

Psalms

A SERMON SERIES





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Introduction to Psalms



The book of Psalms is one of the most beloved books in the Bible. Christians have been drawn to the book of Psalms as the heart of the Old Testament, especially in how it is able to harmonize all aspects of our Christian experience. John Calvin wrote that the Psalter is “an anatomy of all the parts of

the soul,” and “there is not an emotion of which any one can be conscious that is not here represented as in a mirror.” This book had a special place in the hearts of the New Testament writers as well, with the Psalms either directly quoted or alluded to in almost every New Testament book.

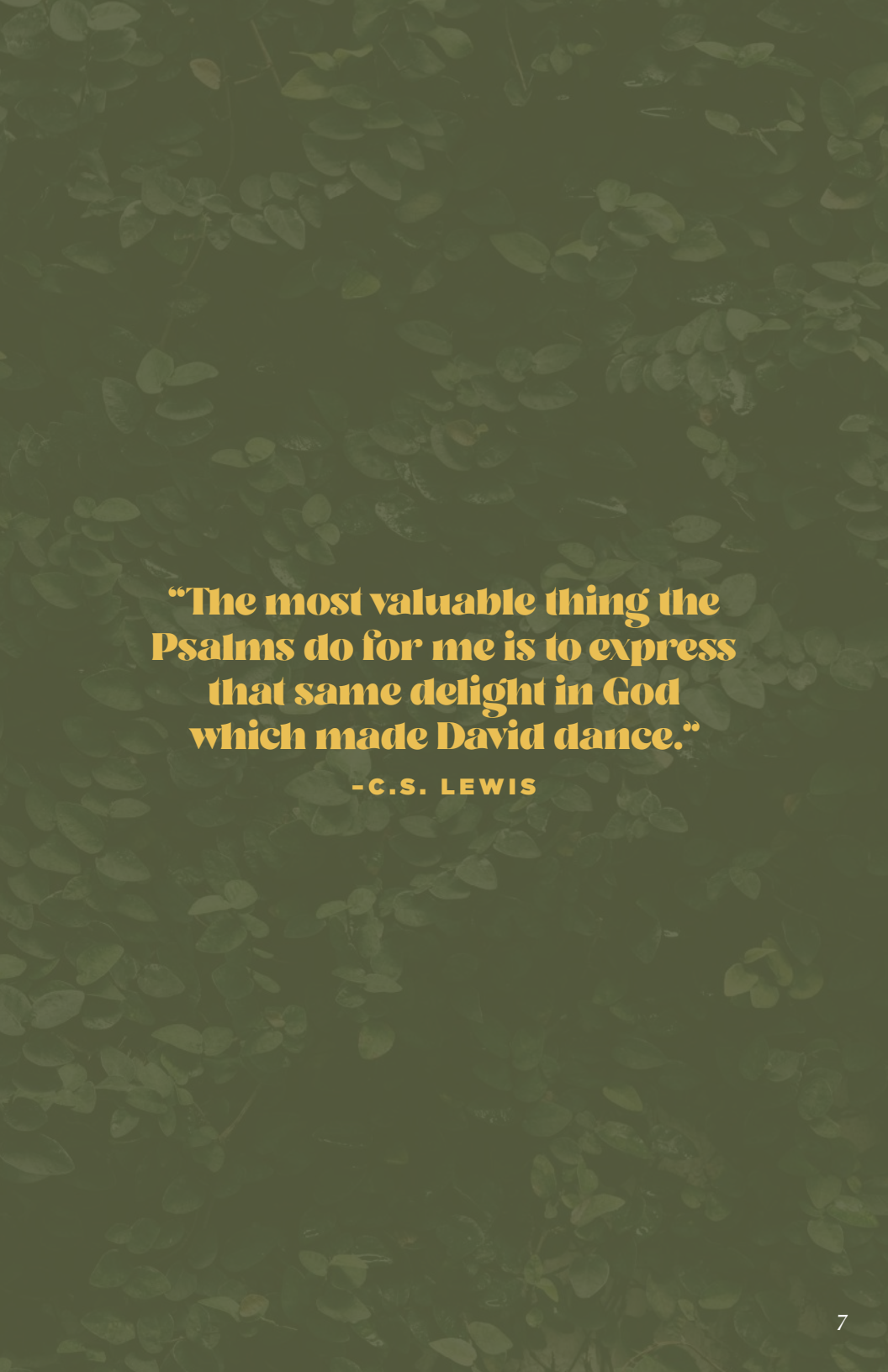
The book of Psalms is made up of 150 lyrical poems which have served as the songs and prayers of God's people for centuries. Written over a period of eight hundred years by several authors, the Psalms teach us that **worshipping God is the appropriate response in any circumstance.** We were made for relationship with God. In the Psalms, this relationship is illustrated through a variety of images of God as shepherd, warrior, father, mother and king. Each highlights a different aspect of God's relationship with His people.

Most of Psalms can be divided into the two primary genres of either ***praise*** or ***lament***. Other genres include psalms of ***worship*** or ***ascent*** (songs of Zion), ***messianic*** psalms (prophecies fulfilled by Jesus), ***encomium*** psalms (praising a characteristic or quality), ***nature*** psalms (the glory of God on display through the natural world), ***penitential*** psalms (expressing

sorrow and repentance for sin), ***imprecatory*** psalms (complaints against enemies) and more. Understanding the **poetic** nature of the Psalms is the key to interpreting them, with the use of parallelism, imagery, metaphor, simile, hyperbole and other figures of speech prevalent throughout the book. Knowing that the Psalms were most likely written to be chanted or sung is helpful as well, demonstrated by instructions like "*to the choirmaster*" and musical terms like "*selah*," indicating a pause in the music for reflection on what was sung.

As you study the Psalms, immerse yourself in them and allow them to form your worship. God promises to be with us always, and He is able to sympathize with our every pain (Hebrews 4:15). **Worship your way through it** as you remember that every page of scripture points to Jesus as the perfect fulfillment of our Prophet, Priest and King.





**“The most valuable thing the
Psalms do for me is to express
that same delight in God
which made David dance.”**

-C.S. LEWIS

WEEK 1



DELIGHT IN THE LAW OF THE LORD



PSALM 1

AUTHOR - David

TYPE OF PSALM - Encomium (a poem praising a characteristic or quality)

SUMMARY - This psalm teaches us that true blessedness is experienced by the person whose delight is in the Word of God.

PSALM 1

Blessed is the man

who walks not in the counsel of the wicked,

nor stands in the way of sinners,

nor sits in the seat of scoffers;

²but his delight is in the law of the Lord,

and on his law he meditates day and night.

³He is like a tree

planted by streams of water

that yields its fruit in its season,

and its leaf does not wither.

In all that he does, he prospers.

⁴The wicked are not so,

but are like chaff that the wind drives away.

⁵Therefore the wicked will not stand in the judgment,

nor sinners in the congregation of the righteous;

⁶for the Lord knows the way of the righteous,

but the way of the wicked will perish.

THE POINT

"HIS DELIGHT IS IN THE LAW

OF THE LORD, AND ON HIS LAW

HE MEDITATES DAY AND NIGHT."

– Psalm 1:2



Is your life rooted in God's Word or are you trying to navigate life on your own?

DEEPEN

Choose one or both of the following ways to engage with this psalm on a deeper level.

1. Journal your way through this psalm by answering the following “head, heart and hands” questions:

HEAD - What does this psalm make you think?

HEART - What does this psalm make you feel?

HANDS - What does this psalm make you want to do?

2. Use the words of this psalm to guide you in prayer.

“Lord, please help me be a person who does not walk in the counsel of the wicked...”

Notes

Notes

WEEK 2

2

WHAT IS MAN THAT YOU ARE MINDFUL OF HIM?



PSALM 8

AUTHOR - David

TYPE OF PSALM - Nature (the glory of God on display through the natural world)

SUMMARY - This psalm celebrates mankind as image-bearers of God meant to display His glory. Humans are the crowning glory of God's creation and are able to give God willful and joyful worship unlike any other creature.

PSALM 8

O Lord, our Lord,

how majestic is your name in all the earth!

You have set your glory above the heavens.

²Out of the mouth of babies and infants,

you have established strength because of your foes,

to still the enemy and the avenger.

³When I look at your heavens, the work of your fingers,

the moon and the stars, which you have set in place,

⁴what is man that you are mindful of him,

and the son of man that you care for him?

⁵Yet you have made him a little lower than the heavenly beings

and crowned him with glory and honor.

⁶You have given him dominion over the works of your hands;

you have put all things under his feet,

⁷all sheep and oxen,

and also the beasts of the field,

⁸the birds of the heavens, and the fish of the sea,

whatever passes along the paths of the seas.

⁹O Lord, our Lord,

how majestic is your name in all the earth!

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THE POINT

³ WHEN I LOOK AT YOUR HEAVENS,

THE WORK OF YOUR FINGERS,

THE MOON AND THE STARS,

WHICH YOU HAVE SET IN PLACE,

⁴ WHAT IS MAN THAT YOU ARE

MINDFUL OF HIM, AND THE SON

OF MAN THAT YOU CARE FOR HIM?

– *Psalm 8:3-4*



Our lives are for Your glory. How do we leverage all of our lives (family, vocation, culture, etc.) for Your glory?

Notes

WEEK 3

3

THE LORD RESTORES



PSALM 14

AUTHOR - David

TYPE OF PSALM - Satire (an attack on human vice or foolishness)

SUMMARY - The ultimate foolishness and rebellion is denying God and thinking you can live without him. All of us are guilty of this, but God in His mercy sends us salvation.

PSALM 14

The fool says in his heart, "There is no God."

They are corrupt, they do abominable deeds;
there is none who does good.

²The Lord looks down from heaven on the children of man,
to see if there are any who understand,
who seek after God.

³They have all turned aside; together they have become corrupt;
there is none who does good,
not even one.

⁴Have they no knowledge, all the evildoers
who eat up my people as they eat bread
and do not call upon the Lord?

⁵There they are in great terror,
for God is with the generation of the righteous.

⁶You would shame the plans of the poor,
but the Lord is his refuge.

⁷Oh, that salvation for Israel would come out of Zion!
When the Lord restores the fortunes of his people,
let Jacob rejoice, let Israel be glad.

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THE POINT

² THE LORD LOOKS DOWN FROM

HEAVEN ON THE CHILDREN OF MAN,

TO SEE IF THERE ARE ANY WHO

UNDERSTAND, WHO SEEK AFTER

GOD. ³ THEY HAVE ALL TURNED

ASIDE... – *Psalm 14:2-3*

OH, THAT SALVATION FOR ISRAEL

WOULD COME OUT OF ZION!

– *Psalm 14:7*



**God's relentless pursuit of our
rebellious race through Jesus.**

DEEPEN

Choose one or both of the following ways to engage with this psalm on a deeper level.

1. Make a list of the broken things in your life that God has restored, is currently restoring or you hope He will restore. Spend time in prayer thanking God and praying for His restoration.
2. Read Romans 3:9-20 and compare it with Psalm 14. How are these two passages similar? How are they different?

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WEEK 4

PATH OF LIFE



PSALM 16

AUTHOR - David

TYPE OF PSALM - Praise

SUMMARY - The secret to the best life is to be satisfied in God and His presence. When He is your focus, He leads you on the path of freedom, security and joy.

PSALM 16

Preserve me, O God, for in you I take refuge.

²I say to the Lord, "You are my Lord;

I have no good apart from you."

³As for the saints in the land, they are the excellent ones,

in whom is all my delight.

⁴The sorrows of those who run after another god shall multiply;

their drink offerings of blood I will not pour out

or take their names on my lips.

⁵The Lord is my chosen portion and my cup;

you hold my lot.

⁶The lines have fallen for me in pleasant places;

indeed, I have a beautiful inheritance.

⁷I bless the Lord who gives me counsel;

in the night also my heart instructs me.

⁸I have set the Lord always before me;

because he is at my right hand, I shall not be shaken.

⁹Therefore my heart is glad, and my whole being rejoices;

my flesh also dwells secure.

¹⁰For you will not abandon my soul to Sheol,

or let your holy one see corruption.

¹¹You make known to me the path of life;

in your presence there is fullness of joy;

at your right hand are pleasures forevermore.

THE POINT

I SAY TO THE LORD, "YOU ARE MY

LORD; I HAVE NO GOOD APART

FROM YOU." – *Psalm 16:2*

THE SORROWS OF THOSE WHO

RUN AFTER ANOTHER GOD SHALL

MULTIPLY... – *Psalm 16:4*



**The insatiable human soul can only be
satisfied by the everlasting God.**

Notes

WEEK 5

5

MORE DESIRED THAN GOLD



PSALM 19

AUTHOR - David

TYPE OF PSALM - Nature & Praise

SUMMARY - God's world and God's Word are gifts given to us as empirical evidence of His glory. Only through the Word made flesh, Jesus, can we be acceptable in His sight.

PSALM 19

The heavens declare the glory of God,
and the sky above proclaims his handiwork.

²Day to day pours out speech,
and night to night reveals knowledge.

³There is no speech, nor are there words,
whose voice is not heard.

⁴Their voice goes out through all the earth,
and their words to the end of the world.

In them he has set a tent for the sun,
⁵which comes out like a bridegroom leaving his chamber,
and, like a strong man, runs its course with joy.

⁶Its rising is from the end of the heavens,
and its circuit to the end of them,
and there is nothing hidden from its heat.

⁷The law of the Lord is perfect,
reviving the soul;

the testimony of the Lord is sure,
making wise the simple;

⁸the precepts of the Lord are right,
rejoicing the heart;

the commandment of the Lord is pure,
enlightening the eyes;

⁹the fear of the Lord is clean,
enduring forever;

the rules of the Lord are true,
and righteous altogether.

¹⁰More to be desired are they than gold,
even much fine gold;

CONTINUED ON PAGE 34

sweeter also than honey
and drippings of the honeycomb.

¹¹ Moreover, by them is your servant warned;
in keeping them there is great reward.

¹² Who can discern his errors?
Declare me innocent from hidden faults.

¹³ Keep back your servant also from presumptuous sins;
let them not have dominion over me!

Then I shall be blameless,
and innocent of great transgression.

¹⁴ Let the words of my mouth and the meditation of my heart
be acceptable in your sight,
O Lord, my rock and my redeemer.

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THE POINT

THE LAW OF THE LORD IS PERFECT,

REVIVING THE SOUL... – Psalm 19:7

LET THE WORDS OF MY MOUTH AND

THE MEDITATION OF MY HEART

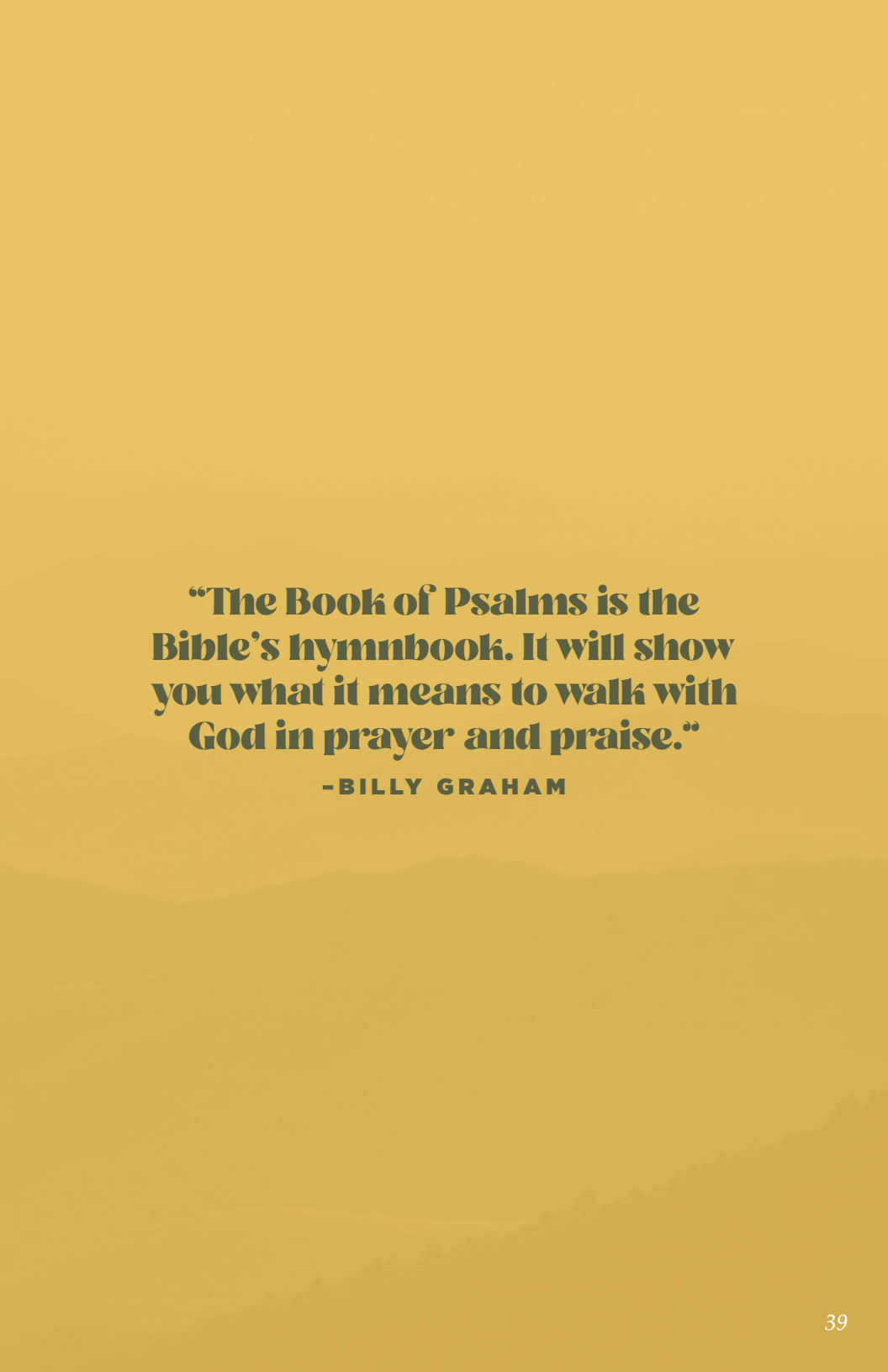
BE ACCEPTABLE IN YOUR SIGHT...

– Psalm 19:14



**The Word of God is a great gift to us.
It is a map and a mirror. It is perfect
and diagnoses our disease of sin.
Jesus is the cure.**





“The Book of Psalms is the Bible’s hymnbook. It will show you what it means to walk with God in prayer and praise.”

-BILLY GRAHAM

WEEK 6



PSALM 23

AUTHOR - David

TYPE OF PSALM - Pastoral (set in the language of sheep and shepherds)

SUMMARY - Only with Jesus as our Good Shepherd can we live in safety, abundance and contentment.

PSALM 23

The Lord is my shepherd; I shall not want.

²He makes me lie down in green pastures.

He leads me beside still waters.

³He restores my soul.

He leads me in paths of righteousness

for his name's sake.

⁴Even though I walk through the valley of the shadow of death,

I will fear no evil,

for you are with me;

your rod and your staff,

they comfort me.

⁵You prepare a table before me

in the presence of my enemies;

you anoint my head with oil;

my cup overflows.

⁶Surely goodness and mercy shall follow me

all the days of my life,

and I shall dwell in the house of the Lord

forever.

THE POINT

THE LORD IS MY SHEPHERD;

I SHALL NOT WANT.

– Psalm 23:1



The Lord is my shepherd.

DEEPEN

Choose one or both of the following ways to engage with this psalm on a deeper level.

1. Go to your preferred music streaming service to listen to the song “Psalm 23” by Shane & Shane.
2. Choose one of the illustrations found in Psalm 23 and try to draw it (example: a shepherd, green pastures, rod and staff).

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WEEK 7



AS THE DEER



PSALM 42

AUTHOR - (Likely) David, to the Sons of Korah (musicians)

TYPE OF PSALM - Worship

SUMMARY - Most agree that Psalms 42 & 43 were originally a single song, probably written by David when he was in exile from Saul or from his son, Absalom. He expresses a longing to worship God and remembers times of great joy. In his sorrow, he must command his soul to look to God and have hope, knowing that God will bring him salvation.

PSALM 42

As a deer pants for flowing streams,
so pants my soul for you, O God.

²My soul thirsts for God,
for the living God.

When shall I come and appear before God?

³My tears have been my food
day and night,
while they say to me all the day long,
“Where is your God?”

⁴These things I remember,
as I pour out my soul:
how I would go with the throng
and lead them in procession to the house of God
with glad shouts and songs of praise,
a multitude keeping festival.

⁵Why are you cast down, O my soul,
and why are you in turmoil within me?
Hope in God; for I shall again praise him,
my salvation ⁶and my God.

My soul is cast down within me;
therefore I remember you
from the land of Jordan and of Hermon,
from Mount Mizar.

⁷Deep calls to deep
at the roar of your waterfalls;
all your breakers and your waves
have gone over me.

⁸By day the Lord commands his steadfast love,
and at night his song is with me,
a prayer to the God of my life.

⁹I say to God, my rock:

“Why have you forgotten me?

Why do I go mourning

because of the oppression of the enemy?”

¹⁰As with a deadly wound in my bones,

my adversaries taunt me,

while they say to me all the day long,

“Where is your God?”

¹¹Why are you cast down, O my soul,

and why are you in turmoil within me?

Hope in God; for I shall again praise him,

my salvation and my God.

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THE POINT

⁵ WHY ARE YOU CAST DOWN,

O MY SOUL, AND WHY ARE

YOU IN TURMOIL WITHIN ME?

HOPE IN GOD; FOR I SHALL

AGAIN PRAISE HIM, MY SALVATION

⁶ AND MY GOD. – *Psalm 42:5-6*



**In the dark night of the soul, our only
hope is to look to the Light of the World.**

DEEPEN

Choose one or both of the following ways to engage with this psalm on a deeper level.

1. Use the words of this psalm to guide you in prayer.

“Just as a deer pants for water, so my soul thirsts for you, O God...”

2. Journal your way through this psalm by answering the following “head, heart and hands” questions:

HEAD - What does this psalm make you think?

HEART - What does this psalm make you feel?

HANDS - What does this psalm make you want to do?

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PSALM 27

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?

²When evildoers assail me
to eat up my flesh,
my adversaries and foes,
it is they who stumble and fall.

³Though an army encamp against me,
my heart shall not fear;
though war arise against me,
yet I will be confident.

⁴One thing have I asked of the Lord,
that will I seek after:
that I may dwell in the house of the Lord
all the days of my life,
to gaze upon the beauty of the Lord
and to inquire in his temple.

⁵For he will hide me in his shelter
in the day of trouble;
he will conceal me under the cover of his tent;
he will lift me high upon a rock.

⁶And now my head shall be lifted up
above my enemies all around me,
and I will offer in his tent
sacrifices with shouts of joy;
I will sing and make melody to the Lord.

⁷Hear, O Lord, when I cry aloud;

be gracious to me and answer me!

⁸You have said, "Seek my face."

My heart says to you,

"Your face, Lord, do I seek."

⁹Hide not your face from me.

Turn not your servant away in anger,

O you who have been my help.

Cast me not off; forsake me not,

O God of my salvation!

¹⁰For my father and my mother have forsaken me,

but the Lord will take me in.

¹¹Teach me your way, O Lord,

and lead me on a level path

because of my enemies.

¹²Give me not up to the will of my adversaries;

for false witnesses have risen against me,

and they breathe out violence.

¹³I believe that I shall look upon the goodness of the Lord

in the land of the living!

¹⁴Wait for the Lord;

be strong, and let your heart take courage;

wait for the Lord!

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THE POINT

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? – *Psalm 27:1*



**Fear not, for I am with you.
Perfect love casts out fear, and peace
is found in the face of the LORD.**

Notes

WEEK 9



PSALM 57

AUTHOR - David

TYPE OF PSALM - Lament

SUMMARY - David was forced to flee for his life on multiple occasions (see 1 Samuel 22-24). Even in these difficult times, he called on the Lord and even prayed that the glory of God would be seen “among the nations.” God can use our greatest trials for the display of His glory.

PSALM 57

Be merciful to me, O God, be merciful to me,

for in you my soul takes refuge;

in the shadow of your wings I will take refuge,

till the storms of destruction pass by.

²I cry out to God Most High,

to God who fulfills his purpose for me.

³He will send from heaven and save me;

he will put to shame him who tramples on me. Selah

God will send out his steadfast love and his faithfulness!

⁴My soul is in the midst of lions;

I lie down amid fiery beasts—

the children of man, whose teeth are spears and arrows,

whose tongues are sharp swords.

⁵Be exalted, O God, above the heavens!

Let your glory be over all the earth!

⁶They set a net for my steps;

my soul was bowed down.

They dug a pit in my way,

but they have fallen into it themselves. Selah

⁷My heart is steadfast, O God,

my heart is steadfast!

I will sing and make melody!

⁸Awake, my glory!

Awake, O harp and lyre!

I will awake the dawn!

⁹I will give thanks to you, O Lord, among the peoples;

I will sing praises to you among the nations.

¹⁰For your steadfast love is great to the heavens,
your faithfulness to the clouds.

¹¹Be exalted, O God, above the heavens!
Let your glory be over all the earth!

THE POINT

HE WILL SEND FROM HEAVEN AND

SAVE ME; HE WILL PUT TO SHAME

HIM WHO TRAMPLES ON ME. SELAH

GOD WILL SEND OUT HIS

STEADFAST LOVE AND HIS

FAITHFULNESS! – *Psalm 57:3*

BE EXALTED, O GOD, ABOVE THE

HEAVENS! LET YOUR GLORY BE OVER

ALL THE EARTH! – *Psalm 57:5*



The reason that missions exist to the ends of the earth is because worship doesn't yet. Even when David is hiding for his life in the darkness of a cave, he never loses sight of God's glory to be spread over all the earth.



**“The more deeply we grow
into the psalms and the more
often we pray them as our
own, the more simple and
rich will our prayer become.”**

-DIETRICH BONHOEFFER

WEEK 10

10

GIVE EAR



PSALM 55

AUTHOR - David

TYPE OF PSALM - Lament

SUMMARY - David experienced betrayal from people close to him. Whether this psalm refers to his tumultuous relationship with Saul or the attempted overthrow of David by his own son, Absalom, David called out to God. His faithful actions confirm that hope in God is the best response to our sorrows and trials.

PSALM 55

Give ear to my prayer, O God,
and hide not yourself from my plea for mercy!
² Attend to me, and answer me;
I am restless in my complaint and I moan,
³ because of the noise of the enemy,
because of the oppression of the wicked.
For they drop trouble upon me,
and in anger they bear a grudge against me.
⁴ My heart is in anguish within me;
the terrors of death have fallen upon me.
⁵ Fear and trembling come upon me,
and horror overwhelms me.
⁶ And I say, "Oh, that I had wings like a dove!
I would fly away and be at rest;
⁷ yes, I would wander far away;
I would lodge in the wilderness; Selah
⁸ I would hurry to find a shelter
from the raging wind and tempest."
⁹ Destroy, O Lord, divide their tongues;
for I see violence and strife in the city.
¹⁰ Day and night they go around it
on its walls,
and iniquity and trouble are within it;
¹¹ ruin is in its midst;
oppression and fraud
do not depart from its marketplace.
¹² For it is not an enemy who taunts me—
then I could bear it;
it is not an adversary who deals insolently with me—
then I could hide from him.
¹³ But it is you, a man, my equal,
my companion, my familiar friend.
¹⁴ We used to take sweet counsel together;

CONTINUED ON PAGE 68

within God's house we walked in the throng.

¹⁵ Let death steal over them;
let them go down to Sheol alive;
for evil is in their dwelling place and in their heart.

¹⁶ But I call to God,
and the Lord will save me.

¹⁷ Evening and morning and at noon
I utter my complaint and moan,
and he hears my voice.

¹⁸ He redeems my soul in safety
from the battle that I wage,
for many are arrayed against me.

¹⁹ God will give ear and humble them,
he who is enthroned from of old, Selah
because they do not change
and do not fear God.

²⁰ My companion stretched out his hand against his friends;
he violated his covenant.

²¹ His speech was smooth as butter,
yet war was in his heart;
his words were softer than oil,
yet they were drawn swords.

²² Cast your burden on the Lord,
and he will sustain you;
he will never permit
the righteous to be moved.

²³ But you, O God, will cast them down
into the pit of destruction;
men of blood and treachery
shall not live out half their days.

THE POINT

BUT I CALL TO GOD, AND THE LORD

WILL SAVE ME. – Psalm 55:16

CAST YOUR BURDEN ON THE LORD,

AND HE WILL SUSTAIN YOU; HE WILL

NEVER PERMIT THE RIGHTEOUS TO

BE MOVED. – Psalm 55:22



God hears our cries and knows our pain. Pour your heart out to the Lord in prayer like it matters more than anything else, because it does.

DEEPEN

Choose one or both of the following ways to engage with this psalm on a deeper level.

1. Practice a prayer posture by finding a place to be alone. Get down on your knees and read Psalm 55 out loud as a prayer to God.
2. God is a God who answers prayer. Write down three prayers God has answered in your life.

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PSALM 46

God is our refuge and strength,

a very present help in trouble.

²Therefore we will not fear though the earth gives way,

though the mountains be moved into the heart of the sea,

³though its waters roar and foam,

though the mountains tremble at its swelling. Selah

⁴There is a river whose streams make glad the city of God,

the holy habitation of the Most High.

⁵God is in the midst of her; she shall not be moved;

God will help her when morning dawns.

⁶The nations rage, the kingdoms totter;

he utters his voice, the earth melts.

⁷The Lord of hosts is with us;

the God of Jacob is our fortress. Selah

⁸Come, behold the works of the Lord,

how he has brought desolations on the earth.

⁹He makes wars cease to the end of the earth;

he breaks the bow and shatters the spear;

he burns the chariots with fire.

¹⁰“Be still, and know that I am God.

I will be exalted among the nations,

I will be exalted in the earth!”

¹¹The Lord of hosts is with us;

the God of Jacob is our fortress. Selah

THE POINT

¹⁰GOD IS OUR REFUGE AND

STRENGTH, A VERY PRESENT HELP

IN TROUBLE. "BE STILL, AND

KNOW THAT I AM GOD. I WILL BE

EXALTED AMONG THE NATIONS,

I WILL BE EXALTED IN THE

EARTH!" ¹¹THE LORD OF HOSTS IS

WITH US... – *Psalms 46:10-11*



**Snatch back your faith from your
circumstances and place your faith
in the sovereign King of the Universe.
Experience His goodness. He is for you.
He is with you. He is inside of you.**

**At the cross, He makes the war of
our enemy against us cease.**

WEEK 12

12

CREATE IN ME A CLEAN HEART



PSALM 51

AUTHOR - David

TYPE OF PSALM - Penitential (expressing sorrow and repentance for sin)

SUMMARY - Written after David's sins of adultery and murder (see 2 Samuel 11-12), we see his sorrowful prayer of repentance as he seeks God's mercy. We are reminded that God's grace can cleanse and restore any sinner, and even use our story for His glory.

PSALM 51

Have mercy on me, O God,

according to your steadfast love;

according to your abundant mercy

blot out my transgressions.

²Wash me thoroughly from my iniquity,

and cleanse me from my sin!

³For I know my transgressions,

and my sin is ever before me.

⁴Against you, you only, have I sinned

and done what is evil in your sight,

so that you may be justified in your words

and blameless in your judgment.

⁵Behold, I was brought forth in iniquity,

and in sin did my mother conceive me.

⁶Behold, you delight in truth in the inward being,

and you teach me wisdom in the secret heart.

⁷Purge me with hyssop, and I shall be clean;

wash me, and I shall be whiter than snow.

⁸Let me hear joy and gladness;

let the bones that you have broken rejoice.

⁹Hide your face from my sins,

and blot out all my iniquities.

¹⁰Create in me a clean heart, O God,

and renew a right spirit within me.

¹¹Cast me not away from your presence,

and take not your Holy Spirit from me.

¹²Restore to me the joy of your salvation,

and uphold me with a willing spirit.

¹³Then I will teach transgressors your ways,

and sinners will return to you.

¹⁴ Deliver me from bloodguiltiness, O God,

O God of my salvation,

and my tongue will sing aloud of your righteousness.

¹⁵ O Lord, open my lips,

and my mouth will declare your praise.

¹⁶ For you will not delight in sacrifice, or I would give it;

you will not be pleased with a burnt offering.

¹⁷ The sacrifices of God are a broken spirit;

a broken and contrite heart, O God, you will not despise.

¹⁸ Do good to Zion in your good pleasure;

build up the walls of Jerusalem;

¹⁹ then will you delight in right sacrifices,

in burnt offerings and whole burnt offerings;

then bulls will be offered on your altar.

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THE POINT

CREATE IN ME A CLEAN HEART, O

GOD, AND RENEW A RIGHT SPIRIT

WITHIN ME. – Psalm 51:10



No one is too far gone for the far-reaching arms of our gracious God.

DEEPEN

Choose one or both of the following ways to engage with this psalm on a deeper level.

1. Go to your preferred music streaming service to listen to the song “Psalm 51” by Shane & Shane.
2. Write down a prayer of repentance asking God to forgive you for the ways you have turned away from Him.

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WEEK 13

13

A NEW SONG



PSALM 98

AUTHOR - Unknown

TYPE OF PSALM - Praise

SUMMARY - This psalm invites us to join our voices with all of creation to praise God for His acts of salvation. Worship is the overflow of gratitude to God for who He is and what He has done.

PSALM 98

Oh sing to the Lord a new song,
for he has done marvelous things!

His right hand and his holy arm
have worked salvation for him.

² The Lord has made known his salvation;
he has revealed his righteousness in the sight of the nations.

³ He has remembered his steadfast love and faithfulness
to the house of Israel.

All the ends of the earth have seen
the salvation of our God.

⁴ Make a joyful noise to the Lord, all the earth;
break forth into joyous song and sing praises!

⁵ Sing praises to the Lord with the lyre,
with the lyre and the sound of melody!

⁶ With trumpets and the sound of the horn
make a joyful noise before the King, the Lord!

⁷ Let the sea roar, and all that fills it;
the world and those who dwell in it!

⁸ Let the rivers clap their hands;
let the hills sing for joy together

⁹ before the Lord, for he comes
to judge the earth.

He will judge the world with righteousness,
and the peoples with equity.

THE POINT

OH SING TO THE LORD A NEW

SONG, FOR HE HAS DONE

MARVELOUS THINGS! HIS RIGHT

HAND AND HIS HOLY ARM HAVE

WORKED SALVATION FOR HIM.

– Psalm 98:1



Worship is an overflow of our grateful response to God for who He is and what He has done.

DEEPEN

Choose one or both of the following ways to engage with this psalm on a deeper level.

1. Go to your preferred music streaming service to listen to the song “Psalm 98” by Shane & Shane.
2. Create a playlist of worship songs you can listen to throughout your day.

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Notes

PSALM 24

The earth is the Lord's and the fullness thereof,
the world and those who dwell therein,

²for he has founded it upon the seas
and established it upon the rivers.

³Who shall ascend the hill of the Lord?
And who shall stand in his holy place?

⁴He who has clean hands and a pure heart,
who does not lift up his soul to what is false
and does not swear deceitfully.

⁵He will receive blessing from the Lord
and righteousness from the God of his salvation.

⁶Such is the generation of those who seek him,
who seek the face of the God of Jacob. Selah

⁷Lift up your heads, O gates!
And be lifted up, O ancient doors,
that the King of glory may come in.

⁸Who is this King of glory?
The Lord, strong and mighty,
the Lord, mighty in battle!

⁹Lift up your heads, O gates!
And lift them up, O ancient doors,
that the King of glory may come in.

¹⁰Who is this King of glory?
The Lord of hosts,
he is the King of glory! Selah

THE POINT

³ WHO SHALL ASCEND THE HILL

OF THE LORD? AND WHO SHALL

STAND IN HIS HOLY PLACE? ⁴ HE

WHO HAS CLEAN HANDS AND

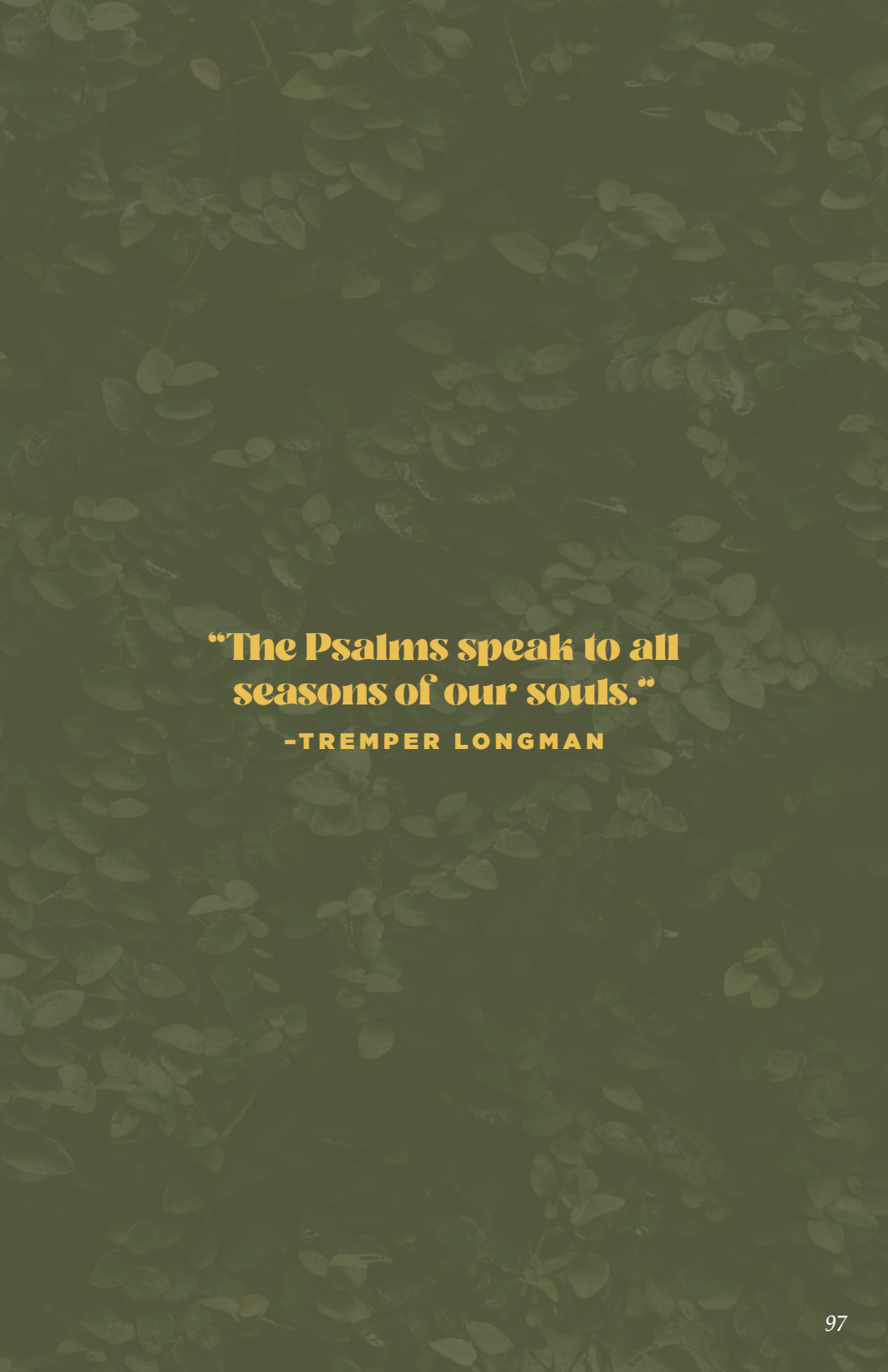
A PURE HEART... – Psalm 24:3-4



**Who shall ascend the hill?
He who has clean hands and a pure
heart. The King of Glory must do for
us what we can not do for ourselves.**

Notes





**“The Psalms speak to all
seasons of our souls.”**

-TREMPER LONGMAN

WEEK 15

15

BETTER THAN LIFE



PSALM 63

AUTHOR - David

TYPE OF PSALM - Petition & Lament

SUMMARY - When David was on the run from his enemies (both Saul and Absalom), he often wandered in the wilderness. While in these desert seasons, he strengthened himself in the truth that the steadfast love of the Lord is better than life (v.3). We can follow his example when we see Jesus as our treasure.

PSALM 63

- O God, you are my God; earnestly I seek you;
my soul thirsts for you;
my flesh faints for you,
as in a dry and weary land where there is no water.
- ² So I have looked upon you in the sanctuary,
beholding your power and glory.
- ³ Because your steadfast love is better than life,
my lips will praise you.
- ⁴ So I will bless you as long as I live;
in your name I will lift up my hands.
- ⁵ My soul will be satisfied as with fat and rich food,
and my mouth will praise you with joyful lips,
- ⁶ when I remember you upon my bed,
and meditate on you in the watches of the night;
- ⁷ for you have been my help,
and in the shadow of your wings I will sing for joy.
- ⁸ My soul clings to you;
your right hand upholds me.
- ⁹ But those who seek to destroy my life
shall go down into the depths of the earth;
- ¹⁰ they shall be given over to the power of the sword;
they shall be a portion for jackals.
- ¹¹ But the king shall rejoice in God;
all who swear by him shall exult,
for the mouths of liars will be stopped.
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THE POINT

² SO I HAVE LOOKED UPON YOU IN

THE SANCTUARY, BEHOLDING YOUR

POWER AND GLORY. ³ BECAUSE YOUR

STEADFAST LOVE IS BETTER THAN

LIFE, MY LIPS WILL PRAISE YOU.

– Psalm 63:2-3



Do you see the gospel as merely practical, or do you see Jesus as beautiful and soul-satisfying? The gospel offers us so much more than a religious belief system that doesn't end in hell. The gospel offers a beautiful journey of discovering and deepening a relationship with JESUS.

Notes

Notes

WEEK 16

16

UNDER HIS WING



PSALM 91

AUTHOR - Unknown

TYPE OF PSALM - Praise

SUMMARY - This psalm expresses confidence in the loving care of the Heavenly Father no matter the circumstances. When we abide in close fellowship with God, we experience His nearness and comfort even when facing things like war, discouragement or disease.

PSALM 91

He who dwells in the shelter of the Most High

will abide in the shadow of the Almighty.

² I will say to the Lord, “My refuge and my fortress,
my God, in whom I trust.”

³ For he will deliver you from the snare of the fowler
and from the deadly pestilence.

⁴ He will cover you with his pinions,
and under his wings you will find refuge;
his faithfulness is a shield and buckler.

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

⁶ nor the pestilence that stalks in darkness,
nor the destruction that wastes at noonday.

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 look with your eyes
and see the recompense of the wicked.

⁹ Because you have made the Lord your dwelling place—
the Most High, who is my refuge—

¹⁰ no evil shall be allowed to befall you,
no plague come near your tent.

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

¹² On their hands they will bear you up,
lest you strike your foot against a stone.

¹³ You will tread on the lion and the adder;
the young lion and the serpent you will trample underfoot.

¹⁴ “Because he holds fast to me in love, I will deliver him;

I will protect him, because he knows my name.

¹⁵ When he calls to me, I will answer him;

I will be with him in trouble;

I will rescue him and honor him.

¹⁶ With long life I will satisfy him

and show him my salvation.”

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THE POINT

¹⁴ "BECAUSE HE HOLDS FAST TO ME

IN LOVE, I WILL DELIVER HIM; I WILL

PROTECT HIM, BECAUSE HE KNOWS

MY NAME. ¹⁵ WHEN HE CALLS TO ME,

I WILL ANSWER HIM; I WILL BE WITH

HIM IN TROUBLE; I WILL RESCUE HIM

AND HONOR HIM. – Psalm 91:14-15



**Abide in Him because apart from Him,
you can do nothing.**

DEEPEN

Choose one or both of the following ways to engage with this psalm on a deeper level.

1. Choose one of the illustrations found in Psalm 91 and try to draw it (example: *arrows fly by day, angels guarding you*).
2. Journal your way through this psalm by answering the following “head, heart and hands” questions:

HEAD - What does this psalm make you think?

HEART - What does this psalm make you feel?

HANDS - What does this psalm make you want to do?

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Notes

PSALM 100

Make a joyful noise to the Lord, all the earth!

² Serve the Lord with gladness!

Come into his presence with singing!

³ Know that the Lord, he is God!

It is he who made us, and we are his;

we are his people, and the sheep of his pasture.

⁴ Enter his gates with thanksgiving,

and his courts with praise!

Give thanks to him; bless his name!

⁵ For the Lord is good;

his steadfast love endures forever,

and his faithfulness to all generations.

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THE POINT

ENTER HIS GATES WITH

THANKSGIVING, AND HIS COURTS

WITH PRAISE! GIVE THANKS

TO HIM; BLESS HIS NAME!

– *Psalm 100:4*



We all live on a continuum between gratitude and entitlement. Do not let this world drag you away from thanksgiving and into despair.

DEEPEN

Choose one or both of the following ways to engage with this psalm on a deeper level.

1. Create a gratitude list. Make your list as long as the number of years you have been alive (if you are 40 years old, name 40 things you are thankful for).
2. Use the words of this psalm to guide you in prayer.

“Lord, I come before you with a desire to make a joyful noise and to serve you with gladness...”

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Notes



**“The story the Psalms tell
is the story Jesus came to
complete. It is the story of the
creator God taking his power
and reigning, ruling on earth
as in heaven, delighting the
whole creation by sorting out
its messes and muddles, its
injuries and injustices,
once and for all.”**

-N. T. WRIGHT

WEEK 18

18

TASTE AND SEE



PSALM 34

AUTHOR - David

TYPE OF PSALM - Praise

SUMMARY - When David ran from Saul, he sought refuge in the enemy territory of Gath. When Achish, the king of Gath, was told by his advisors not to trust David, David pretended to be insane and thus, no threat to the king (see 1 Samuel 21). This charade succeeded and David wrote this psalm to praise God for hearing his prayer and saving him from his enemies. Just like David, we can experience God's faithfulness when we cry out to Him.

PSALM 34

I will bless the Lord at all times;

his praise shall continually be in my mouth.

² My soul makes its boast in the Lord;

let the humble hear and be glad.

³ Oh, magnify the Lord with me,

and let us exalt his name together!

⁴ I sought the Lord, and he answered me

and delivered me from all my fears.

⁵ Those who look to him are radiant,

and their faces shall never be ashamed.

⁶ This poor man cried, and the Lord heard him

and saved him out of all his troubles.

⁷ The angel of the Lord encamps

around those who fear him, and delivers them.

⁸ Oh, taste and see that the Lord is good!

Blessed is the man who takes refuge in him!

⁹ Oh, fear the Lord, you his saints,

for those who fear him have no lack!

¹⁰ The young lions suffer want and hunger;

but those who seek the Lord lack no good thing.

¹¹ Come, O children, listen to me;

I will teach you the fear of the Lord.

¹² What man is there who desires life

and loves many days, that he may see good?

¹³ Keep your tongue from evil

and your lips from speaking deceit.

¹⁴ Turn away from evil and do good;

seek peace and pursue it.

CONTINUED ON PAGE 120

- ¹⁵ The eyes of the Lord are toward the righteous
and his ears toward their cry.
- ¹⁶ The face of the Lord is against those who do evil,
to cut off the memory of them from the earth.
- ¹⁷ When the righteous cry for help, the Lord hears
and delivers them out of all their troubles.
- ¹⁸ The Lord is near to the brokenhearted
and saves the crushed in spirit.
- ¹⁹ Many are the afflictions of the righteous,
but the Lord delivers him out of them all.
- ²⁰ He keeps all his bones;
not one of them is broken.
- ²¹ Affliction will slay the wicked,
and those who hate the righteous will be condemned.
- ²² The Lord redeems the life of his servants;
none of those who take refuge in him will be condemned.
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THE POINT

OH, TASTE AND SEE THAT THE LORD

IS GOOD! BLESSED IS THE MAN WHO

TAKES REFUGE IN HIM! – Psalm 34:8



Jesus is not a philosophy to be followed, an idea to be understood or a religion to be practiced. He is the one true God meant to be experienced. He is more than enough to conquer our fears, reign over our circumstances and hear our cries.

Notes

WEEK 19

19

THE LORD BUILDS THE HOUSE



PSALM 127

AUTHOR - Solomon

TYPE OF PSALM - Ascent

SUMMARY - The psalms of ascent were to be sung by travelers on their way up to the temple to worship. As they journeyed, their hearts would reflect on the goodness of God in things like work, family and community life. Solomon built many grand buildings, but recognized that anything of lasting significance can only come by the hand of God. We are reminded in this psalm that God's sovereign hand rules all the common grace we experience.

PSALM 127

Unless the Lord builds the house,
those who build it labor in vain.

Unless the Lord watches over the city,
the watchman stays awake in vain.

² It is in vain that you rise up early
and go late to rest,
eating the bread of anxious toil;
for he gives to his beloved sleep.

³ Behold, children are a heritage from the Lord,
the fruit of the womb a reward.

⁴ Like arrows in the hand of a warrior
are the children of one's youth.

⁵ Blessed is the man
who fills his quiver with them!

He shall not be put to shame
when he speaks with his enemies in the gate.

THE POINT

UNLESS THE LORD BUILDS THE

HOUSE, THOSE WHO BUILD IT

LABOR IN VAIN. UNLESS THE LORD

WATCHES OVER THE CITY, THE

WATCHMAN STAYS AWAKE IN VAIN.

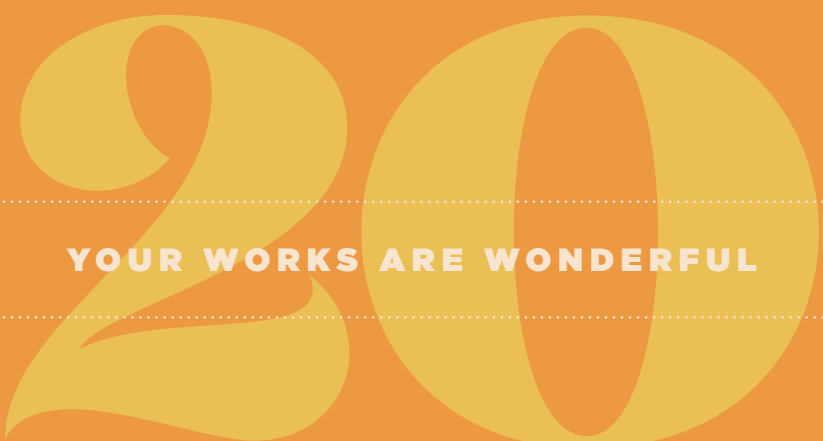
– Psalm 127:1



**As for me and my house,
we will serve the Lord.**

Notes

WEEK 20



YOUR WORKS ARE WONDERFUL



PSALM 139

AUTHOR - David

TYPE OF PSALM - Praise

SUMMARY - In this psalm, God's greatness is extolled in His love and care over every aspect of our lives, even before we were born. Our value isn't determined by our performance or by what other people say about us. We are made in God's image with intimate care and concern, and we are loved by Him no matter what.

PSALM 139

O Lord, you have searched me and known me!

² You know when I sit down and when I rise up;
you discern my thoughts from afar.

³ You search out my path and my lying down
and are acquainted with all my ways.

⁴ Even before a word is on my tongue,
behold, O Lord, you know it altogether.

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

⁶ Such knowledge is too wonderful for me;
it is high; I cannot attain it.

⁷ Where shall I go from your Spirit?
Or where shall I flee from your presence?

⁸ If I ascend to heaven, you are there!
If I make my bed in Sheol, you are there!

⁹ If I take the wings of the morning
and dwell in the uttermost parts of the sea,

¹⁰ even there your hand shall lead me,
and your right hand shall hold me.

¹¹ If I say, "Surely the darkness shall cover me,
and the light about me be night,"

¹² even the darkness is not dark to you;
the night is bright as the day,
for darkness is as light with you.

¹³ For you formed my inward parts;
you knitted me together in my mother's womb.

¹⁴ I praise you, for I am fearfully and wonderfully made.

Wonderful are your works;

my soul knows it very well.

¹⁵ My frame was not hidden from you,

when I was being made in secret,

intricately woven in the depths of the earth.

¹⁶ Your eyes saw my unformed substance;

in your book were written, every one of them,

the days that were formed for me,

when as yet there was none of them.

¹⁷ How precious to me are your thoughts, O God!

How vast is the sum of them!

¹⁸ If I would count them, they are more than the sand.

I awake, and I am still with you.

¹⁹ Oh that you would slay the wicked, O God!

O men of blood, depart from me!

²⁰ They speak against you with malicious intent;

your enemies take your name in vain.

²¹ Do I not hate those who hate you, O Lord?

And do I not loathe those who rise up against you?

²² I hate them with complete hatred;

I count them my enemies.

²³ Search me, O God, and know my heart!

Try me and know my thoughts!

²⁴ And see if there be any grievous way in me,

and lead me in the way everlasting!

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THE POINT

I PRAISE YOU, FOR I AM

FEARFULLY AND WONDERFULLY

MADE. WONDERFUL ARE YOUR

WORKS; MY SOUL KNOWS IT

VERY WELL. – *Psalm 139:14*



**You are valuable and you should
be treated as valuable.**

Notes

WEEK 21

21

PRAISE THE LORD



PSALM 148-150

AUTHOR - Unknown

TYPE OF PSALM - Nature, Praise

SUMMARY - In this set of three psalms, we see the great crescendo of worship as all of creation is called to praise God using every available resource. Creation, God's people and all of heaven join together in giving glory to God because He is forever worthy to receive it.

PSALM 148

Praise the Lord!

Praise the Lord from the heavens;

praise him in the heights!

² Praise him, all his angels;

praise him, all his hosts!

³ Praise him, sun and moon,

praise him, all you shining stars!

⁴ Praise him, you highest heavens,

and you waters above the heavens!

⁵ Let them praise the name of the Lord!

For he commanded and they were created.

⁶ And he established them forever and ever;

he gave a decree, and it shall not pass away.

⁷ Praise the Lord from the earth,

you great sea creatures and all deeps,

⁸ fire and hail, snow and mist,

stormy wind fulfilling his word!

⁹ Mountains and all hills,

fruit trees and all cedars!

¹⁰ Beasts and all livestock,

creeping things and flying birds!

¹¹ Kings of the earth and all peoples,

princes and all rulers of the earth!

¹² Young men and maidens together,

old men and children!

¹³ Let them praise the name of the Lord,

for his name alone is exalted;

his majesty is above earth and heaven.

CONTINUED ON PAGE 138

¹⁴ He has raised up a horn for his people,
praise for all his saints,
for the people of Israel who are near to him.
Praise the Lord!

PSALM 149

Praise the Lord!

Sing to the Lord a new song,
his praise in the assembly of the godly!

² Let Israel be glad in his Maker;
let the children of Zion rejoice in their King!

³ Let them praise his name with dancing,
making melody to him with tambourine and lyre!

⁴ For the Lord takes pleasure in his people;
he adorns the humble with salvation.

⁵ Let the godly exult in glory;
let them sing for joy on their beds.

⁶ Let the high praises of God be in their throats
and two-edged swords in their hands,

⁷ to execute vengeance on the nations
and punishments on the peoples,

⁸ to bind their kings with chains
and their nobles with fetters of iron,

⁹ to execute on them the judgment written!
This is honor for all his godly ones.

Praise the Lord!

PSALM 150

Praise the Lord!

Praise God in his sanctuary;

praise him in his mighty heavens!

² Praise him for his mighty deeds;

praise him according to his excellent greatness!

³ Praise him with trumpet sound;

praise him with lute and harp!

⁴ Praise him with tambourine and dance;

praise him with strings and pipe!

⁵ Praise him with sounding cymbals;

praise him with loud clashing cymbals!

⁶ Let everything that has breath praise the Lord!

Praise the Lord!

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THE POINT

LET EVERYTHING THAT HAS

BREATH PRAISE THE LORD!

PRAISE THE LORD! – *Psalm 150:6*



No matter the season you find yourself in, the condition of your heart or the circumstances of your life, it is always the right time to praise the Lord because He is worthy of your worship. Join with all of creation in making much of our King.

Notes

Notes



**“David reminds himself
that God has been faithful in
the past; God will be faithful
again. He urges himself to put
his hope in God because the
morning will come.”**

-JOHN ELDREDGE

Hebrew Glossary



halal: to praise, to boast in, to shine forth

Original Word: לָלַח

Part of Speech: Verb

Transliteration: halal

Phonetic Spelling: (haw-lal'):

“My soul shall make her boast in the LORD...” (Psalm 34:2)

yada: to know

Original Word: יָדַע

Part of Speech: Verb

Transliteration: yada

Phonetic Spelling: (yaw-dah')

“Be still and know that I am God. I will be exalted among the nations, I will be exalted in the earth!” (Psalm 46:10)

todah: thanksgiving

Original Word: תְּדוּת

Part of Speech: Noun Feminine

Transliteration: todah

Phonetic Spelling: (to-daw')

“Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name!” (Psalm 100:4)

shabach: to laud, praise loudly

Original Word: שָׁבַח

Part of Speech: Verb

Transliteration: shabach

Phonetic Spelling: (shaw-bakh')

“Because your love is better than life, my lips will praise you.” (Psalm 63:3)

barak: to kneel, bless

Original Word: בָּרַךְ,

Part of Speech: Verb

Transliteration: barak

Phonetic Spelling: (baw-rak')

"I will bless the LORD at all times; his praise shall continually be in my mouth."
(Psalm 34:1)

taqa: to clap, blast or blow

Original Word: תָּקַעַ

Part of Speech: Verb

Transliteration: taqa

Phonetic Spelling: (taw-kah')

"Clap your hands, all peoples! Shout to God with loud songs of joy!" (Psalm 47:1)

machol: a dance

Original Word: מַחֹל

Part of Speech: Noun

Masculine

Transliteration: machol

Phonetic Spelling: (maw-khole')

"Let them praise his name with dancing..." (Psalm 149:3)

tehillah: praise, song of praise

Original Word: תְּהִלָּה

Part of Speech: Noun Feminine

Transliteration: tehillah

Phonetic Spelling: (teh-hil-law')

"Praise the LORD!

Sing to the LORD a new song, his praise in the assembly of the godly!" (Psalm 149:1)

zamar: to make music (in praise of God)

Original Word: זָמַן

Part of Speech: Verb

Transliteration: zamar

Phonetic Spelling: (zaw-mar')

"I will also praise you with the harp for your faithfulness, O my God; I will sing praises to you with the lyre, O Holy One of Israel." (Psalm 71:22)

Strong, James. The New Strong's Expanded Exhaustive Concordance of the Bible. Red letter ed. Thomas Nelson, 2010.

Postures for Worship

AN OUTWARD EXPRESSION OF AN INTERNAL REALITY



Bowing in worship

A sign of submission to God's authority out of deep reverence.

But I, through the abundance of your steadfast love, will enter your house. I will bow down toward your holy temple in the fear of you. - Psalm 5:7

Lifting hands in worship

A sign of willful surrender to God or a desire for intimacy with God.

So I will bless you as long as I live; in your name I will lift up my hands. - Psalm 63:4

Falling on your face in worship

An outward posture of laying prostrate in response to the weight of the glory of God.

And whenever the living creatures give glory and honor and thanks to him who is seated on the throne, who lives forever and ever, the twenty-four elders fall down before him who is seated on the throne and worship him who lives forever and ever. They cast their crowns before the throne, saying, 'Worthy are you, our Lord and God, to receive glory and honor and power, for you created all things and by your will they existed and were created.'

- Revelation 4:9-11

Dancing in worship

An outward expression of joy and gratitude for who God is.

Let them praise his name with dancing, making melody to him with tambourine and lyre!

- Psalm 149:3

Family Discipleship

PRACTICAL WAYS TO DISCIPLE YOUR CHILDREN AND WORSHIP AS A FAMILY



KIDS

- Put your Psalms Memory Verse on a sticky note and keep it in the car.
- Create a song to a psalm.
- Recite a psalm in different, fun ways (quietly, shouting, like different animals).
- Go to RightNow Media and watch Worship in Word by Shane & Shane (If you don't have an account, visit coe22.com/rightnowmedia for free access).
- Write a new memory verse each week on the bathroom mirror.
- Visit our Family Resource Hub at each campus to find Psalms resources you can purchase.

- Go to coe22.com/kids to find:
 - printable coloring sheets with Scripture book recommendations.
 - psalms to pray over your children.
 - links to fun YouTube videos to help learn the psalms.

SPECIAL NEEDS

- Create a MadLibs Psalm for kids to "fill in" - have one with words and one with symbols or pictures.
- Learn the ASL version of a Psalms verse.
- Sing the songs with live instruments.

- Create a Psalm visual story based on scripture.
- Print Psalms Scripture in Braille.
- Go to coe22.com/specialneeds to find many of these resources.

STUDENTS

Something to Memorize

Read through Psalm 23 once a week as a family. Commit to memorizing this psalm together throughout the series.

Something to Listen To

Check out one of these Shane & Shane albums. Add it to your playlist and listen to it together as a family.

- “Psalms, Hymns, and Spiritual Songs”
- “Psalms”
- “Psalms, Vol.2”

Something to Experience Together

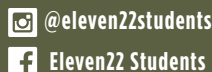
Read a psalm together at dinner once a week.

Here’s some ideas of how:

- Let a different family member pick the meal and the psalm of their choice.
- Work through some of these questions from each psalm you read.
- What stuck out to you in this psalm?
- What questions come from reading this psalm?
- What does this psalm declare about God’s character?
- What might God be telling your family through this psalm?
- Is there someone else who might benefit from reading this psalm and learning what you have learned?
- Why is this psalm in the Bible?

Something to Watch

Visit bibleproject.com and watch the book overview video on Psalms.



Notes

Notes



