

The Book of the Psalms

Psalm 1

1. Notice the progression from walking to sitting. How do ungodly influences negatively affect your relationship with God?
2. Are there any worldly influences that need to be removed from your life today?
3. What are the results of making the Word of God your delight and being in it day and night?
4. The contrast is between the godly man who is daily in the Word and the ungodly that ignores the Word. What are the results in life of ignoring the Word? Look carefully at verses 4-5

Psalm 2

1. According to verses 1-2, what is the "Vain thing" that the nations of the earth are attempting to do?
2. How does God react to those who are attempting to live apart from His authority?
3. What has the Father given to His Son?
4. Knowing the great majesty and authority of God what should our response be to Him? Look carefully at verse 11-12.
5. According to verse 12, what kind of life will those who trust the Lord have? Does that describe your life? Are you trusting in the Lord? True trust shows itself in obedience to His Word.

Psalm 3

This Psalm was written when David left Jerusalem because his son had turned a large portion of the nation against him and was attempting to usurp the throne. Rather than turn the city into a battlefield David left the city and his life into the hands of the Lord. This psalm was his prayer.

1. According to verse 1-2, what was David experiencing?
2. Have you or are you facing anything like that today?
3. What great truth does David remind us of in verse 3?
4. In verses 5-6, what are the benefits of crying out to the Lord in times of trouble?
5. What does David cry out for the Lord to do for Him?
6. I am sure in your troublesome times you have prayed, but have you cried out? Have you sought the Lord like He truly was the answer to your struggle? Take time to cry out to Him now?

Psalm 4

1. What does David declare that the sons of man are in love with?
2. Anger can be a terrible thing. Because of it we often find ourselves doing or saying things we wish we hadn't and even hurting the people that we love the most. What does David tell us to do when we are angry?
3. This psalm is a song, it was written not just to be read but sung at the top of our lungs as an expression of praise. According to verse 7 what is the mood of this song?
4. The Lord alone can turn troubled times and an angry person into a celebrating saint. Take your trials to Him today

Psalm 5

1. What does David declare he will do in the morning?
2. What do you think he means by, "I will look up?" How can we look up today?
3. We know God sent His Son to save sinners, but that does not mean that He tolerates sin. What does David declare is the attitude of God toward the unrepentant?
4. Look carefully at verse 7, what does David trust in for access to God in prayer?
5. What great promise does this psalm end with? How does that help you walk with Jesus today?

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Psalm 6

1. David was a great man in many ways. We know him to be a triumphant soldier, a fair and honest king, and a man of worship. That being said, David knew himself to be weak and in need of Jesus. Notice how he cries out to the Lord as this psalm begins.
2. Verse 5 can be confusing. David is not giving a doctrinal message on the afterlife, he is speaking about the reality that if he dies he will cease to write and sing praises in his earthly body.
3. Describe David's condition as the psalm progresses.
4. Although struggling, what does David have confidence the Lord will do?

Psalm 7

1. Our access to God is not based upon our righteous living but upon His substitutionary death. That does not however remove the need for righteous living. David here bases his prayer upon the fact that he has been living for the Lord by living a right life toward others. How about you? How would you describe the way you are living toward the people in your walk of life?
2. What truth does David declare in verse 9?
3. One day God will fully redeem the righteous. When that happens He who is filled with mercy and grace will condemn the unrighteousness. Are you prepared for that day?
4. Notice and describe what happens to the unrighteousness according to verse 15 -16.

Psalm 8

1. The heavens are glorious, what sits even higher in glory than that?
2. David seems to be sitting outside at night contemplating creation when he pens this psalm. Sadly evolutionary theory has caused many to look at nature wrongly. We should look at the vast beauty and detail of nature and be filled with greater praise for our Creator. Take some time to go outside and look at the world your heavenly Father created for you. Praise Him!
3. David writes that although man is lower than the angels in glory and strength. The Lord has visited us. That visitation includes the work of Christ upon the cross. Have you received Christ as your Lord and Savior? Ask Him into your life right now and watch the amazing work He does in you.

Psalm 9

The title of this psalm indicates that it may have been a funeral song.

1. David begins by setting an example. What does he tell us he will do? List all his "I will" statements.
2. If this is a funeral, how would it impact others to have David filled with praise after the death of one of his sons?
3. List the "You have" statements of verses 4-5.
4. According to verse 7, what is God prepared for? How does that truth affect the way you are living today?
5. Much of the reason for David's rejoicing in this trial is the truth found in verse 9. How does that help you today?
6. What truth about sin is referred to in verse 15?

Psalm 10

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1. In verse one the psalmist is referencing something that we all have felt at one time or another. Although on one hand he is expressing doubt on the other he is exemplifying faith by calling on the Lord for help.
2. Look carefully at verses 2-11, how are the wicked described?
3. That is God's view of wickedness. Does it describe you in anyway? If so confess it to the Lord and ask Him to help you change.
4. Verse 13 reveals one of the key reasons we sin. We believe that we will never have to give account for those behaviors. Nothing could be further from the truth for those who have yet to receive Christ. If you have not accepted Jesus as Lord and Savior do it now. If you have, take some time to praise Him for taking your sin away.
5. How does verse 14 encourage you?

Psalm 11

1. We learn in Junior High Science class about adrenaline and the fight or flight response. It is not a new thing but part of human nature to run when things get scary. Why does David say it would be foolish for him to flee?
2. Take a look at verse 3; what foundation are you building your life upon?
3. God wants to bless everyone, but His wrath awaits those who refuse Him. What does David express about the coming judgment of God?

Psalm 12

1. As we grow we learn that sticks and stones don't hurt nearly as much as unkind words. How did the loose tongue seem to affect David? How is it affecting you?
2. In contrast, how does He describe the Word of God?
3. Take a few moments to write your own praise of the Word of God.

Psalm 13

1. Ever feel like David is describing?
2. What is the solution when we are struggling with doubt? Look carefully at verse 5.
3. Did verse 5 work? Take a look at verse 6.

Psalm 14

1. There are a lot of places we can go to find definitions. This verse contains God's definition of a fool. How is the fool defined?
2. Why is it folly to not believe in God?
3. Why is it folly to say "there is no God"?
4. Verses 2-3 are heaven's estimation of humanity. After reading those verses explain why all people need a savior.

Psalm 15

1. David describes many of the aspects of a righteous person. While the list is far from complete take some time to list each character trait and examine your own life. What areas do you need to focus spiritual attention upon?

Psalm 16

1. How does David feel about other believers?
2. "The lot" refers to the life that David had been allocated from the Lord. His life and calling was uniquely his, what do you think he means by his lines "falling in pleasant places"?
3. Not all the places David found himself were pleasant. What truths does this psalm reveal about how it is possible to find joy in our difficult times?

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4. What application can you draw from your own life from the fact that at His hand are pleasures forevermore?

Psalm 17

1. David speaks of God visiting him in the night. It is often late at night when we cannot sleep that distractions are the fewest. Take some time tonight to wait on the Lord seeking Him for what He may say to you and your life circumstances.
2. David determines not to sin with his mouth. In what ways do you need to guard your tongue today?
3. What is David asking God to do for him in verses 8-9?
4. When you surrender your life to Christ, He began a work of making you holy. Look at the closing verse of the chapter. What does it teach about when this process will be completed?

Psalm 18

1. Carefully read the intro to this Psalm as well as verses 4-6. What is the setting behind the writing of this song?
2. Make a list of the titles David attributes to the Lord.
3. Make your own list of reasons why you love the Lord.
4. In verses 7-17, how are the actions of God described?
5. How does the promise in verse 29 minister to you today?
6. How does knowing how God responded to David encourage you to look to the Lord in your current situation?

Psalm 19

In this Psalm David seems to be looking up at creation and looking into the Word.

1. In verses 1-6, what does David express about creation as an instrument of revealing God to us?
2. In verses 7-11 how is the Word of God described?
3. What was the Psalmist's reaction to the Word of God?

Psalm 20

In this sweet psalm, David is actually praying for you.

Make a list of the things he is praying and take some time to pray those things.

Psalm 21

As this psalm begins, David is thanking the Lord for what God has done for him personally.

1. What are the things he is thankful for?
2. Make your own list of what Jesus has done for you.
3. According to verse 6 what makes us so glad?
4. What are the benefits of trusting in the Lord?

Psalm 22

This is what is referred to as a Messianic Psalm. It has a meaning in the life of the psalmist but also points prophetically to Christ.

1. Verse 1 is spoken by Jesus from the cross. What is significant about Jesus speaking of being forsaken?
2. What do you learn about the value of trusting the Lord from verses 4-5?
3. How were verses 6-8 fulfilled in the crucifixion?
4. How were verse 14-18 fulfilled in the crucifixion?
5. How does the cross make verses 27-31 possible?

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Psalm 23

This is one of the most well-known of all David's songs. We love it because of the truths about God that are revealed to us.

1. How does David refer to God?
2. What benefits are listed for those in a relationship with God?
3. We enter a relationship with God through Christ. Have you received Christ as your Lord and Savior? If not do that right now. Pray telling Him that you want to be His follower.
4. What is the shadow of death?
5. What does an overflowing cup look like? Why does David use this metaphor?

Psalm 24

1. How is God described in verse 1?
2. What character traits are encouraged in verses 3-4?
3. Consider the description of God in verses 8-10. How does that minister to you today?

Psalm 25

1. According to verses 1-2, what struggle was David facing?
2. Notice his solution was to seek the Lord. Take some time right now to take your current situation to the Lord either thanking for the blessings or petitioning for help in the trial.
3. In his trial, what does David ask the Lord for, see verses 4-5?
4. David bases his petitions on God's mercy and asks for forgiveness for his own sin. We must always come based on mercy, not merit. What does David hope for in verses 15-20?

Psalm 26

1. What does the word "vindicate" mean?
2. According to verse 3, how did David live?
3. What things did David avoid in life according to verses 4-5?
4. Take a look at verse 12, what can you do to ensure that you are standing on an even place?

Psalm 27

1. What titles does David give to the Lord?
2. What does David say is his one desire?
3. What is your greatest desire?
4. How can you make the Lord your first desire?
5. In verse 8, how did David respond to the invitation from God?
6. How can you apply verse 14 to your life today?

Psalm 28

1. What does it seem like David is in need of at this point in his life?
2. How can you relate to that today?
3. How are "the wicked" described in verses 3-5?
4. How can you avoid being like that?

Psalm 29

1. List as many things as you can about the voice of God from Psalm 29.
2. His voice is found in His Word. What does that say to you about the ability of the Word of God to change your life?

Psalm 30

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1. Why are we exhorted to sing unto the Lord in verse 4?
2. What has God done in your life recently that is worth sitting down and worshipping Him for?
3. How was David affected by the Lord in verses 11-12?

Psalm 31

1. David is facing some sort of difficulty in his life. He desires for God to listen to his appeal. How can we be confident that God listens when we call upon Him?
2. God is no stranger with our trials. Verse 5 was quoted by Jesus from the cross. How does that encourage you today?
3. How does knowing that David suffered trials help you in the midst of your own?
4. Take the time to memorize verse 19.

Psalm 32

1. How does David describe the blessed life?
2. What are the physical effects of un-confessed sin?
3. What is significant about the fact that God wants to guide us with His eyes?
4. Why are we warned against being like mule or horse?

Psalm 33

1. How is worship described in verse 1?
2. According to verses 4-5, what motivates the psalmist to worship?
3. How is the Word of God described in verses 6-12?
4. How does verse 18 encourage you?

Psalm 34

David is facing very difficult circumstances. He has fled from Saul because his life was threatened, only to find himself facing the Philistines.

1. In his hardship he invites us to join him in worship. Take some time now to worship Jesus.
2. Write out verse 7 and meditate upon in today.
3. According to verse 11-14, what is the secret to the blessed life?
4. How does verse 19 encourage you?

Psalm 35

1. David refused to fight his own battles, but elected to trust his life into the care of the Lord. Resign all to Jesus right now, and then pray for him to give you victory over the enemies of your soul.
2. Prayer was more than a time of taking difficulties to the Lord. What else does David use his prayer time for? Consider verses 9-10.
3. How does this encourage you to know that David faced these great trials and turned to the Lord?
4. How you ever felt like David describes in verse 17?

Psalm 36

1. How are “the wicked” described in verses 1-4?
2. Does that describe you at all?
3. Look at verses 7-9, what is promised for those who choose to follow the Lord?

Psalm 37

This is one of the greatest of all the Psalms, don't rush through it. Take time to enjoy the truths it reveals.

1. Notice that fret and trust are contrasted. How is fret built? How is trust developed?
2. After examining verses 3-8, make a list of the things we are exhorted to do.

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3. Are you doing those things today?
4. Contrast the outcome of the wicked with that of those who trust the Lord.
5. How are you encouraged by verses 23-34?
6. How can you apply verse 30-31 today?

Psalm 38

David describes the effects of un-confessed sin.

1. How did sin affect him:
 - a. Physically -
 - b. Socially -
2. Consider verse 18, what is the solution?
3. Do you have any sin that you need to deal with?
 - a. Take it to the Lord
 - b. Tell a friend who will hold you accountable

Psalm 39

1. Has your tongue ever got you in trouble?
2. Why is it especially important to watch what we say when unbelievers are present?
3. David wants to know how short life is. Why is that important?
4. Why is it important to know our own frailty?
5. Knowing that life is brief, how can you live for eternity today?

Psalm 40

1. What is involved in waiting on the Lord?
2. What attributes are necessary in order to experience the blessed life, see verse 4.
3. How much of the day do you spend thinking about God?
4. How much time does He spend thinking about you?
5. What does David cry out for in verse 11?

Psalm 41

1. Who is the blessed one that David describes?
2. In verse 4, what does David request from the Lord?
3. In verse 10, how does David deal with the mistreatment he receives from others?

Psalm 42

1. How does the Psalmist describe his desire for God?
2. How would you describe yours?
3. Jesus said that the blessed life came from hungering and thirsting for God, how can you increase your appetite for the things of God?
4. What does David do to encourage himself in verses 5 - 8?

Psalm 43

1. Take a careful look at verse 3, what does the Psalmist look to as a guiding light in the darkness of life?
2. Look again at verse 3, where does the Word of God lead us?
3. What effect did searching the Scriptures have on the emotional condition of the Psalmist?

Psalm 44

1. How are the truths of God delivered from one generation to the next?
2. How are you involved in passing on the truth of God to others?
3. In verse 3 - 8, what does the Psalmist attribute Israel's victories to?
4. Despite the victories, the Psalmist is describing the times of defeat. What does he do to remedy the situation?

Psalm 45

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1. How beautiful are the words of the Psalmist in verse 1?
2. Look through the Psalm and describe what God is like.

Psalm 46

1. Write out verse 1 and put it to memory.
2. What happens to the person who takes refuge in God?
3. Look at verse 6, how does God deal with rising ungodliness?
4. What are we exhorted to do in verse 8? How do we do that?
5. Take some time to put verse 10 into practice.

Psalm 47

1. This is a Psalm that encourages praise. What about the Lord stirred the Psalmist to sing?
2. Look at verse 8, how does knowing that God reigns encourage you with what you are facing?
3. The Psalmist declares that “the shields of the earth belong to God.” How are you encouraged by this today?

Psalm 48

1. The Psalm begins declaring how great the Lord is Lord. Make a list of the things that make Him so great.
2. According to verse 2-3, what makes Jerusalem the joy of the whole earth?
3. In verse 9 the Psalmist speaks of using his thoughts to focus on the loving kindness of God. How are you using your thought life?

Psalm 49

1. This Psalm begins with a call to attention; the Psalmist sees the entire world as his audience.
2. Look carefully at verse 5, what do you think he is warning against?
3. Verse 8 declares that “The redemption of their souls is costly.”
 - a. What did it cost God to redeem your soul?
 - b. How much value do you place on your own soul?
 - c. How much value do you place upon the souls of others?
4. Verse 13 says, “This is the way of those who are foolish.” Read carefully verses 6-12 and examine what the foolish way is.
5. How does the truth of verse 17 affect the way you will live today?

Psalm 50

1. Sometimes we forget about the Majesty of God, how does the description of God in verse 1-3 change your view of Him?
2. The Psalmist goes into great detail to explain that God is not in need. If He were hungry, He would not ask man for help. Contrast that with what He declares in verse 15.
3. We often hear people who are not following God making reference to the Word of God. It is even common for those who do not read the Bible to misquote the Bible to defend their actions. According to verse 16-17, what is God’s reaction to that?
4. Verse 23 requires a response. What response will you give to it today?

Psalm 51

1. Verse 1 gives us some background of what was going on in David's life before this Psalm was written. Read 2Samuel chapters 11 and 12 for the context of this prayer.
2. Psalm 51 is known as one of the "repentance" psalms. The whole tone is of one who is aware of his own sinfulness and is pleading for mercy. Count the number of

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- times that David mentions the words sin, iniquity, transgression, or guilt (or any variations of these words). Are you aware of your own sin before God?
3. Count how many things David asks God to do for him. Does David tell God that he will change or does he ask God to change Him?
 4. According to verse 4, ultimately who does our sin hurt?
 5. Read verse 12-15. When God begins to work change in David's heart, what does David believe will happen in his life?
 6. According to verses 16 and 17, what is God looking for from us?

Psalm 52

1. Read chapter 21 and 22 of 2Samuel, for background on the writing of this Psalm.
2. What is the confidence and strength of the wicked man? Where does he place his trust and what does he love?
3. Yet what is the end of the wicked man?
4. In contrast what is the strength, confidence, and trust of the righteous before God?

Psalm 53

1. One aspect of this psalm is the frustration of David over the iniquity of the world. He longs for the time when God will rescue His people from the wickedness of this world and the captivity of sin. Read verse 1-3 what is the end result of the person who says "there is no God", or who simply says "no" to God?
2. According to verse 2 and 3, among the children of men, how many do good? How many seek after God?
3. We see a richer sense of this psalm when it is quoted in Romans 3:10-12. Read Romans chapter 3
4. Note verses 9 and 23 of Romans 3, comparing them with the verse of this Psalm. What does this say about our need for forgiveness and for a Saviour?
5. Note verses 22 and 26. How is it that we receive this forgiveness? Have you done this?

Psalm 54

1. Read **1 Samuel 26** for background on the writing of this Psalm.
2. David had the opportunity to destroy his enemy; did he?
3. Within this psalm what is David's attitude concerning those who are his enemies?
4. Have you ever had opportunity to take vengeance, or to wrongfully take matters in to your own hand? If you are currently struggling with this pray that God will help you to trust the situation and those who are involved into His hands.
5. Note verse 4. Compare this with **John 14:16-18**. Is this a real help?

Psalm 55

1. In verses 1-5, David expresses great distress. Why is he feeling this way? Note verse 3.
2. Read verses 6-8. What does he wish he could do in the middle of all his problems? Have you ever felt this way?
3. In the midst of all of the wickedness around him, there is one thing that is especially grieving to David. Read verses 12-14. What happened?
4. What is David's way of handling all of these difficulties? Read verses 16-18 and 22.

Psalm 56

1. What is David's response to fear?
2. Is fear starting to take rule over your life? Lay it before Jesus and do what David says. Verses 3-4.
3. Where are your tears?
4. Dwell on verse 13 for a moment... God really does love you!

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Psalm 57

This Psalm is entitled “Prayer for Safety”

1. Verse 2, “I will cry out to God Most High. To God who performs all things for me.” God performing all things for you, do you understand what David means? Verse 3 puts this in perspective. How can this change your perspective?
2. Verse 5 & 11 should not only be read but be put into practice in our lives. What in your life need to be replaced by God being exalted?

Psalm 58

1. God is just and He will judge the “wicked.” As you read this chapter, praise the Lord that you have given your heart to Him and that you do not fall into the “wicked” category.
2. Often times we do not consider the consequences of sin because nothing happens immediately after we do sin. Even in the world, we see people apparently “getting away” with sin. Verse 11 tells us what?

Psalm 59

1. Sometimes we are upset or in distress bringing our problems to the Lord. Notice the pattern that David has as he starts to pray about his challenges. He starts to change and focus on the Lord and his prayer turns to praise. Have your prayers turned to praise?
2. As you read David bringing his problems to God, can you relate to him in any way?
3. Verse 13 David is asking for God to consume them in wrath. There is another request like this in the New Testament to Jesus. Read Luke 9:52-56
4. Does this now put verses 16-17 in perspective? The next chapter is great!

Psalm 60

1. David prays for restoration, notice how he prays and what he prays for specifically in verses 1-5. What can this detail show us about prayer?
2. As David is praying, he is asking for God to restore His favor on Israel. Sometimes when we try to do things on our own we realize how much we need the Lord. What is David’s realization in verse 11?
3. Verse 12 God is given His due praise. Is there something in your life that you haven’t allowed God to lead you in? Stop now and pray, give God His due honor and praise for the things in your life that you have tried to control. Remember verse 11!

Psalm 61

1. When your heart is overwhelmed, what should your prayer be?
2. What is the rock described as in verse 3?
3. What are the two repeated words in verse 4 and 7?
4. As the Lord does all these things in David’s life, what is his response in verse 8?
5. Let this be your response in your life so that you may daily perform all that you are committed to.

Psalm 62

1. What is the key word in verse 1 and 5 that becomes the theme of this Psalm?
2. How many times is the word salvation repeated?
3. Who should we pour our hearts out to?
4. Look at verse 8 and 10. Who are we to trust in and what are we not to trust in?

Psalm 63

1. As you read this Psalm ask God to make this your hearts cry.

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2. God has designed us with a longing inside to know Him and commune with Him. The problem is often times we try to fill that longing with other earthly minded things or activities. Notice verse 2. What effort does David do to satisfy the thirst in his soul?
3. Find in Psalm 63 the attributes of God that demand responses of David to seek God and Trust Him.

Psalm 64

1. David in this Psalm is in trouble. At what verse does His focus shift from his enemies to the Lord?
2. The enemy in this Psalm uses a different kind of weapon on David. What is that weapon and do you find yourself using this weapon on others and becoming in a sense an enemy to others?
3. Notice in verses 7 and 8 what happens to David's enemies. Eventually the tongue that is used as a weapon will bow the knee and declare the work of God (verse 9). Why not start declaring that now and save yourself the trouble of verse 7.

Psalm 65

1. At what point does this Psalm begin to describe the greatness of God through creation?
2. Verses 1-4 revolve around the presence of the Lord in the sanctuary of God. Take some time and evaluate your life asking yourself if you foster an atmosphere that ushers in the presence of the Lord around you.
3. In verse 3 iniquities prevail against David. He recognizes his own sin. This is important for us to do as well. It's at that point that God will provide a cleansing or atonement for sin if we confess. The Bible says that sin separates us from the presence of the Lord. Jesus brings us atonement for our sin. An easy definition of the word atonement is found when you break the word apart. (at-one-ment) We can be at one with the Lord through Jesus. Read 1 John 1:9
4. Read the rest of this Psalm beginning at verse 5 and meditate on the Lord as revealed through creation.

Psalm 66

1. The 5th chapter of James asks "Is anyone cheerful? Let him sing psalms." According to Psalm 66 verses 1-4 we are to shout, sing, and tell the world and God how awesome He is. If the Lord is doing or has done a work in you are you praising Him?
2. In verses 5-7 the writer is remembering how God rescued the Israelites by parting the Red Sea. God continues to save people today!
3. Fire is used to purify metals in a process called smelting. God uses a process called trials to refine us. Look at verse 12, where does God bring us at the end?
4. Verses 13-15 describe vows, have you ever said "God, if you get me out of this mess I will obey you for now on", but you return to your old ways? Be careful to follow through on whatever you promise to do. Let your "yes be yes" and your "no be no."
5. In verses 16-20 is describing confession. Are you afraid of God? Fear not. What does the writer say in verse 20?

Psalm 67

1. This psalm clearly looks forward to the Lord Jesus' return and His reign on earth. It also speaks of the fulfillment of something great, turn in your bibles to the gospel of Matthew 28:18-20. Why are the nations going to be glad and singing for joy?
2. In verse 7 what is meant by the use of the word "fear"

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Psalm 68

1. Verses 3-6 are describing David's praise to God, are you feeling lonely, in bondage, or disadvantaged? Discover the joy David shows here by loving and praising God.
2. What mountain will the Lord dwell in forever?
3. Notice that verse 18 is quoted in the book of Ephesians chapter 4:8. Every person who is in the body of Christ has a gift. Do you know what yours is? If you don't pray to the Lord that he reveal it to you. How are you furthering the kingdom?
4. According to verse 19, what does the Lord do for us?
5. In verses 34-35 we are to tell everyone about God's power. When you look at His creation are you overwhelmed by the sheer beauty and majesty of it? Where is God more awesome? We are so fortunate that God cares for us.

Psalm 69

1. David cried out until He was physically exhausted, His throat was dry and his eyes were swollen from crying, but He still trusted God to save Him. When tragedy strikes or when we are just beat down, we can turn to God and ask Him to save us. We will not be crying in vain.
2. David was scoffed at, mocked, insulted, humiliated, and He was the subject of gossip. According to verse 13 what does David do despite the ridicule? Are you tempted to turn from or quit trusting God when the going gets tough? Continue with David's example, God will hear you and rescue you.
3. Verse 28 is referring to the "Book of Life." In the New Testament Paul mentions it in Philippians 4:3. It's mentioned also in the book of Revelation 3:5, 13:8, 20:15. What is this book and do you know for sure you're in it?
4. What will the humble see and be glad?
5. What do we need to do to have a joyful heart?

Psalm 70

1. David is pleading with God to come quickly. Have you had those moments when you're empty and broken? By all means cry out like David did "O Lord, do not delay!"
2. In the midst of his turmoil and panic David remembers to do something in verse 4. Can you spot it? Sometimes we treat God like a vending machine and forget to thank Him for what he has done and to worship Him for who he is. Even when we become afraid and terrified-- forget not His benefits.

Psalm 71

1. The Psalmist talks about being attacked by the wicked one, where does he go to seek shelter from the wicked one?
2. Even when he is being attacked doesn't fall away. In verse 14 he praises God despite the circumstance, what is one way you need to praise God in the midst of trials?
3. In verse 15 he talks about God's limitless righteousness. Have you ever encountered God's limitless righteousness?

Psalm 72

1. Verse 1 the Psalmist prays for the king and the king's son. We need to remember to pray for the leaders of our country. Take some time to pray for the leadership of the nation.
2. We often fight what God is telling us to do in our life. The psalmist says in verse 8 that one day everyone will know God. Is there anything you need to lay at the feet of Jesus?

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3. We often forget that God delivers us from trials. In verse 12 what does the "needy" need to do to get out of trial?

Psalm 73

1. In verse 3 the Psalmist says "For I was envious of the boastful." Do you ever feel envious of people? How should you deal with those feelings?
2. In verse 23 the Psalmist says that God holds him by his right hand, like you would hold a child. Do you ever feel like you need God to guide you like you would a child?

Psalm 74

1. In verse 10 David talks about the work of the enemy. How often do we feel like the work of the enemy is too great to handle? What can we do to find comfort?
2. After David talks about the bad things the enemy has done, he says all the wonderful things God does (verse 12-15). What are some wonderful things God has done in your life?

Psalm 75

1. We are not to be boastful. When we are God has to deal with us. Is there an area in your life you may be boastful? If so, let God deal with it.
2. The best way to get rid of boasting is by praising God. How does David praise God in verse 9-10?

Psalm 76

1. God is known in Judah for His mighty deeds against the Syrian army. What is God known for in your life today?
2. Verse 4-9, God goes to great lengths to deliver the oppressed. Take time to dwell on these verses and remember that God wants to deliver you!

Psalm 77

1. Verses 1-3 tell us the psalmist is crying out to God yet "he remembered God, and was troubled." Have you ever cried out to the Lord yet felt He was not listening?
2. Starting in verse 10, the writer changes his focus. What does he start remembering?
3. Sometimes we tend to focus on our woes instead of who God is, keep reading! This is the God that came to deliver you.

Psalm 78

This is the first called the "Historic Psalms". What a wonderful way to teach the history of the children of Israel.

1. The introduction of the history lesson begins. Verse 3 says "we have heard and known, and our fathers have told us." Are you sharing with your children, friends the things God has done in your life? He wants to do more.
2. In verse 4, we read of the wonderful works He has done. What has the Lord done in your life? Where is He leading you?
3. Remember, psalms or songs were sung. Not like music of today but a wonderful way to remember history, events in life and who God is. Who is God in your life right now? Read Jeremiah 32:27.
4. As you read you will see things like; they still sinned, they tested and provoked, they did not keep His testimonies. Verse 32 says in spite of all that God has done for Israel, they did not believe. You know the end of this story. Trust God in all that you are. Proverbs 3:5-6.

Psalm 79

This psalm was written after the Babylonians had defeated and destroyed Jerusalem, plundered Solomon's Temple. Jeremiah was prophesying at this time. As you read you will see

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the results of disobedience to God. Many years the prophets tried to warn Israel and now God's judgment has come.

1. The cry of this psalm is from people who have sinned. Verse 9 "Help us O God of our salvation. For the glory of Your name; and deliver us, and provide atonement for our sins. For Your names sake." What does this verse say about God's grace?

Psalm 80

1. "Restore us" is repeated in this psalm. What does restoration mean to you?
2. "Cause Your face to shine upon us." God's face is shining on you, are you acknowledging it? How would your life be different if every moment, every word spoken, every though you have went through the filter of God's face shining on you?
3. "And we shall be saved." Do you understand being saved by the Almighty God? If you do not, ask Jesus to live in your heart. Let God be the Lord of your life. Confess your sins and ask the Holy Spirit to rule and reign in your life. God draws all of us to Him, when we get close to Him, we must change to stay in His presence.

Psalm 81

1. This is a call to worship. Look at verses 6-7, why were they to worship God?
2. What promise are we given in verse 10?
3. According to the Psalmist, how did Israel respond to this promise?
4. In verse 13 the heart of God is exposed. He wants so badly for the people to listen to and follow after His Word that He may bless them. How will you respond to His Word today?

Psalm 82

1. How is God contrasted with the judges of men?
2. How does God feel about the afflicted and needy?
3. Instead of applying this to your own needs, think of how you can minister to the needs of someone else today.
4. Now go do it!

Psalm 83

1. This Psalm describes the way the world feels toward the godly. Isn't it interesting how intolerant a world that touts tolerance is toward the Believer in God?
2. How can you focus on being a light in the dark world today?

Psalm 84

1. The Psalmist is longing for more of God. How about you?
2. According to verse 5, where does our strength come from?
3. The Psalmist mentions "The Valley of Baca." That is a reference to times of great sorrow. How does he say God will meet us in those times in life?
4. How can you apply verse 10 to your life today?

Psalm 85

1. Read again verse 2, how sweet are those words in your ears?
2. According to verse 8 God will speak peace to us. How are we to react?
3. Think through verse 10 in light of the cross of Christ.
4. Verse 13 speaks of making His footsteps our pathway. That only happens when we follow closely. How are you following Jesus closely today?

Psalm 86

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1. Verses 1-2, David recognizes and acknowledges who he is and cries to the Lord for mercy. Sometimes we tend to candy coat our situations and not be truthful with ourselves or with God. Take time to really evaluate your situation and who you are. God wants to do wonderful things in your life. Verse 5 is a wonderful promise. Be honest before the Lord and allow Him to change you.
2. Verse 8 David claims that “Among the gods, there is none like You, O Lord.” What gods have you given priority to in your life? How can you replace those gods with the true God? Believe verse 10.
3. To be put in a place of a student requires humility, which some of us have a difficult time with. How can you apply verse 11? Take time now to write down, not only changes you need to make, but things you need to do to replace the changes.
4. A constant theme through the Psalms...verse 12. Stop now and praise Him with all of your heart!
5. What is your perception of God? Someone with a bat ready to smack you down if you cannot follow the rules? MEMORIZE verse 15
 - a. Compassion
 - b. Gracious
 - c. Longsuffering
 - d. Abundant in mercy and truth

Take time today to make these characteristics alive in you!

Psalm 87

1. Read Zechariah 8:3
2. Zion, the city of God. In Joel 2:32 he describes a place of deliverance. God loves the gates Zion more than the dwellings of Jacob. Jacob lived in tents, but Zion has been prepared for those who have accepted Christ.
3. John 3 records the story of Nicodemus and the discussion about being “born again.” When we are born, our place of birth is a vital piece of information for records. It is as well in the Kingdom of God, verse 6. Have you been “born again”? Is your name written in the Book of Life? Read Revelation 20:15.

Psalm 88

Some of your Bibles may have this Psalm titled “A Prayer for Help in a Time of Despondency”. Despondency-A sinking or dejection of spirits at the loss of hope; loss of courage at the failure of hope, or in deep affliction, or at the prospect of insurmountable difficulties

This is real life; we sometimes feel that we are in this exact place. God is real, the same yesterday, today and forever. We cannot explain why the Lord allows us to experience these kinds of feelings and circumstances. We do know they are temporary.

Remember what we are to dwell on:

Philippians 4:8

Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy--meditate on these things.

Romans 8:28

And we know that all things work together for good to those who love God, to those who are the called according to His purpose.

Are you called? Trust in Him! Read the next Psalm.

Psalm 89

The writer of this Psalm is Ethan. It was written after the fall of Jerusalem. Knowing the promises that were made to Israel, it was confusing to understand what God was doing, yet.....

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1. Verse 1 “with my mouth will I make known Your faithfulness to all generations”. How are you using your mouth? Are you proclaiming God’s goodness or complaining that things are not going the way you think they should?
2. Declaring God’s wonders and faithfulness. When is the last time you took the advice from the heavens? Make a list.....declare it! God wants to do something in your life....today!
3. Write down all the characteristics of God from verse 7-18. Did you realize how much God is on your side? How much He loves you?
4. After quoting all of God’s promises, in verse 46 Ethan starts to question what is going on. Did you know that it was ok to question God about things in your life? What questions do you have for Him?
5. After Ethan’s questions, how does he end his song? After you ask God questions, can you respond the same way?

Psalm 90

1. What do you think it means that the Lord is our dwelling place?
2. In verse 4-12, the Psalmist compares the eternal nature of God with the temporal nature of man. Knowing that in light of eternity, life is very short. What changes do you need to make in the way you are living?
3. The response of the Psalmist is important. What do you notice from his prayer in:
 - A. Verse 14
 - B. Verse 17

Psalm 91

This Psalm lists the benefits of abiding in Christ. When you put Jesus first in your life, give time to His Word, prayer, and obedience you will find that you experience much of what is described in this Psalm.

1. The snare of the fowler is a reference to the traps of Satan. How will spending time with Jesus help you overcome temptation?
2. A shield and buckler were defensive armor for battle. How is the truth of God's Word like a shield?
3. Sadly the Psalmist speaks of people falling in the battles of life. It is always tragic when a person falls away from the Lord and back into sin. How will abiding in Christ keep you from falling?
4. How are you encouraged by the promise given in verse 11-12?

Psalm 92

Write out verse 13, meditate upon it and put it to memory.

Psalm 93

1. This Psalm tells us that God clothes Himself in Majesty and Strength. What does this do to your understanding of who God is?
2. The floods speak of the difficulties of life. What does the Psalmist tell us about God versus the floods?
3. According to verse 5, what was the anchor for the Psalmist in the storms of life?

Psalm 94

1. It may sound strange to read the Psalmist praying for God to judge, but consider what life becomes like when wickedness goes without consequence.
2. According to verse 7, what encouraged the wickedness of the people?
3. What does verse 12 teach about the blessed life?
4. How are you encouraged by the promise of verse 18?

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Psalm 95

1. This Psalm is a beautiful call to worship. How will this affect how you come to corporate worship?
2. List all the reasons the Psalmist gives for why we should worship.
3. We are warned against hardening our hearts. How does a heart become hard?

Psalm 96

1. Note in this psalm the repetition of the following words: peoples, nations, world, earth, all. Who is this Psalm directed at?
2. Man is made to worship God, and when he does not he will find something else to worship (give his time, love, and energy to). According to verse 4 and 5, what are the gods of the people?
3. Go verse by verse through this Psalm and note all of the ways that we are told to worship God.
4. Read verse 11 and 12. Is man the only one who will worship God?
5. At the end of this psalm in verse 13 we see one of the reasons for the rejoicing and worship called for in this Psalm. What is that reason? Does that cause you to rejoice?

Psalm 97

1. Verse 1 tells us that the Lord reigns, and for all the earth to rejoice. Read verse 2. Why is it good news that God is the ultimate ruler of everything?
2. Read verses 3-7 detail God's dealings with those who are His enemies and who worship other gods. The reality of God's might and power is not at first evident to His enemies, but it will ultimately become evident to all. Do you find yourself losing sight of this reality?
3. In verse 9 we read of the ultimate rightful place of God, high above all of His created order in every way. It is easy for us to worship (give our time, love or energy to) things that God has made because we can see them and we can touch them. It is good for us to be reminded in His word of *reality*. Are there any things in your life that you are loving more than God?
4. In verse 10-12 we read that if we love God that we need to *hate* evil. According to these verses, what are some of the benefits that come from loving God and hating evil?

Psalm 98

1. This psalm is a song of praise, rejoicing that Jesus is King and that He is returning to rule the earth. In the first three verses, what are some of the things that the psalmist declares that God has done?
2. Read over the entire Psalm. List some of the different ways that the psalm exhorts us to praise God. Are these the only ways?
3. Many times in this psalm the psalmist reminds us that *joy* should accompany our song and praise. No matter what we are going through or what bad things are happening in the world, nothing will stop God from being good, and nothing will stop Him from returning to make things right. Are your praises joyful? Whether they are or are not, take time to dwell on the goodness of God, and the certainty of our Good King's return.

Psalm 99

1. The last several psalms have been psalms of praise that exalt God to His rightful position. In verse 1-4 what are some of the attributes of God that deserve praise?
2. In verse 5, we see our rightful position before God. The word for "worship" in the Hebrew means to "bow down". It is our natural tendency to want to be the boss

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and to do things our way. Read Revelation 15:4. Notice how when we take time to consider who God really is, it becomes easier to see who we are and to take our rightful place at His feet.

3. Note verse 8. When we have sinned there are consequences. Yet, God in His mercy forgives. Sometimes the consequences of sin are so difficult that our only comfort is that God has forgiven us and still loves us. What has God forgiven you of? Thank Him for it!

Psalm 100

1. This psalm is entitled a Psalm of Thanksgiving. Go through the psalm and identify all of the different ways that we are to express our thankfulness.
2. Notice especially the truths in verse 3. We did not invent God, He made us. How does this view differ from that of the world today?
3. Although we cannot make God, we do make gods, things that we worship. These are called idols. What are some of the gods of the men of this age?
4. In verse 5, we are told three very important things about God. What are they?

Psalm 101

1. This is a Psalm of “wills” and “shalls.” There are 9 “wills” and 5 “shalls.” David is setting down standards that he wants to follow. If you travel back to 1 Kings 2:1-4, you will read David charging his son Solomon to live by God’s standards. Jesus said if you love me, obey my commandments. Are you?
2. The word “perfect” in verse 2 translates “blameless.” In verse 2: What does David need to live a blameless life?
3. The Bible says that (evil) “bad company corrupts good character (habits)” 1Corinthians 15:13. In verse 6 David is keeping his eye on the faithful. Are you surrounding yourself with Godly people to help you grow?

Psalm 102

1. The Psalmist is writing in a state of distress and is overwhelmed with trouble. He even loses his appetite in verse 4. When you’re in the same condition are you pouring your complaint before the Lord?
2. In verses 6-7, the Psalmist compares himself to a lonely bird, a pelican of the wilderness, an owl of the desert and a sparrow alone on a housetop. In times of loneliness do you seek fellowship? Turn to Psalm 133 and read about God telling us how good and pleasant it is to be in fellowship.
3. As you read this Psalm from verses 8-28, you might be going through *this* or dealing with *that*, but one of these days we’re going HOME, AMEN!
4. In verse 26 the Psalmist says “They will perish, but You will endure.” Jesus said, “Heaven and earth will pass away, but My Words will by no means pass away” Matthew 24:35. What are you building your life upon? Be encouraged; build it on the Lord, because He’s the only one who is sure.

Psalm 103

1. Verses 1-5 have the ingredients of a thankful heart yet we are so prone to forget what the Lord has done in our lives. Make a list of the benefits of walking with Him.
2. Read verse 10 and imagine if the Lord dealt with us according to our sins. Then read verse 8 and REJOICE, AMEN!
3. How far has He removed our transgressions?
4. For those who fear Him....His mercy is....?
5. In verses 20-22 David has everybody and everything praising God; from angels to all of creation. Ask yourself these questions: Do I fear the Lord? Am I obeying His commands and doing His will? Does my life praise the Lord?

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Psalm 104

1. As you read this Psalm take notice that the Psalmist is recounting the days of creation. For example, verses 1-2 describe day 1 of creation. Verses 2-3 describe day 2. Verses 6-18 describe day 3. See if you can pick out the last three.
2. Verse 5 says that God's foundation will never be removed. We have an immovable foundation. His name is Jesus and He said, "Therefore whoever hears these sayings of mine and does them is rock solid." How is your foundation? Is it on solid rock or is it on sinking sand?
3. You have heard the old saying, "Stop and smell the roses." Look at verse 24. God made a variety of things in wisdom. Be encouraged. Get out there and check out the bugs and His other wonderful creatures.
4. Verses 27-28 tell us that we depend on Him for everything; our every breath comes from Him. God wants the best for us. Do you desire to do His will and learn more of His plans for each new day? If not, read verse 29 and repent.

Psalm 105

1. If you have a study Bible you will see that the first fifteen verses are also found in 1 Chronicles 16:8-22. What event was happening when this was being sung?
2. When God feels distant and far away from you, what does verses 4-5 command us to do? Now continue your search and go to the book of Hebrews chapter 11:6 and be encouraged, for you are rewarded.
3. In verses 16-22 the Psalmist recounts the story of Joseph. If you are going through something you don't understand know that God is in control. Read Isaiah 54:17
4. In verses 26-45 God shows His purpose for saving the Israelites. He allowed them to witness these events so they would, "Observe His statutes and keep His laws." All too often we please ourselves. We were made for His good pleasure. Are you honoring and pleasing the Lord? He gave us His Word for a reason- HIS PURPOSE!

Psalm 106

1. Sometimes we can look at scripture to give us a model of how to live or pray. In this psalm we start with praise, repentance and remembering all that God has done. Take time now to praise God for who He is.
2. This chapter refers to Exodus 13 and on. Sometimes we are so focused on "the now" that we miss the bigger picture of God's plan and purpose in our lives. How does the psalmist respond to the remembrance of Israel's failures?
3. Even through our disobedience, we see God's love and mercy for us. Our mindset to satisfy our flesh instead of trusting God is always before us. What are you trying to satisfy in your life today? Have you given it over to God? Have you searched the scripture for His instruction for your life?
4. Finally the cry in verse 47, "Save us O Lord" is made and all praise is given to God. May your day begin with praise, repentance, acceptance of the Lord in your circumstance and allowing Him to have your life, even in the little things? Thank you Jesus!

Psalm 107

1. This psalm is a meditation on how good it would be for people to give God the praise and thanksgiving that He truly deserves. Consider verses 1-2, 8, 15, 21, and 31-32. After each of these statements, the psalmist makes the case for why men should give love and worship to God. Do you take time to consider the many ways that He is good? Does genuine unforced praise come from your heart to God?
2. Look at verses 2-5. What was the state of these people? What did they do (verse 6)? What did God do?
3. Look at verses 9-12. What is the condition of the people described here? Is this condition their fault? What do they do (verse 13)? What does God do?

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4. Look at verses 16-18. What distress is this group of people facing? What do they do (verse 19)? How does God respond?
5. Look at verses 23-27. What are these people facing? What do they do (verse 28)? What does God do? Check out Mark 4:36-41. Although we may not be in a physical storm, our lives can be stormy in other ways.
6. Do you follow the pattern of this psalm? When you are in trouble do you from your heart turn to the Lord?

Psalm 108

1. In verse 1 David says that his heart is unmovable, and that he WILL give his very best to God. Have you settled this in your own heart? Do you allow difficulty to easily move you? Look at Acts 20:22-24. Was Paul easily moved?
2. Look at verse 2. When does David get started each day in giving worship to God? The bible does not say that we must wake up early to have a good relationship with God, but it is a good principal that early in our day we sit with Him. When are your regular times of sitting with God? Do you spend your best and first times with Him to be nourished and directed by Him?
3. Look at verses 4 and 5. How high does the mercy of God reach? What kind of praise does this mercy deserve?
4. As David meditates on the successes and failures of the nation of Israel (verses 10-13), what conclusion does he arrive at concerning how victory is won? What aid did the help of man provide?

Psalm 109

1. David begins this psalm asking God to not be silent, to do something. Read verses 1-5. What has happened that he is asking to "speak up" about?
2. Read verses 6-20. David goes nuclear on his enemies. Consider in particular, verses 16 and 17, and why his enemies deserved judgment.
3. Read Matthew 5:38-48. Also look at Luke 23:33-35. Is David's heart representative here of New Testament teaching? Although God will ultimately judge the unrepentant, His highest desire is to extend mercy and grace.
4. Although David's heart is crying for justice for his enemies, he never takes that justice into his own hands. Rather what is he doing in this psalm?
5. David was himself a sinner. Yet he does not cry out for justice for himself. Read verse 21-31. What does David seek from the Lord for himself? Pray that God helps you to love your enemies as you love yourself.

Psalm 110

1. Verse 1 is quoted five times in the New Testament (Matt 22:44, Mark 12:36, Luke 20:42-43, Acts 2:34-35, and Hebrews 1:13), all telling us that this psalm is referring to Jesus. Look those verses up and read the context.
2. Look at verse 3. From what motivation should God's people serve Him? Read 2 Corinthians 9:7 and 1 Peter 5:2.
3. Jesus is described in verse 4 as a priest after the order of Melchizedek. Read about him in Genesis 14. Also read Hebrews 7.

Psalm 111

1. Psalms 111-118 are thought of as the praise or hallelujah psalms. Are you in a season of life where you're finding it hard to praise the Lord? Be encouraged- dig in right here.
2. In verse 1, how much of our heart is supposed to be used to praise the Lord as we meet with His godly people?
3. One of the important categories of Inductive Bible Study is "looking for repeated

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- words.” In verses 2-7, what word gives us the main point of this Psalm?
4. What is the beginning of wisdom?

Psalm 112

1. In verse 1, “Blessed” means, “Oh, how happy.” Do you expect God’s blessings? Then we must revere Him and obey Him.
2. Notice in verse 4 when we are overtaken by darkness. How is the Lord described?
3. What is the Psalmist teaching us in verses 7-8?
4. In verse 10, what will infuriate the wicked when they see it?

Psalm 113

1. Verses 1-4, the Psalmist is in continual praise. He says, “From this time forth and forevermore.” Be encouraged- Pray these verses with your whole heart, AMEN!
2. In verses 5-9, God could care less about your position in the social ladder. He uses the foolish things of this world to confound the wise. How do you treat the outcasts of society? Do you treat them as though they have value?
3. Notice where the Lord seats the poor and needy. What does He grant the barren woman? PRAISE THE LORD!

Psalm 114

1. This is a brief historical Psalm showing God as an earth shaker. When you see the effects of natural disasters, do you think of God’s Greatness and Glory as being far more awesome?
2. Is God shaking you up inside? Is He tugging at your heart to serve Him?
3. In verse 7, to tremble means to recognize God’s complete authority. When you examine yourself in the faith, can you honestly say, “I fear the Lord?”

Psalm 115

1. In verse 1, notice because of God’s mercy and truth that His Name gets the Glory not the nation. Sometimes we ask God to glorify His Name with something we want to accomplish. When He answers your prayer and *you* get the attention, do you give God the credit?
2. Verses 4-8 deals with idol worship. They created images shaped by their own hands. Today we still create idols in our life. An idol is something we love more than God, i.e.: tangible possessions, money, a person, etc. Have you found yourself there? Read verse 8, repent and trust in the one true God.
3. From verse 9 until the end, we read the most fantastic truths. Notice the repeated phrases. Are you encouraged when you read that God is mindful of us and that He understands and thinks about us?

Psalm 116

1. How often do we forget to tell our spouse, kids or family that we love them? Do we forget the reasons for our love? The first words of this psalm; I love the Lord, because....Why do you love the Lord?
2. In verse 5 we read again the words that the Lord is gracious and merciful. How can you be more gracious and merciful today?

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3. Verse 6-“I was brought low, and He saved me.” Too often we have to be humbled to recognize our need for a savior. Think of the times the Lord has had to humble you, and think of the times you submitted to Gods plan. Dwell on verse 7.

Psalm 117

1. Isn't it interesting that this 2 verse psalm says “Praise the Lord, all you Gentiles”?
2. God's heart is that all come to know Him. Read **1 Peter 3:9** *The Lord is not slack concerning His promise, as some count slackness, but is longsuffering toward us, not willing that any should perish but that all should come to repentance.*

Psalm 118

1. “His mercy endures forever” what does this mean to you?
2. Read verses 8-9, is it better? How are you going to put faith to these words today?
3. As you read you the entire psalm you understand that the writer is speaking of Jesus. Over 1000 years before the birth of Jesus.

Psalm 119

Psalm 119 is the longest chapter in the Bible. It is divided up into 22 sections with 8 verses in each section. Each section starts with the letters in the Hebrew alphabet. It is said that Hebrew children learned the alphabet by learning this psalm.

The psalm is about the word of God and the benefits of studying God's word.

ALEPH

1. Blessed are.....do we seek to be obedient to the Lord in all that we do?
2. Vs. 5 says “O that my ways were directed.” I am so grateful that the Lord does not force us to follow Him. That He shows us His grace and mercy always. In what areas of your life is the Lord drawing you closer to Him?

BETH

1. What do you see here about the importance of God's word in our day to day life?
2. Notice throughout this psalm that praise and rejoicing are hand in hand with being obedient. Do you look at God's word with joy and gladness or rules and regulations?

GIMEL

1. Have you ever asked God to see “wondrous things”?
2. Testimony- A solemn declaration or affirmation made for the purpose of establishing or proving some fact. God's testimonies are a delight. God's testimonies are lives changed by the Holy Spirit. What is God changing in your heart? Let Him in and be His delight!

DALETH

1. Revive me according to your word. For you shall enlarge my heart! What does this mean to you?

HE

1. Sometime we study/read God's word and feel like it is too much or over our heads. Here the psalmist is asking for understanding so that he can keep God's law. Have you asked God for understanding of His word? Read John 14:26
2. The psalmist also asks God to establish His word. Read 1 Thessalonians 3:13

WAW

1. Verse 42, I will trust in Your word.
 - a. Trust- Confidence; reliance or resting of the mind on the integrity, veracity, justice, friendship or other sound principle of another person. He that puts his *trust* in the Lord shall be safe. Proverbs 28:25.
2. Verse 44, so shall I keep Your law continually. How often do we feel like we fail at following the Lord and being obedient? Remember, God knows as we step up to the plate that we do not plan or want to strike out but sometimes we do. God is cheering you on! Read 1 Thessalonians 4:1-2
3. Verse 46, I will speak of Your testimonies....and not be ashamed. Sometimes we feel intimidated or scared. Read Isaiah 41:10

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ZAYIN

1. God's word gives us hope. Is your hope in His word or in what He does for you?
2. God's word gives us life. Read Psalm 34:8

HETH

1. We are encouraged here to think about all that the Lord has done and turn to God without haste. List the benefits that the Lord has brought into your life since you gave your heart to Him.
2. The earth is full of God's mercies. What does this mean to you?

TETH

1. God deals with us according to His word. Everyone is offered the same opportunity. Psalm 55:16
2. How often do we quote verse 71 in our lives? Getting God's perspective changes everything. How has God changed the way you look at your life?

VOD

1. How awesome is verse 1? Meditate on this for a moment and ask God for more of His understanding. How would this verse conflict with the teaching of evolution?
2. Hoping in God's word. What has the Lord shown you this morning that gives you hope in His word?
3. What is the promise of God's tender mercies?

KAPH

1. Our flesh will fail us often, but our hope in God's word will revive us. What can you do to strengthen your hope in God's word?
2. Memorize verse 88

LAMED

1. What is the promise of delighting in God's word?
2. What is the promise of never forgetting God's precepts?

MEM

1. What does the meditation of God's word bring to our lives?
2. God's word is referred to here as "sweeter than honey." Have you ever thought about God's word in this way?

NUN

1. Being guided by a lamp in the darkness is an interesting way to walk. We cannot see that far ahead, and the light is just enough to show us where to take the next step. We have to trust that we are on the right path and that we will end up in the planned destination. Where are you walking? What is your destination? Are you on your path or the Lords?
2. Verse 101 tells us that traps (snares) are set to get us off track or stop our walk. What protects us from these traps?

SAMEK

1. What does "double-minded" mean to you? Are you double-minded in any area of your life? Read James 1:8
2. More benefits of trusting in the Lord. Verses 116-117, what are they?
3. Being obedient to the Lord because of our love for Him is a wonderful relationship. We are not robots, God allows us to choose. What does verse 118 say to those "stray" from the Lord?

AYIN

1. Of all of our failures listed, the psalmist asks God to deal with us according to His mercies. We have read that God's mercies endure forever. God has made it so simple for us. Read 1 John 1:9
2. We see the humility of the psalmist in verse 125. Take time to confess your sin and ask God for His forgiveness.

PE

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Father, I pray that you refresh me God's word. That it brings light, gives understanding so that my soul longs for Jesus. That my mouth thirsts for You. I pray Your word directs my steps and that iniquity does not have dominion over me. Redeem me Lord; make Your face to shine upon me. Teach me your statutes. May my heart be broken and bring tears to my eyes for the people that do not know You. In Jesus name, Amen.

TSADDE

1. Looking around our world today we see all kinds of perceptions of what is right. It is a peaceful thought to know that God is righteous. Everyone is equal and has the same opportunity to have a relationship with Him. Do you have a relationship with Jesus?
2. Verse 144, what is our benefit for having a relationship with the Lord?

QOPH

1. Crying out to the Lord is a humbling experience and sometimes a bit of whining. Notice how the cry turns back to the focus on God's word. Verse 148 says, "My eyes are awake...that I may meditate on Your word. Take time to purpose in your heart that when the cares of life press in, turn to God's word.

RESH

1. Revive me is repeated here 3 times. May the Lord speak to you in the deepest areas of your heart and revive you today!
2. **Revive**- To return to life; to recover life. To recover new life or vigor; to be reanimated after depression. To recover from a state of neglect, oblivion, obscurity or depression.

SHIN

1. Great peace! Do you have great peace? I pray today after studying this chapter you will see the Lord for how much He loves you! That God does have a plan and purpose for your life. His word is here to protect you and that you will be revived and fall in love with our Lord and Savior, Jesus Christ!

TAU

1. What do you see here as the psalmist cry's before the Lord that is different from verses 145-152?
2. Sometimes we ask for the Lords help only when we have messed things up. In verse 173 what is the psalmist asking for?
3. Did you know that God seeks for you when you go astray? Read Hebrews 7:25

Psalm 120

Psalms 120-134 are called the "Psalms of Ascent." As the children of Israel would travel to Jerusalem to celebrate the various feasts, they would sing these Psalms as they approached Jerusalem.

1. This psalm is a cry for relief from the enemies of Israel. What is the Lord's response to their cry?

Psalm 121

1. Where do you go in troublesome times?
2. What can you learn from the example of the psalmist?
3. How are you encouraged knowing that God never sleeps?
4. What does it mean that God is our keeper?

Psalm 122

1. The psalmist is excited to be invited to the house of the Lord. Choose someone to invite to church with you this week. Take a few minutes to pray for them now.
2. The glory of Jerusalem is that God chose it to reveal Himself to mankind.
3. Take a few minutes to put verse 6 into practice.

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Psalm 123

1. How does a servant look to his master?
2. What does that teach you about how to look to the Lord?
3. Why does a soul serving the Lord need mercy?

Psalm 124

1. According to verse one, how is it that Israel was able to withstand the opposition of her enemies.
2. Take a few moments to bless God for the victories He has brought about in your life.
3. Pray about those areas where you still need victory.

Psalm 125

1. What is true of the one who trusts in the Lord?
2. How does it encourage you to know that the Lord surrounds his people?
3. What will happen to those who stray?

Psalm 126

1. In verse 1 and 2 the psalmist writes about a time when God rescued Israel from captivity. He tells of the great joy that came from God's deliverance. When have you been in "captivity"? Have you experienced God freeing you from captivity? Read John 8:36. Where does our ultimate freedom from captivity come from?
2. Note verse 2. When people see God's liberating work in the life of others, how do they respond?
3. Note verse 3. When we become aware of the great things that God has done for us, how do we feel?
4. Read verse 5-6. What is the result of faithfulness to God through difficult times?

Psalm 127

1. The bible speaks often about the importance of diligence and hard work (Proverbs 10:4, 12:24, 13:4, and 21:5). However in verse 1 of this psalm we see an important balancing truth regarding our labors and effort. What is that?
2. In verse 2 we read some important truths regarding rest and overworking. Do you feel like you overwork and that you must? What does the scripture say regarding that? Read Matt 11:28.
3. Verses 3-5 tell us some wonderful truths about children. Although sometimes children can be difficult, and we are not always thankful for them, what is the reality from God's point of view regarding children?

Psalm 128

1. In verse 1 of this psalm, we are told that the person whose life is directed by a desire to please the Lord and do things His way is a happy person. Then we see how this attitude affects various aspects of his life.
2. Look at verse 2. How will his vocational and financial life be affected?
3. Look at verse 3 and 6. How will his family life be affected?

Psalm 129

1. In the moment we sometimes feel defeated but in the bigger picture God shows His righteousness. How can we keep challenges of our lives in perspective?
2. Verse 8 is a great memory verse.....bless you in the name of the Lord!

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Psalm 130

1. The psalmist is in complete despair and he is crying out in confession. Be encouraged; turn your attention to the only one who can really help.
2. In verses 3-4 God tells us that he doesn't keep a record of our sins. When He forgives, He forgives completely. Are you struggling in an area of life today or your past?
3. According to verse 5, what do we hope in?

Psalm 131

1. According to verse 1 David writes about being content. What does he say about his heart and eyes?
2. In verse 2 do you ever remember a time in your adult life where your soul felt like a weaned child with his mother? Rest, stay still and hear his voice.

Psalm 132

1. In verses 2-5, David is troubled that the ark did not have its place. Do you ever feel restless, wondering; what's God's will for your life?
2. According to verse 9, describe the priests and the saints.
3. In verses 11-12, what will keep the descendants of David on the throne?
4. According to verse 17, who is the horn of David, and who is the psalmist referring to as "My Anointed"?

Psalm 133

1. What does God say about dwelling in unity?
2. How does he describe it in verse 2?

Psalm 134

1. This psalm is about the temple watchmen who took their job seriously, reverently, and responsibly. Are you doing everything with reverence to God?
2. Are you honoring him with the quality of your work?
3. What is the meaning of Zion?

Psalm 135

1. In verse 4, who is Jacob?
2. Who is the Lord above?
3. Who is the Lord going to judge, and who will He have compassion on?
4. Verses 15-18 deal with idol worship, what other psalm repeats these same verses?
5. What is taking priority in your life? The bible says "Therefore let him who thinks he stands take heed lest he fall". Whatever we worship- those characteristics we will take on. Turn in your bibles to 1 John 5: 21, AMEN.

Psalm 136

1. "Oh give thanks"....often times we may say these words yet not give them the meaning they deserve. What can you really give thanks to the Lord for today? Things, finances, job? What is the psalmist giving thanks for?
2. The repeated sentence in this psalm "For His mercy endures forever." Did you know that God wants to give us mercy?
3. The definition of *mercy*: *That benevolence, mildness or tenderness of heart which disposes a person to overlook injuries, or to treat an offender better than he deserves; the disposition that tempers justice, and induces an injured person to forgive trespasses and injuries, and to forbear punishment, or inflict less than law or justice will warrant. In this sense, there is perhaps no word in our language precisely synonymous with mercy. That which comes nearest to it is grace. It*

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implies benevolence, tenderness, mildness, pity or compassion, and clemency, but exercised only towards offenders. Mercy is a distinguishing attribute of the Supreme Being-Webster's Dictionary 1828. Micah 6:8 He has shown you, O man, what is good; and what does the LORD require of you but to do justly, to love mercy, and to walk humbly with your God? Are you doing justly and loving mercy or loving justice and doing mercy? God's mercy endures forever! Ask the Lord to give you His mercy and allow you to give His mercy to others. Your day just might turn out differently today?

Psalm 137

1. This psalm is a remembrance of the times away from Jerusalem. Sometimes the Lord gives us vision of where He wants us to be, but the journey to get there is difficult. It stretches us, strengthens us and molds us into His image. What vision has the Lord given you? Where are you in the journey? Are you in training or complaining? Be assured that the Lord wants the best for you! Allow Him to have His way in your life today. Give Him your heart; ask Him to fill you with His Spirit. Read Jeremiah 17:5-8

Psalm 138

1. Describe how you could praise the Lord today with your whole heart?
2. What is magnified above the name of the Lord?
3. Have you ever come to the Lord with specific expectations? In verse 3, read what the psalmist receives when you cry out to God.

Psalm 139

1. This psalm is absolutely amazing! The psalmist starts off with "O Lord you have searched me and known me." Did you know there is nothing you can hide from God?
2. Meditate for a moment on the detail described in these verses about how God knows you. How He knows about where you go and what you do?
3. Verse 6, isn't it great to know that God knows more than we do?
4. Verse 14, what does God think about who you are? Verse 16 says He saw you being yet unformed. He knew you before you existed!
5. Finally, the psalmist is laying everything out before the Lord, total surrender. God knows everything there is to know about you. TRUST HIM! He will change your life, your heart and your mind. Allow Him to be you're all in all!

Psalm 140

1. David is asking for deliverance, protection and for the Lord to let his enemies have it. We do ask God to take care of the people who seem to be out to get us? Who do you need deliverance from today?
2. After David pours his heart out, he finally comes to the conclusion that the Lord will take care of him verse 12-13, so trust in the Lord and let Him deal with it. Read 1 Peter 5:6-7.

Psalm 141

1. What is prayer illustrated as in verse 2?
2. Do you need to pray verse 3 today?
3. Verse 5 is essentially a prayer to be open to rebuke from his believing friends. Are you open to being corrected? Take a moment to pray for a softened heart.
4. Verse 9 mentions snares. What are some of the pitfalls that you are accustomed to falling into and need to avoid today?

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Psalm 142

1. We often fail by complaining to one another. Where does the psalmist take his complaint?
2. The psalmist recognizes that his enemies are stronger than him. Who does he realize is stronger than his enemies?

Psalm 143

1. According to the psalmist, who is righteous?
2. By his own admission the writer is overwhelmed. What is the cure found in verse 5-6?
3. Verse 10 is one of the most important prayers you can ever pray. Take a few moments to pray that for your life.

Psalm 144

1. Why is it important for God to train your hands for war?
2. Our battle is not physical but spiritual. We are fighting against our flesh's desire for sin.
3. According to verse 3, what is life like?
4. In verse 9 the psalmist speaks of singing a new song to the Lord. If you are alone take some time to worship. Perhaps put in a cd and celebrate how good God has been to you.

Psalm 145

1. The psalmist speaks of the unsearchable greatness of God. Make a list of things that He has done that are great.
2. Go through this Psalm and list all the ways God is described.
3. Verse 5 speaks of meditating on His splendor. Do that now.

Psalm 146

1. Notice the Psalmist exhorts us to praise as well as sets the example.
2. Verses 6-10 give a list of things the Lord has done take time to write out all the things the psalmist mentions.

Psalm 147

1. Why is it good to sing praise to God?
2. Notice the contrast between what God does listed in verses 3-4
3. According to verse 11 what brings God pleasure?
4. Take some time to pray that God fulfills the promise of verse 15 in Calvary Chapel Vero Beach.

Psalm 148

1. After reading verses 1-6, write a list of more things to praise Him for.
2. Verse eight suggests that nature fulfills the Word of God. How can you show your obedience to Him today?
3. The Psalmist speaks of God's glory being above the earth and heavens. Take some time to consider how glorious God must be if He is more glorious than all creation.

Psalm 149

1. According to verse 2, who is God?
2. According to verse 4, what brings God pleasure?
3. According to verse 6, what is the child of God armed with?

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4. To understand the sword see Ephesians 6:17

Psalm 150

1. This is the culmination of all the Psalms. In a word how should we respond to all God has done?
2. Take some time for worship. Meditate on your life and all that God has done for you. Take some time to rededicate yourself to Him.