what He is like. With a second colour, mark all the conditions that are necessary for God to act in a certain way. With the third colour, mark down the response that would be appropriate that we give to the kind of God we have.

Through this study, I pray you will, in a greater way, come to know, experience, trust, delight in and discover who God really is and respond to Him in the way that would cause Him to say to you "You are a woman after God's own heart"!

Psalms 7

¹ LORD my God, I take refuge in you; save and deliver me from all who pursue me,

² or they will tear me apart like a lion and rip me to pieces with no one to rescue me.

³ O LORD my God, if I have done this and there is guilt on my hands—

⁴ if I have repaid my ally with evil or without cause have robbed my foe—

⁵ then let my enemy pursue and overtake me; let him trample my life to the ground and drag my honor in the dust

⁶ Arise, LORD, in your anger; rise up against the rage of my enemies.

Awake, my God; decree justice.

⁷ Let the assembled peoples gather around you, while you sit enthroned over them on high.

⁸ Let the LORD judge the peoples.

Vindicate me, LORD, according to my righteousness, according to my integrity, O Most High.

⁹ Bring to an end the violence of the wicked and make the righteous secure—you, the righteous God who probes minds and hearts.

¹⁰ My shield is God Most High, who saves the upright in heart.

¹¹ God is a righteous judge, a God who displays his wrath every day.

¹² If he does not relent, he will sharpen his sword; he will bend and string his bow.

¹³ He has prepared his deadly weapons; he makes ready his flaming arrows.

¹⁴ Whoever is pregnant with evil conceives trouble and gives birth to disillusionment.

¹⁵ Whoever digs a hole and scoops it out falls into the pit they have made.

¹⁶ The trouble they cause recoils on them; their violence comes down on their own heads.

¹⁷ I will give thanks to the LORD because of his righteousness; I will sing the praises of the name of the LORD Most High.

1. David sang to the LORD concerning Cush, a Benjamite.

It is likely that Cush was one of Saul's close friends and was poisoning the king's mind with falsehoods about David.

Have you ever experienced a bitter experience similar to David's? Have you ever felt like have been treated unjustly? Do you have people that you feel are wanting to hurt you, or are slandering you? How do we deal with this? What did David do?

vs1

vs3

vs6

vs8

vs9

vs10, 11

vs17

2. What is David confident that God is going to do?

Vs7, 8

Vs9

Vs10,11

Vs12-16

3. What are you going to do when you come up against a difficult situation?

4. What is God going to do?

5. What names are used for God in this Psalm? What do those names tell us about God? (Can also check out the definitions of the names of God in the back of the book) At the end of the book, fill in the chart, writing down the names of God that are used, what He is like, conditions that need to be met, and what your response will be to God.

6. What pictures of God do you have in your mind now of what God is like? Feel free to draw them.

7. Do you have a song that we could sing about God as He is described in this chapter?

Psalm 8

*1 O LORD, our Lord, how majestic
is your name in all the earth!
You have set your glory in the
heavens.*

*2 Through the praise of children and
infants you have established a
stronghold against your enemies,
to silence the foe and the avenger.*

*3 When I consider your heavens,
the work of your fingers,
the moon and the stars, which you
have set in place,*

*4 what is mankind that you are
mindful of them, human beings that
you care for them?*

*5 You have made them a little lower
than the angels and crowned
them with glory and honor.*

*6 You made them rulers over the
works of your hands; you put
everything under their feet:*

*7 all flocks and herds, and the
animals of the wild,*

*8 the birds in the sky, and the fish in
the sea, all that swim the paths of the
seas.*

*9 O LORD, our Lord, how majestic
is your name in all the earth!*

1. Why is the LORD's name so majestic?

Vs1

Vs2

Vs3

Vs4

Vs5

Vs6

2. How does God see you? How does that make you feel?

3. What responsibility has God given you? Are you taking this seriously? Give examples

4. What picture do you now have of God?

5. Can you truly say that God's name is majestic? How will

you let Him know that?

6. At the end of the book, fill in the chart, writing down the names of God that are used, what He is like, conditions that need to be met, and what your response will be to God.

7. Do you have a song that we could sing about God as He is described in this chapter?

Psalm 16

1 Keep me safe, my God, for in you I take refuge.

2 I say to the LORD, "You are my Lord; apart from you I have no good thing."

3 I say of the holy people who are in the land, "They are the noble ones in whom is all my delight."

4 Those who run after other gods will suffer more and more. I will not pour out libations of blood to such gods or take up their names on my lips.

5 LORD, you alone are my portion and my cup; you make my lot secure.

6 The boundary lines have fallen for me in pleasant places; surely I have a delightful inheritance.

7 I will praise the LORD, who counsels me; even at night my heart instructs me.

8 I keep my eyes always on the LORD. With him at my right hand, I will not be shaken.

9 Therefore my heart is glad and my tongue rejoices; my body also will rest secure,

10 because you will not abandon me to the realm of the dead, nor will you let your faithful one see decay.

11 You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.

1. What does vs 2 mean "that apart from the LORD he has no good thing"?

2. Could you say that for yourself?

3. Who are David's heroes?

Vs3

4. Who are your heroes? Who are your children's heroes?

5. Who was definitely not David's heroes? Why?

Vs4

6. What kind of gods might we be tempted to or do run after? Is it worth it?

7. What does David mean in vs 5?

8. How does David view God in this chapter? Which of these views that David has of God is also your view of God? Which need to be added?

Vs1

Vs2

Vs5

Vs6

Vs7

Vs8-9

Vs10

Vs11

9. At the end of the book, fill in the chart, writing down the names of God that are used, what He is like, conditions that need to be met, and what your response will be to God.

10. What pictures of God do you have in your mind now of what God is like?

11. Do you have a song that we could sing about God as He is described in this chapter?

Psalm 9

1 I will give thanks to you, LORD, with all my heart; I will tell of all your wonderful deeds.

2 I will be glad and rejoice in you; I will sing the praises of your name, O Most High.

7 The LORD reigns forever; he has established his throne for judgment.

8 He rules the world in righteousness and judges the peoples with equity.

9 The LORD is a refuge for the oppressed, a stronghold in times of trouble.

10 Those who know your name trust in you, for you, LORD, have never forsaken those who seek you.

11 Sing the praises of the LORD, enthroned in Zion; proclaim among the nations what he has done.

12 For he who avenges blood remembers; he does not ignore the cries of the afflicted.

13 LORD, see how enemies persecute me! Have mercy and lift me up from the gates of death,

14 that I may declare your praises in the gates of Daughter Zion, and there rejoice in your salvation.

15 The nations have fallen into the pit they have dug; their feet are caught in the net they have hidden.

16 The LORD is known by his acts of justice; the wicked are ensnared by the work of their hands.

17 The wicked go down to the realm of the dead, all the nations that forget God.

18 But God will never forget the needy; the hope of the afflicted will never perish.

19 Arise, LORD, do not let mortals triumph; let the nations be judged in your presence.

20 Strike them with terror, LORD; let the nations know they are only mortal.

1. What is David's focus on in this chapter?

2. Why is David so thankful?

Vs1

Vs2

Vs7-8

Vs9

Vs10

Vs12

Vs16

Vs18

3. What wonderful deeds might David be talking about?

4. If you wrote a psalm of thanks to God, what would you include?

5. How did David show his thanks?

Vs1

Vs2,11,14

6. Does David have any problems? If so, what?

Vs13

7. What does David ask from the LORD? Why?

Vs13

Vs14

8. What has David observed about the ways of the wicked?

Vs15

Vs16

Vs17

9. Do you have problems? What are they? Can you still give God thanks? Why would you want to give God thanks in the midst of problems?

10. At the end of the book, fill in the chart, writing down the names of God that are used, what He is like, conditions that need to be met, and what your response will be to God.

11. What pictures of God do you have in your mind now of what God is like?

12. Do you have a song that we could sing about God as He is described in this chapter?

Psalms 11

1 In the LORD I take refuge. How then can you say to me: "Flee like a bird to your mountain."

2 For look, the wicked bend their bows; they set their arrows against the strings to shoot from the shadows at the upright in heart.

3 When the foundations are being destroyed, what can the righteous do?"

4 The LORD is in his holy temple; the LORD is on his heavenly throne. He observes everyone on earth; his eyes examine them.

5 The LORD examines the righteous, but the wicked, those who love violence, he hates with a passion.

6 On the wicked he will rain fiery coals and burning sulfur; a scorching wind will be their lot.

7 For the LORD is righteous, he loves justice; the upright will see his face.

1. David is in trouble. What does he consider to be the safest thing to do?

Vs1

2. What kind of foundations are being destroyed?

3. What can we do in this situation?

4. What does the LORD do in this situation?

Vs4

Vs5, 6

Vs7

5. What can we look forward to if we are righteous & upright?

6. Where is the safest place for you to go when you are in trouble? Why? What will the LORD do for you in your situation?

7. At the end of the book, fill in the chart, writing down the names of God that are used, what He is like, conditions that need to be met, and what your response will be to God.

8. What pictures of God do you have in your mind now of what God is like?

9. Do you have a song that we could sing about God as He is described in this chapter?

Psalm 18

1 I love you, LORD, my strength.

2 The LORD is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold.

3 I called to the LORD, who is worthy of praise, and I have been saved from my enemies.

4 The cords of death entangled me; the torrents of destruction overwhelmed me.

5 The cords of the grave coiled around me; the snares of death confronted me.

6 In my distress I called to the LORD; I cried to my God for help.

From his temple he heard my voice; my cry came before him, into his ears.

7 The earth trembled and quaked, and the foundations of the mountains shook; they trembled because he was angry.

8 Smoke rose from his nostrils; consuming fire came from his mouth, burning coals blazed out of it.

9 He parted the heavens and came down; dark clouds were under his feet.

10 He mounted the cherubim and flew; he soared on the wings of the wind.

11 He made darkness his covering, his canopy around him—the dark rain clouds of the sky.

12 Out of the brightness of his presence clouds advanced, with hailstones and bolts of lightning.

13 The LORD thundered from heaven; the voice of the Most High resounded.

14 He shot his arrows and scattered the enemy, with great bolts of lightning he routed them.

15 The valleys of the sea were exposed and the foundations of the earth laid bare at your rebuke, LORD, at the blast of breath from your nostrils.

16 He reached down from on high and took hold of me; he drew me out of deep waters.

17 He rescued me from my powerful enemy, from my foes, who were too

When the Lord delivered David from the hand of all his enemies and from the hand of Saul.

1. Why does David love the LORD?

Vs1

Vs2

Vs3

Why do you love the LORD?

2. What did David do when he faced death from his enemies?

Vs6

3. What did God do?

Vs7-15

Vs16

Vs17

Vs18

Vs19

Vs20

strong for me.

18 They confronted me in the day of my disaster, but the LORD was my support.

19 He brought me out into a spacious place; he rescued me because he delighted in me.

20 The LORD has dealt with me according to my righteousness; according to the cleanness of my hands he has rewarded me.

21 For I have kept the ways of the LORD; I am not guilty of turning from my God.

22 All his laws are before me; I have not turned away from his decrees.

23 I have been blameless before him and have kept myself from sin.

24 The LORD has rewarded me according to my righteousness, according to the cleanness of my hands in his sight.

25 To the faithful you show yourself faithful, to the blameless you show yourself blameless,

26 to the pure you show yourself pure, but to the devious you show yourself shrewd.

27 You save the humble but bring low those whose eyes are haughty.

28 You, Lord, keep my lamp burning; my God turns my darkness into light

29 With your help I can advance against a troop; with my God I can scale a wall.

30 As for God, his way is perfect: The Lord's word is flawless; he shields all who take refuge in him.

31 For who is God besides the Lord? And who is the Rock except our God?

32 It is God who arms me with strength and keeps my way secure.

46 The Lord lives! Praise be to my Rock! Exalted be God my Savior!

47 He is the God who avenges me, who subdues nations under me,

48 who saves me from my enemies. You exalted me above my foes;

from a violent man you rescued me.

49 Therefore I will praise you, LORD, among the nations; I will sing the praises of your name.

4. Why did the LORD do that for David?

Vs19

Vs20,24

Vs21

Vs22

Vs23

5. How does God show Himself to different kinds of people?

Vs25

Vs26

Vs27

6. How has God shown Himself to you?

7. What kind of God did David claim he had? Have you experienced this kind of God personally?

Vs28

Vs29

Vs30

Vs31

Vs32

Vs46

Vs47-48

8. At the end of the book, fill in the chart, writing down the names of God that are used, what He is like, conditions that need to be met, and what your response will be to God.

9. What pictures of God do you have in your mind now of what God is like?

10. Do you have a song that we could sing about God as He is described in this chapter?

Psalms 20.

¹ May the LORD answer you when you are in distress; may the name of the God of Jacob protect you.

² May he send you help from the sanctuary and grant you support from Zion.

³ May he remember all your sacrifices and accept your burnt offerings.

⁴ May he give you the desire of your heart and make all your plans succeed.

⁵ May we shout for joy over your victory and lift up our banners in the name of our God. May the LORD grant all your requests.

⁶ Now this I know: The LORD gives victory to his anointed. He answers him from his heavenly sanctuary with the victorious power of his right hand.

⁷ Some trust in chariots and some in horses, but we trust in the name of the LORD our God.

⁸ They are brought to their knees and fall, but we rise up and stand firm.

⁹ LORD, give victory to the king! Answer us when we call!

1. Go through the psalm and list or underline every word/phrase that has something to do with trouble, need or help.

2. Is your heart troubled in any way? Do you have any fears or feel insecure about anything at all? If so, list your fears, your insecurities, your troubles, & your need for help. How do you handle these troubles and difficult situations?

3. What does God promise us when we have trouble?

Vs1

Vs2

4. Are there any conditions that need to be met in order for the promises to be fulfilled?

Vs7

Vs9

5. Take each trouble or need or difficult situation to the LORD in prayer and specifically ask God to show through our studies one of His names or qualities or character that will meet your particular need. Then, when He shows you, tell Him that you will trust in that name.

6. According to this Psalm, who protects us or gives us security within any circumstances or situations?

7. Why do we lift up a banner?

8. What do some boast about or trust in? What does that mean and how does that apply to us today?

9. What do you boast about or trust in? Can you remember a time when you trusted in “horses and chariots”? What was the result in your life?

10. God talks about men who trust in chariots and horses and men who trust in the name of the LORD. Did you see the contrast between these two types of man? What was the contrast?

11. At the end of the book, fill in the chart, writing down the names of God that are used, what He is like, conditions that need to be met, and what your response will be to God.

12. If you wanted to draw picture of what God is like as described in Psalm 20, what would you draw? Is there a song that we could sing to describe the God of Psalm 20?

Psalm 23

1 The LORD is my shepherd, I lack nothing.

2 He makes me lie down in green pastures, he leads me beside quiet waters,

3 he refreshes my soul.

He guides me along the right paths for his name's sake.

4 Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

5 You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.

6 Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

1. If God is a Shepherd, who are the sheep?

2. What are sheep like?

3. Phillip Keller, in his book "A Shepherd Looks at Psalm 23" writes, "The strange thing about sheep is that because of their very make-up it is almost impossible for them to be made to lie down unless four requirements are met. Owing to their timidity they refuse to lie down unless they are free of all fear. Because of the social behavior within a flock sheep will not lie down unless they are free from friction with others of their kind. If tormented by flies or parasites, sheep will not lie down. Only when free of these pests can they relax. Lastly, sheep will not lie down as long as they feel in need of finding food. They must be free from hunger."

So what 4 things does our Shepherd provide for us so we can lie down and be at peace?

Vs2, 5

Vs2

Vs4

Vs5

4. If we make God our shepherd what will be the result?

Vs1, 6

5. Is the LORD your shepherd? How has the Shepherd taken care of you?

6. At the end of the book, fill in the chart, writing down the names of God that are used, what He is like, conditions that need to be met, and what your response will be to God.

7. What pictures of God do you have in your mind now of what God is like?

8. Do you have a song that we could sing about God as He is described in this chapter?

Psalm 27

*¹ The LORD is my light and my salvation— whom shall I fear?
The LORD is the stronghold of my life— of whom shall I be afraid?
² When the wicked advance against me to devour me, it is my enemies and my foes who will stumble and fall.
³ Though an army besiege me, my heart will not fear; though war break out against me, even then I will be confident.*

What are you going to do with that fear?

*⁴ One thing I ask from the LORD,
this only do I seek:
that I may dwell in the house of the LORD all the days of my life,
to gaze on the beauty of the LORD and to seek him in his temple.
⁵ For in the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of his sacred tent and set me high upon a rock.
⁶ Then my head will be exalted above the enemies who surround me;
at his sacred tent I will sacrifice with shouts of joy; I will sing and make music to the LORD.*

8. What will the LORD do?

vs5

*⁷ Hear my voice when I call, LORD;
be merciful to me and answer me.
⁸ My heart says of you, “Seek his face!” Your face, LORD, I will seek.
⁹ Do not hide your face from me, do not turn your servant away in anger;
you have been my helper. Do not reject me or forsake me, God my Savior.
¹⁰ Though my father and mother forsake me, the LORD will receive me.*

11. What helps David to keep on praying?

1. In the first 3 verses what do you learn about God?
2. How does this affect David?
3. David personalized who the LORD was to him – how about you? Is he a personal God to you?
4. Is there something you are afraid of? Or could be afraid of?

5. What are the things David says he will do? What is his chief desire in times of trouble?

Vs4, 6

6. What have you asked for from the LORD? What do you seek?

7. In what ways is the LORD beautiful?

9. What difference do you notice in the tone of these verses compared to the confidence in the first few verses? What are his petitions?

10. Have you ever had any of these fears or feelings of insecurity that David is expressing?

What can you do when you do have these fears?

¹¹ Teach me your way, LORD; lead me in a straight path because of my oppressors.

¹² Do not turn me over to the desire of my foes, for false witnesses rise up against me, spouting malicious accusations.

¹³ I remain confident of this: I will see the goodness of the LORD in the land of the living.

¹⁴ Wait for the LORD; be strong and take heart and wait for the LORD.

12. What requests does he make of God?
Vs11, 12

13. Why do we often experience fear and anxiety?

14. What advice does David give himself and others when they face fears and how are all these necessary to combat fear? What part does each play?
Vs14

15. At the end of the book, fill in the chart, writing down the names of God that are used, what He is like, conditions that need to be met, and what your response will be to God.

16. What pictures of God do you have in your mind now of what God is like?

17. Do you have a song that we could sing about God as He is described in this chapter?

Psalm 36:5-10

5 Your love, LORD, reaches to the heavens, your faithfulness to the skies.

6 Your righteousness is like the highest mountains, your justice like the great deep. You, LORD, preserve both people and animals.

7 How priceless is your unfailing love, O God! People take refuge in the shadow of your wings.

8 They feast on the abundance of your house; you give them drink from your river of delights.

9 For with you is the fountain of life; in your light we see light.

10 Continue your love to those who know you, your righteousness to the upright in heart.

1. David is full of praise to the LORD – what are some of the things he is praising the LORD for in this chapter?
V5, 10

V6, 10

V7

V8

V9

2. Are you full of praise to the LORD today? If so, what are you praising the LORD for?

3. At the end of the book, fill in the chart, writing down the names of God that are used, what He is like, conditions that need to be met, and what your response will be to God.

4. What pictures of God do you have in your mind now of what God is like?

5. Do you have a song that we could sing about God as He is described in this chapter?

Psalm 29

¹ *Ascribe to the LORD, you heavenly beings (sons of God or nations), ascribe to the LORD glory and strength.*

² *Ascribe to the LORD the glory due his name; worship the LORD in the splendor of his holiness.*

³ *The voice of the LORD is over the waters; the God of glory thunders, the LORD thunders over the mighty waters.*

⁴ *The voice of the LORD is powerful; the voice of the LORD is majestic.*

⁵ *The voice of the LORD breaks the cedars; the LORD breaks in pieces the cedars of Lebanon.*

⁶ *He makes Lebanon leap like a calf, Sirion (Mount Herman) like a young wild ox.*

⁷ *The voice of the LORD strikes with flashes of lightning.*

⁸ *The voice of the LORD shakes the desert; the LORD shakes the Desert of Kadesh.*

⁹ *The voice of the LORD twists the oaks and strips the forests bare. And in his temple all cry, "Glory!"*

¹⁰ *The LORD sits enthroned over the flood; the LORD is enthroned as King forever.*

¹¹ *The LORD gives strength to his people; the LORD blesses his people with peace.*

1. What does the word "ascribe" mean?

2. What are we commanded to do?

Vs1

Vs2

3. What pictures do we see of God in this chapter?

Towards nature:

Vs3-9

Towards people:

Vs11

4. How do you feel about God when you read a chapter like this?

5. What is your response to this majesty and power of God as described here?

6. How would you summarize what God is like in this chapter? Fill in the chart at the back of the book.

7. Can you think of a song that would go along with this chapter?

8. What pictures do you have of God from this chapter?

Psalm 96

1 Sing to the LORD a new song; sing to the LORD, all the earth.

2 Sing to the LORD, praise his name; proclaim his salvation day after day.

3 Declare his glory among the nations, his marvelous deeds among all peoples.

4 For great is the LORD and most worthy of praise; he is to be feared above all gods.

5 For all the gods of the nations are idols, but the LORD made the heavens.

6 Splendor and majesty are before him; strength and glory are in his sanctuary.

7 Ascribe to the LORD, all you families of nations, ascribe to the LORD glory and strength.

8 Ascribe to the LORD the glory due his name; bring an offering and come into his courts.

9 Worship the LORD in the splendor of his holiness; tremble before him, all the earth.

10 Say among the nations, "The LORD reigns." The world is firmly established, it cannot be moved; he will judge the peoples with equity.

11 Let the heavens rejoice, let the earth be glad; let the sea resound, and all that is in it.

12 Let the fields be jubilant, and everything in them; let all the trees of the forest sing for joy.

13 Let all creation rejoice before the LORD, for he comes, he comes to judge the earth. He will judge the world in righteousness and the peoples in his faithfulness.

1. What are we commanded to do?

Vs1

Vs2

Vs3

Vs4

Vs 7

Vs 8

Vs 9

Vs10

2. Why would we want to do these things?

Vs4

Vs5

Vs6

Vs10

3. What else is the psalmist inviting to praise the LORD?

Vs11

Vs12

4. Why would they rejoice?

Vs13

5. How are you going to praise the LORD? What are you going to praise Him for?

6. How would you summarize what God is like in this chapter? Fill in the chart at the back of the book.

7. Do you have a song we could sing that goes along with this chapter?

8. What pictures do you have of God from this chapter?

Psalm 46

*1 God is our refuge and strength,
an ever-present help in trouble.
2 Therefore we will not fear, though
the earth give way and the
mountains fall into the heart of the
sea,
3 though its waters roar and foam
and the mountains quake with their
surging.
4 There is a river whose streams
make glad the city of God, the holy
place where the Most High dwells.
5 God is within her, she will not fall;
God will help her at break of day.
6 Nations are in uproar, kingdoms
fall; he lifts his voice, the earth melts
7 The LORD Almighty is with us;
the God of Jacob is our fortress.
8 Come and see what the LORD has
done, the desolations he has brought
on the earth.
9 He makes wars cease to the ends
of the earth. He breaks the bow and
shatters the spear; he burns the
shields with fire.
10 He says, "Be still, and know that
I am God; I will be exalted among
the nations, I will be exalted in the
earth."
11 The LORD Almighty is with us;
the God of Jacob is our fortress.*

1. Have you ever had a time when everything in your life seemed to be falling apart? What did you need at that time?
2. In vs 2 what does the word "therefore" mean? What is the one result of vs 1?
3. What kind of things bring you fear? What does fear do to a person?
4. Notice the contrast between vs2-3 and vs4-5 when it talks about water. Can you picture a painting of both scenes?
5. What keeps a person from not fearing when everything around them is in an upheaval or chaos?
Vs1
Vs6
Vs7
this verse inspired Martin Luther to compose "A Mighty Fortress is Our God". Sing this song
6. What 2 commands are in vs 8 – 11?

7. Why must we experience inner stillness to be able to know God's presence? What does our lack of stillness indicate?

8. What is the difference between a refuge and a fortress?

*9. LORD Almighty is LORD of Hosts – the sovereign divine powerful ruler of the heavenly armies
God of Jacob – reminder of God's covenant of love to Israel*

What do the sovereignty and the love of God mean to you personally? How can these affect your life in times of trouble? Why do you think David repeats the same words in vs 7 and vs 11?

9. How would you summarize what God is like in this chapter? Fill in the chart at the back of the book.

10. What pictures do you have of God from this chapter?

Psalm 62

1 My soul finds rest in God alone; my salvation comes from him.

2 He alone is my rock and my salvation; he is my fortress, I will never be shaken.

3 How long will you assault me? Would all of you throw me down—this leaning wall, this tottering fence?

4 Surely they intend to topple me from my lofty place; they take delight in lies. With their mouths they bless, but in their hearts they curse.

5 Find rest, O my soul, in God alone; my hope comes from him.

6 He alone is my rock and my salvation; he is my fortress, I will not be shaken.

7 My salvation and my honor depend on God; he is my mighty rock, my refuge.

8 Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.

9 Surely the lowborn are but a breath, the highborn are but a lie. If weighed on a balance, they are nothing; together they are only a breath.

10 Do not trust in extortion or put vain hope in stolen goods; though your riches increase, do not set your heart on them.

11 One thing God has spoken, two things I have heard: "Power belongs to you, God,

12 and with you, Lord, is unfailing love"; and, "You reward everyone according to what they have done."

1. What gives us peace in a life threatening situation or when we are under attack?

Vs1

Vs2

Vs5

Vs6

Vs7

Vs8

Vs11

Vs12

Notice all the my's – shows God was a personal God to the psalmist. Is God your personal God?

2. What does David tell us to do when we are faced with a crisis?

Vs1, 2

Vs5

Vs7, 8

3. What should we not trust in? What should we trust in? vs 9-12

4. How would you summarize what God is like in this chapter? Fill in the chart at the back of the book.

5. What pictures do you have of God from this chapter?

6. Do you have a song that we could sing that would go along with this chapter?

Psalm 81



*1 Sing for joy to God our strength;
shout aloud to the God of Jacob!
2 Begin the music, strike the timbrel,
play the melodious harp and lyre.
3 Sound the ram's horn at the New
Moon, and when the moon is full, on
the day of our festival;
4 this is a decree for Israel,
an ordinance of the God of Jacob.
5 When God went out against Egypt,
he established it as a statute for
Joseph. I heard an unknown voice
say:
6 "I removed the burden from their
shoulders; their hands were set free
from the basket.
7 In your distress you called and I
rescued you, I answered you out of a
thundercloud; I tested you at the
waters of Meribah.
8 Hear me, my people, and I will
warn you—if you would only listen
to me, Israel!
9 You shall have no foreign god
among you; you shall not worship
any god other than me.
10 I am the LORD your God, who
brought you up out of Egypt.
Open wide your mouth and I will
fill it.
11 "But my people would not listen
to me; Israel would not submit to
me.
12 So I gave them over to their
stubborn hearts to follow their own
devices.
13 "If my people would only listen
to me, if Israel would only follow my
ways,
14 how quickly I would subdue their
enemies and turn my hand
against their foes!
15 Those who hate the LORD would
cringe before him, and their
punishment would last forever.
16 But you would be fed with the
finest of wheat; with honey from the
rock I would satisfy you."*

1. What did God decree Israel to do when they left Egypt?

Vs1

Vs2

Vs3

2. Who is the unknown voice & what did the voice say He had done for them?

Vs6

Vs 7

Vs8

Vs9

Vs10

3. What did the people do?

Vs11

4. What was God's reaction?

Vs12

5. What was God's desire?

Vs13

6. How did He want to bless them?

Vs14-15

Vs 16

7. How does this apply to us? What has God done for us? How are we treating God? Will He be able to reward, or will we receive His negative consequence?

8. How would you summarize what God is like in this chapter? Fill in the chart at the back of the book.

9. What pictures do you have of God from this chapter? Do you have a song that we could sing?

Psalm 84 – This Psalm appears to have been written during a time of national crisis and the psalmist couldn't get to the Temple.

<p><i>1 How lovely is your dwelling place LORD Almighty!</i></p>	<p>1. What does the author desire more than anything else? Why? Vs1-3</p>
<p><i>2 My soul yearns, even faints, for the courts of the LORD; my heart and my flesh cry out for the living God.</i></p>	<p>Vs10-11</p>
<p><i>3 Even the sparrow has found a home, and the swallow a nest for herself, where she may have her young—a place near your altar, LORD Almighty, my King and my God.</i></p>	<p>2. Who are the blessed ones? Why? Vs4</p>
<p><i>4 Blessed are those who dwell in your house; they are ever praising you.</i></p>	<p>Vs5-7</p>
<p><i>5 Blessed are those whose strength is in you, whose hearts are set on pilgrimage.</i></p>	<p>Vs12</p>
<p><i>6 As they pass through the Valley of Baka, they make it a place of springs; the autumn rains also cover it with pools.</i></p>	<p>3. What does he ask from the LORD of Hosts? Vs8, 9</p>
<p><i>7 They go from strength to strength, till each appears before God in Zion.</i></p>	<p>4. What is your greatest desire in life? If you could ask for anything from the LORD, what would you ask for?</p>
<p><i>8 Hear my prayer, LORD God Almighty; listen to me, God of Jacob.</i></p>	<p>5. Do you have such a yearning to be in God's house? If not, why not? What would give us such a yearning?</p>
<p><i>9 Look on our shield, O God; look with favor on your anointed one.</i></p>	
<p><i>10 Better is one day in your courts than a thousand elsewhere; I would rather be a doorkeeper in the house of my God than dwell in the tents of the wicked.</i></p>	
<p><i>11 For the LORD God is a sun and shield; the LORD bestows favor and honor; no good thing does he withhold from those whose walk is blameless.</i></p>	
<p><i>12 LORD Almighty, blessed is the one who trusts in you.</i></p>	

6. How would you summarize what God is like in this chapter? Fill in the chart at the back of the book.

7. What pictures do you have of God from this chapter?

8. Do you have a song that we could sing that would go along with this chapter?

Psalm 89

1 I will sing of the LORD's great love forever; with my mouth I will make your faithfulness known through all generations.

2 I will declare that your love stands firm forever, that you have established your faithfulness in heaven itself.

3 You said, "I have made a covenant with my chosen one, I have sworn to David my servant,

4 'I will establish your line forever and make your throne firm through all generations.'"

5 The heavens praise your wonders, LORD, your faithfulness too, in the assembly of the holy ones.

6 For who in the skies above can compare with the LORD?

Who is like the LORD among the heavenly beings?

7 In the council of the holy ones God is greatly feared; he is more awesome than all who surround him.

8 Who is like you, LORD God Almighty? You, LORD, are mighty, and your faithfulness surrounds you.

9 You rule over the surging sea; when its waves mount up, you still them.

10 You crushed Rahab like one of the slain; with your strong arm you scattered your enemies.

11 The heavens are yours, and yours also the earth; you founded the world and all that is in it.

12 You created the north and the south; Tabor and Hermon sing for joy at your name.

13 Your arm is endowed with power; your hand is strong, your right hand exalted.

14 Righteousness and justice are the foundation of your throne; love and faithfulness go before you.

15 Blessed are those who have learned to acclaim you, who walk in the light of your presence, LORD.

16 They rejoice in your name all day long; they celebrate your righteousness.

1. How was the author going to make known what he felt about the LORD?

Vs1

Vs2

2. What did God promise David that was valuable to him?

Vs4

3. Has God ever promised you something that was very valuable and exciting?

3. Who/What else praises God? What do they praise Him for?

Vs5

Vs6

Vs7

Vs8

Vs14

4. What displays God's might?

Vs9

Vs10

Vs 11

Vs12

Vs13

5. What kind of person is blessed? And what will they do?

Vs15-16

Psalm 89 continued

17 For you are their glory and strength, and by your favor you exalt our horn.

18 Indeed, our shield belongs to the LORD, our king to the Holy One of Israel.

26 He (David) will call out to me, 'You are my Father, my God, the Rock my Savior.'

6. In what way are they blessed?

Vs16

Vs17

Vs18

7. What does David call God?

Vs26

8. How would you summarize what God is like in this chapter? Fill in the chart at the back of the book.

9. What pictures do you have of God from this chapter?

10. Do you have a song that we could sing that would go along with this chapter?

Psalm 90

A prayer of Moses the man of God.

1 LORD, you have been our dwelling place throughout all generations.

2 Before the mountains were born or you brought forth the whole world, from everlasting to everlasting you are God.

3 You turn people back to dust, saying, "Return to dust, you mortals."

4 A thousand years in your sight are like a day that has just gone by, or like a watch in the night.

5. You sweep people away in the sleep of death—they are like the new grass of the morning:

6 In the morning it springs up new, but by evening it is dry and withered.

1. What do we learn about God from this short passage?

2. What are some differences you see between God and people?

3. How would you summarize what God is like in this chapter? Fill out the chart at the back of the book.

4. What pictures do you have of God from this chapter?

5. Do you have a song that would go well with this chapter?

Psalm 91

1 Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.

2 I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust."

3 Surely he will save you from the fowler's snare and from the deadly pestilence.

4 He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.

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

6 nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.

7 A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.

8 You will only observe with your eyes and see the punishment of the wicked.

9 If you say, "The LORD is my refuge," and you make the Most High your dwelling,

10 no harm will overtake you, no disaster will come near your tent.

11 For he will command his angels concerning you to guard you in all your ways;

12 they will lift you up in their hands, so that you will not strike your foot against a stone.

13 You will tread on the lion and the cobra; you will trample the great lion and the serpent.

14 "Because he loves me," says the LORD, "I will rescue him; I will protect him, for he acknowledges my name.

15 He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him.

16 With long life I will satisfy him and show him my salvation."

1. The rich promises of this whole chapter are dependent upon one's meeting the conditions of these first two verses along with verses 14-15. What are the conditions that need to be met?

2. What do these conditions mean and how do we do these conditions in practical life?

3. Once we have met the conditions of the first 2 verses, what are the promises we can anticipate experiencing?

Vs1

Vs3

Vs4

Vs5

Vs6-8

4. What conditions is He repeating as if to make sure it wasn't missed? Are you meeting these conditions?

Vs9

5. What are the other promises that are given if we meet these conditions?

Vs10

Vs11-13

Vs14

Vs15

Vs16

6. Which of these promises is the most meaningful to you? Which ones are you experiencing?
7. How would you summarize what God is like in this chapter? Fill in the chart at the back of the book.
8. Do you have a song we could sing that goes along with this chapter?
9. What pictures do you have of God from this chapter?

Psalm 99

1 The LORD reigns, let the nations tremble; he sits enthroned between the cherubim, let the earth shake.

2 Great is the LORD in Zion; he is exalted over all the nations.

3 Let them praise your great and awesome name—he is holy.

4 The King is mighty, he loves justice—you have established equity; in Jacob you have done what is just and right.

5 Exalt the LORD our God and worship at his footstool; he is holy.

6 Moses and Aaron were among his priests, Samuel was among those who called on his name; they called on the LORD and he answered them.

7 He spoke to them from the pillar of cloud; they kept his statutes and the decrees he gave them.

8 LORD our God, you answered them; you were to Israel a forgiving God, though you punished their misdeeds.

9 Exalt the LORD our God and worship at his holy mountain, for the LORD our God is holy.

1. What is God doing? Where?

Vs1

2. What will this cause people and the earth to do?

Vs1

Do you have this kind of awe, respect & fear of God?

3. What else are we invited to do? For what reasons?

Vs2-4

Vs5-8

Vs9

4. What do you see as being the theme in Ps 99? What should this cause us to do?
Vs3, 5, 9
5. How would you summarize what God is like in this chapter? Fill in the chart at the back of the book.
6. Do you have a song we could sing that goes along with this chapter?
7. What pictures do you have of God from this chapter?

Psalm 94

*1 The LORD is a God who avenges.
O God who avenges, shine forth.*

*2 Rise up, Judge of the earth; pay
back to the proud what they deserve*

*3 How long, LORD, will the wicked,
how long will the wicked be
jubilant?*

*4 They pour out arrogant words;
all the evildoers are full of boasting.*

*5 They crush your people, LORD;
they oppress your inheritance.*

*6 They slay the widow and the
foreigner; they murder the
fatherless.*

*7 They say, "The LORD does not
see; the God of Jacob takes no
notice."*

*8 Take notice, you senseless ones
among the people; you fools, when
will you become wise?*

*9 Does he who fashioned the ear not
hear? Does he who formed the eye
not see?*

*10 Does he who disciplines nations
not punish? Does he who
teaches mankind lack knowledge?*

*11 The LORD knows all human
plans; he knows that they are futile.*

*12 Blessed is the one you discipline,
LORD, the one you teach from your
law;*

*13 you grant them relief from days
of trouble, till a pit is dug for the
wicked.*

*14 For the LORD will not reject his
people; he will never forsake his
inheritance.*

*15 Judgment will again be founded
on righteousness, and all the
upright in heart will follow it.*

*16 Who will rise up for me against
the wicked? Who will take a stand
for me against evildoers?*

*17 Unless the LORD had given me
help, I would soon have dwelt in the
silence of death.*

*18 When I said, "My foot is
slipping," your unfailing love,
LORD, supported me.*

*19 When anxiety was great within
me, your consolation brought me
joy.*

1. What really bothers David about the wicked?

Vs2

Vs3

Vs4

Vs5

Vs6

Vs7

Vs20

Vs21

Do you ever feel this way about the "wicked" people on the earth?

2. What does David expect God to do?

Vs1

Vs2

3. Are the wicked right about what God is like in vs 7? What is God like?

Vs8

Vs9

Vs10

Vs11

Vs22

vs23

How does this make you feel about God?

4. What kind of person is blessed?

Vs12

5. How will the LORD bless that person?

Vs13

Vs14

Vs15

Are you blessed? What is God doing in your life to bless you?

20 Can a corrupt throne be allied with you— a throne that brings on misery by its decrees?

21 The wicked band together against the righteous and condemn the innocent to death.

22 But the LORD has become my fortress, and my God the rock in whom I take refuge.

23 He will repay them for their sins and destroy them for their wickedness; the LORD our God will destroy them.

6. The psalmist is wondering who will help him, stand up for him and protect him against the wicked. Who does? In what way?

Vs17

Vs18

Vs19

7. Usually we want to go to others for help, and it is wonderful when others, who are flesh and blood are there for us, but who is most effective in helping us where we need help? How has the LORD helped & taken care of you in a difficult situation?

8. How would you summarize what God is like in this chapter? Fill in the chart at the back of the book.

9. Do you have a song we could sing that goes along with this chapter?

10. What pictures do you have of God from this chapter?

Psalm 100

A psalm of Thanksgiving.

1 Shout for joy to the LORD, all the earth.

2 Worship the LORD with gladness; come before him with joyful songs.

3 Know that the LORD is God.

It is he who made us, and we are his; we are his people, the sheep of his pasture.

4 Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.

5 For the LORD is good and his love endures forever; his faithfulness continues through all generations.

1. Thanksgiving means “confession”, to confess God’s character and His works. What did the Psalmist want to confess about God’s character and works?

Vs3

Vs5

2. If this is what God is like, what are we going to want to do?

Vs1

Vs2

Vs3

Vs4

3. Is your life giving God good press or bad press? If you’re doubting His goodness and grumbling about your trials, you’re giving Him bad press. But if those around you see your joy, your glad submission to Him, and your thankful spirit, they may be drawn to the God who is so good.

4. How would you summarize what God is like in this chapter? Fill in the chart at the back of the book.

5. Do you have a song we could sing that goes along with this chapter?

6. What pictures do you have of God from this chapter?

Psalm 103

¹ Praise the LORD, my soul; all my inmost being, praise his holy name.

² Praise the LORD, my soul, and forget not all his benefits—

³ who forgives all your sins and heals all your diseases,

⁴ who redeems your life from the pit and crowns you with love and compassion,

⁵ who satisfies your desires with good things so that your youth is renewed like the eagle's.

1. To whom is the Psalmist speaking? As he meditates, what 2 things does he tell himself to do?

2. What are all the good things that God has done for David that he lists in vs 3-5 that he needs to remember?

3. Do you ever talk to yourself and tell yourself what you need to do? Give an example of when?

4. Considering verse 2, make a list of all God's benefits to you. Share some of them with the group. Then use your list as a reminder for specific thanks and praise to God in your personal daily prayers this week.

5. How would you describe the conditions from which David is rescued?

6. Have you ever or do you now feel like you are in a pit? What can and does God want to do for you?

⁶ The LORD works righteousness and justice for all the oppressed.

⁷ He made known his ways to Moses, his deeds to the people of Israel:

⁸ The LORD is compassionate and gracious, slow to anger, abounding in love.

⁹ He will not always accuse, nor will he harbor his anger forever;

¹⁰ he does not treat us as our sins deserve or repay us according to our iniquities.

7. From verses 1 – 5 David considers all that God has done for him personally. Now he reviews God's gracious dealing with His people, the nation of Israel. How has God dealt with Israel?

¹¹ For as high as the heavens are above the earth, so great is his love for those who fear him

¹² as far as the east is from the west, so far has he removed our transgressions from us.

¹³ As a father has compassion on his children, so the LORD has compassion on those who fear him;

¹⁴ for he knows how we are formed, he remembers that we are dust.

¹⁵ The life of mortals is like grass, they flourish like a flower of the field;

¹⁶ the wind blows over it and it is gone, and its place remembers it no more.

¹⁷ But from everlasting to everlasting the LORD's love is with those who fear him, and his righteousness with their children's children—

¹⁸ with those who keep his covenant and remember to obey his precepts.

8. In verses 11-13 the Psalmist uses 3 pictures to describe God's love and mercy. What does each of these illustrations reveal?

9. In verses 14-18 what contrasts does the writer draw between God and man?

10. What conditional statements are made as to who receives God's love, mercy, righteousness, justice?
Vs17-18

11. "Fear" here means a reverence of God's authority, causing a person to obey his commandments. To "keep His covenant" means to obey His commandments. To what extent do you fear God and keep his covenant?

¹⁹ The LORD has established his throne in heaven, and his kingdom rules over all.

²⁰ Praise the LORD, you his angels, you mighty ones who do his bidding, who obey his word.

²¹ Praise the LORD, all his heavenly hosts, you his servants who do his will.

²² Praise the LORD, all his works everywhere in his dominion. Praise the LORD, my soul.

12. What new thought does David add here about God?
Vs19

13. Whom does he call to join in praise?
Vs20-22

14. What does the repetition of the word "his" point out?

15. In summary, what does Psalm 103 teach about the character of God? Write down your answer at the back of the book as well as your response?

16. What picture do you have of God now? Is there a song that describes the God of Psalm 103?

Psalm 116

*1 I love the LORD, for he heard my voice; he heard my cry for mercy.
2 Because he turned his ear to me, I will call on him as long as I live.
3 The cords of death entangled me, the anguish of the grave came over me; I was overcome by distress and sorrow.
4 Then I called on the name of the LORD: "LORD, save me!"
5 The LORD is gracious and righteous; our God is full of compassion.
6 The LORD protects the unwary; when I was brought low, he saved me.
7 Return to your rest, my soul, for the LORD has been good to you.
8 For you, LORD, have delivered me from death, my eyes from tears, my feet from stumbling,
9 that I may walk before the LORD in the land of the living.
10 I trusted in the LORD when I said, "I am greatly afflicted";
11 in my alarm I said, "Everyone is a liar."
12 What shall I return to the LORD for all his goodness to me?
13 I will lift up the cup of salvation and call on the name of the LORD.
14 I will fulfill my vows to the LORD in the presence of all his people.
15 Precious in the sight of the LORD is the death of his faithful servants.
16 Truly I am your servant, LORD; I serve you just as my mother did; you have freed me from my chains.
17 I will sacrifice a thank offering to you and call on the name of the LORD.
18 I will fulfill my vows to the LORD in the presence of all his people,
19 in the courts of the house of the LORD—in your midst, Jerusalem.
Praise the LORD.*

1. How has the LORD been so good to the psalmist?

Vs1,2

Vs 5

Vs6

Vs7-8

2. What is the psalmist going to do in return for God's goodness to him?

Vs1

Vs7

Vs9

Vs10

Vs13

Vs14, 18

Vs16

vs17

3. How has the LORD been good to you?

4. What are you going to do in return for God's goodness to you?

5. What picture do you have of God now?

6. In summary fill out the chart in the back of the back – list the names and qualities of God and your response

7. Is there a song that describes the God of Psalm 116?

Psalm 121 – A song for going up to worship

*1 I lift up my eyes to the mountains— where does my help come from?
2 My help comes from the LORD, the Maker of heaven and earth.
3 He will not let your foot slip—he who watches over you will not slumber;
4 indeed, he who watches over Israel will neither slumber nor sleep.
5 The LORD watches over you—the LORD is your shade at your right hand;
6 the sun will not harm you by day, nor the moon by night.
7 The LORD will keep you from all harm—he will watch over your life;
8 the LORD will watch over your coming and going both now and forevermore.*

1. How would you like to sing this song on the way to church? Anyone want to make up a melody for this chapter or a few verses?
2. Have you ever wondered where you could find help?
3. Where does our help come from? Is that where you go for help or have you chosen someone or something else to go to for help?
Vs2
4. Why can we put our trust in Him to help us?
Vs. 3-4
5. What is the LORD helping us with?
Vs3
Vs5

Vs6

Vs7

Vs8

6. Which verb is used 5 times in these 8 verses? Underline them. How does that make you feel?

7. What picture do you have of God now?

8. In summary fill out the chart in the back of the back – list the names and qualities of God and your response

9. Do you have a song that would describe the God of Psalm 121?

Psalm 139

¹ You have searched me, LORD, and you know me.

² You know when I sit and when I rise; you perceive my thoughts from afar.

³ You discern my going out and my lying down; you are familiar with all my ways.

⁴ Before a word is on my tongue you, LORD, know it completely.

⁵ You hem me in behind and before, and you lay your hand upon me.

⁶ Such knowledge is too wonderful for me, too lofty for me to attain.

1. What specific things does God know about “me”? What areas of life are covered by God’s knowledge?

Vs2

Vs3

Vs4

2. What else does God do besides know me? What does this tell you about God?

Vs5

3. How does David react to the realization of these things? What attributes of God have been implied in this section?

Vs6

4. What does it mean to you to realize that the LORD God knows all about you, and that He acts in your life?

⁷ Where can I go from your Spirit? Where can I flee from your presence?

⁸ If I go up to the heavens, you are there; if I make my bed in the depths, you are there.

⁹ If I rise on the wings of the dawn, if I settle on the far side of the sea,

¹⁰ even there your hand will guide me, your right hand will hold me fast.

¹¹ If I say, “Surely the darkness will hide me and the light become night around me,”

¹² even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you.

5. What reaction does David have to the awareness of God’s intimate knowledge of him? What possibilities of escape does he contemplate?

Vs8

Vs9

Vs11

6. Why would each way of escape from God fail? What truth about God can we learn from this?

7. Have you ever wanted to or tried to run away from God? How successful was the attempt?

13 For you created my inmost being; you knit me together in my mother's womb.

14 I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

15 My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth.

16 Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.

17 How precious to me are your thoughts, God! How vast is the sum of them!

18 Were I to count them, they would outnumber the grains of sand—when I awake, I am still with you.

19 If only you, God, would slay the wicked! Away from me, you who are bloodthirsty!

20 They speak of you with evil intent; your adversaries misuse your name.

21 Do I not hate those who hate you, LORD, and abhor those who are in rebellion against you?

22 I have nothing but hatred for them; I count them my enemies.

23 Search me, God, and know my heart; test me and know my anxious thoughts.

24 See if there is any offensive way in me, and lead me in the way everlasting.

8. David had wanted to flee when He realizes God's full knowledge of Him. How is this desire relieved by what He comes to understand in vs. 13-18?

9. What change of attitude is evident in verses 17, 18? Why

10. What is the essence of the sin of the wicked men he describes?

11. How does he feel about the wicked? With whom does David now identify himself?

12. From your experience, how do you feel about wicked people – what have you experienced or heard that they are like?

13. What difference of mood do you note in verses 23, 24 compared to the earlier part of the psalm? What petitions does he now make? How do you account for the change?

14. What have you come to realize about God? How does that affect you? What practical differences ought this to make in your life? Write your answers in the back of the book.

15. What pictures do you have of what God is like from Psalm 139? Is there a song that we could sing to describe the God of Psalm 139?

Psalm 138

1 I will praise you, LORD, with all my heart; before the “gods” I will sing your praise.

2 I will bow down toward your holy temple and will praise your name for your unfailing love and your faithfulness, for you have so exalted your solemn decree that it surpasses your fame.

3 When I called, you answered me; you greatly emboldened me.

4 May all the kings of the earth praise you, LORD, when they hear what you have decreed.

5 May they sing of the ways of the LORD, for the glory of the LORD is great.

6 Though the LORD is exalted, he looks kindly on the lowly; though lofty, he sees them from afar.

7 Though I walk in the midst of trouble, you preserve my life. You stretch out your hand against the anger of my foes; with your right hand you save me.

8 The LORD will fulfill his purpose for me; your love, LORD, endures forever— do not abandon the works of your hands.

1. Where is David praising the LORD and worshipping Him? Why or what is the significance of David doing that?

Vs1,2

2. How is David praising the LORD and for what?

Vs1

Vs2

Vs3

Vs7

Vs8

3. What does David want Kings and maybe other leaders and rulers to do?

Vs4-5

4. What is the difference between how God treats the humble and proud? Vs6

5. What does David ask God not to do?

Vs 8

6. Have you praised or worshipped the LORD in an “unusual” place?

7. What are some ways that you worship the LORD?

8. What are some things you want to worship the LORD for today?

9. Are you sensing that God is working out His plans for you? In what way?

10. What picture do you have of God now?

11. In summary fill out the chart in the back of the back – list the names and qualities of God and your response

12. Do you have a song that we could sing to go along with this chapter?

Psalm 146

1 Praise the LORD.

Praise the LORD, my soul.

*2 I will praise the LORD all my life;
I will sing praise to my God as long
as I live.*

*3 Do not put your trust in princes,
in human beings, who cannot save.*

*4 When their spirit departs, they
return to the ground; on that very
day their plans come to nothing.*

*5 Blessed are those whose help is
the God of Jacob, whose hope is in
the LORD their God.*

*6 He is the Maker of heaven and
earth, the sea, and everything in
them—he remains faithful forever.*

*7 He upholds the cause of the
oppressed and gives food to the
hungry. The LORD sets prisoners
free,*

*8 the LORD gives sight to the blind,
the LORD lifts up those who are
bowed down, the LORD loves the
righteous.*

*9 The LORD watches over the
foreigner and sustains the
fatherless and the widow, but he
frustrates the ways of the wicked.*

*10 The LORD reigns forever, your
God, O Zion, for all generations.
Praise the Lord.*

1. How long is David going to praise the LORD?

2. Who should we not put our trust, confidence and hope in?
Why?

Vs3-4

3. Who should we put our trust, confidence and hope in?

Vs5

4. Why? What does He all do to show He can help us?

Vs6

Vs7

Vs 8

Vs9

Vs10

5. Recently, have you had an occasion when you needed help or hope? Who did you end up trusting to help you?

After these past weeks of “Getting to know God through the Psalms”, can you honestly say that your trust in God has become stronger? Is He someone you can trust your life with

ALL the time and in every situation?

6. David sandwiches this psalm between two Praise the Lord’s or Hallelujah? What might be some things you would like to sandwich between two Praise the Lord’s?

7. What pictures do you have of what God is like from this Psalm?

8. Is there a song that we could sing to describe the God of Psalm 145?

9. How would you summarize what God is like in this chapter? Fill in the chart at the back of the book.

Psalm 145

*1 I will exalt you, my God the King;
I will praise your name for ever and
ever.*

*2 Every day I will praise you and
extol your name for ever and ever.*

*3 Great is the LORD and most
worthy of praise; his greatness no
one can fathom.*

*4 One generation commends your
works to another; they tell of your
mighty acts.*

*5 They speak of the glorious
splendor of your majesty— and I will
meditate on your wonderful works.*

*6 They tell of the power of your
awesome works— and I will
proclaim your great deeds.*

*7 They celebrate your abundant
goodness and joyfully sing of your
righteousness.*

*8 The LORD is gracious and
compassionate, slow to anger and
rich in love.*

*9 The LORD is good to all; he has
compassion on all he has made.*

*10 All your works praise you,
LORD; your faithful people extol
you.*

*11 They tell of the glory of your
kingdom and speak of your might,*

*12 so that all people may know of
your mighty acts and the glorious
splendor of your kingdom.*

*13 Your kingdom is an everlasting
kingdom, and your dominion
endures through all generations.*

*The LORD is trustworthy in all he
promises and faithful in all he does.*

*14 The LORD upholds all who fall
and lifts up all who are bowed down.*

*15 The eyes of all look to you, and
you give them their food at the
proper time.*

*16 You open your hand and satisfy
the desires of every living thing.*

*17 The LORD is righteous in all his
ways and faithful in all he does.*

*18 The LORD is near to all who call
on him, to all who call on him in
truth.*

*19 He fulfills the desires of those
who fear him; he hears their cry and
saves them.*

1. What is the difference between exalt, extol and praise?

exalt

extol

praise

2. Why is David moved to praise God? For what specifically does He praise God?

Vs1-2

Vs3

Vs4

Vs5

Vs6

Vs7

Vs8

Vs9

Vs11

Vs13

Vs14

Vs15

Vs16

Vs17

Vs18

Vs19

Vs20

2. What verbs does David use to describe how God's greatness should be made known? By whom?

Vs4

Vs5

Vs6, 11

Vs7

Vs10

Vs21

20 The LORD watches over all who love him, but all the wicked he will destroy.

21 My mouth will speak in praise of the LORD. Let every creature praise his holy name for ever and ever.

3. What blessings from the LORD are conditional? What are the conditions on which these blessings depend?

Vs18

Vs19

Vs20

4. Considering the universal blessings of vs 14-17, what kind of preservation and what kind of destruction must be referred to in verse 20?

Preservation -

Destruction –

Notice all the “all”s in this chapter – underline them.

5. Do you sometimes find praising another, and even God, difficult? If so, why?

6. What would you like to praise, exalt and extol God for today?

7. What pictures do you have of what God is like from this Psalm?

8. Is there a song that we could sing to describe the God of Psalm 145?

9. How would you summarize what God is like in this chapter? Fill in the chart at the back of the book.

Psalm 147

1 Praise the LORD. How good it is to sing praises to our God, how pleasant and fitting to praise him!

2 The LORD builds up Jerusalem; he gathers the exiles of Israel.

3 He heals the broken hearted and binds up their wounds.

4 He determines the number of the stars and calls them each by name.

5 Great is our LORD and mighty in power; his understanding has no limit.

6 The LORD sustains the humble but casts the wicked to the ground.

7 Sing to the LORD with grateful praise; make music to our God on the harp.

8 He covers the sky with clouds; he supplies the earth with rain and makes grass grow on the hills.

9 He provides food for the cattle & for the young ravens when they call.

10 His pleasure is not in the strength of the horse, nor his delight in the legs of the warrior;

11 the LORD delights in those who fear him, who put their hope in his unfailing love.

12 Extol the LORD, Jerusalem; praise your God, Zion.

13 He strengthens the bars of your gates and blesses your people within you.

14 He grants peace to your borders and satisfies you with the finest of wheat.

15 He sends his command to the earth; his word runs swiftly.

16 He spreads the snow like wool and scatters the frost like ashes.

17 He hurls down his hail like pebbles. Who can withstand his icy blast?

18 He sends his word and melts them; he stirs up his breezes, and the waters flow.

19 He has revealed his word to Jacob, his laws and decrees to Israel.

20 He has done this for no other nation; they do not know his laws. Praise the LORD.

1. 1. There are 3 sections in this chapter – each having a call to praise the LORD, reasons to praise the LORD, His goodness towards his chosen people, His greatness over creation on their behalf and a contrast.

Section 1 (vs1-6)

1. What is David's call to praise? Why

Vs1

2. How does God show His goodness toward His chosen people?

Vs2 -3

3. What greatness did He show over creation on their behalf

Vs4-5

4. What contrast is given?

Vs6

Section 2

5. What is David's call to praise?

Vs7

6. How does God show His goodness toward His chosen people?

Vs11

7. What greatness did He show over creation on their behalf?

Vs8-9

8. What contrast is given?

Vs10

Vs11

Section 3

9. What is David's call to praise?

Vs12

2. How does God show His goodness toward His chosen people?

Vs13-14

10. What greatness does He show over creation on their behalf?
Vs15-18

11. What contrast is given?
Vs19,20

12. What pictures do you have of what God is like from this Psalm?

13. Is there a song that we could sing to describe the God of Psalm 147?

14. How would you summarize what God is like in this chapter? Fill in the chart at the back of the book.

Create your own Psalm to God

Try creating a personalized stanza with a:

1. call to praise,
2. State how God has shown His goodness to us as believers,
3. what greatness He has shown over creation on our behalf
4. State a contrast about something you have seen or noticed.

Feel free to use some of the same words you have seen in a psalm.

OR

Make up your own psalm to God with as many verses as you like.

Some of the Names of God and their Meanings

1. God ~ Means mighty or strong creator. You are especially created by Elohim for His purpose.
2. The God Most High ~ Means sovereign ruler over all the universe. Because He is El Elyon All Will Work for Good for You
3. The God who Sees ~ The God who Sees and therefore Watches over you is El Roi
4. God Almighty ~ Means The All Sufficient One ~ Run into His arms for He is El Shaddai
5. Lord, Master ~ Means owner, God's total possession of me and my total submission to Him. Bow your knees and be saved for His is Adonai
6. LORD or Jehovah ~ Means The Self-Existent One ~ "I AM" ever with you and your ever present helper. Yahweh (YHWH) is everything You'll Ever Need.
7. The LORD will provide~ Jehovah-jireh has provided All at Calvary
8. The LORD that heals ~You have a balm in Gilead: You have a Great Physician~ Jehovah-raphae
9. The LORD is my banner ~ Defeated? There's Victory under Jehovah-Nissi
10. The Lord Who Sanctifies You ~ Want to be Holy? Turn to Jehovah Mekoddishkem
11. The Lord is Peace ~Troubled? Afraid? Distressed? Worried? Run to Jehovah Shalom
12. The Lord is my Shepherd~ Because He is Jehovah-Raah, You shall not want – No Matter What
13. The Lord Our Righteousness~ Jehovah-tsidkenu
14. The Lord is There~ Jehovah-Shammah
15. LORD of Hosts - is a name for those who, in the midst of a struggle, find their own resources inadequate. Run to your Jehovah Sabaoth and bend the knee to His sovereign, powerful rulership because He not only delivers but also judges.

A - Z of what God is like

A -

B -

C -

D -

E -

F -

G -

H -

I

J -

K -

L -

M -

N -

O -

P -

Q -

R -

S -

T -

U -

V -

W -

X, Y, Z -

Psalms chapter	Names of God, What God is Like (Conditions)	Our Response

Psalms chapter	Names of God, What God is Like (Conditions)	Our Response

Psalms chapter	Names of God, What God is Like (Conditions)	Our Response

Psalms chapter	Names of God, What God is Like (Conditions)	Our Response

Psalms chapter	Names of God, What God is Like (Conditions)	Our Response

Psalms chapter	Names of God, What God is Like (Conditions)	Our Response

Psalms chapter	Names of God, What God is Like (Conditions)	Our Response

PRAYER REQUESTS and PRAISE ITEMS

DATE

REQUEST

ANSWERED

PRAYER REQUESTS and PRAISE ITEMS

DATE

REQUEST

ANSWERED