

# Psalm 1

Prayer: Heavenly Father, You want us to do right in our lives. You warn us, avoid wicked people. Love good things. Do right things. Give us Your love, and make us want only right things. Especially make us live in faith in Jesus. Then we have Your blessing in our lives. We pray in Jesus' name, amen.

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Psalm 1 has two main parts. How would you divide the psalm into two parts?

- Part 1, verses \_\_\_\_ to \_\_\_\_\_. This describes who?
- Part 2, verses \_\_\_\_ to \_\_\_\_\_. This describes who?

Verse 1. God blesses a man. What does this man not do?

- List three things this blessed man does not do.
- Notice these words: walk, stand, sit. If you walk with someone for a while, soon you will feel comfortable standing and being with them. Next, you sit and join their group. What does that say about how evil captures people?

Verse 1 said what the man does not do. Now verse 2 says what the man does.

- He is happy in the \_\_\_\_\_ of the Lord. He thinks \_\_\_\_\_ and \_\_\_\_\_ about God's law (His word.)

God's people should avoid wickedness. We should study and think about God's word. When we do that, what is our life like? Verse 3 describes that.

- The tree (the man) is planted by what? What does that mean?
- The tree grows fruit in the right season. What fruit do God's people grow?
- When God's word fills our hearts and minds, can anything stop our growing fruit?

Verses 4-6.

- Do the wicked have any good thing?
- What does God promise His people in verse 6?

## Psalm 19

Prayer: Heavenly Father, You want us to do right in our lives. You warn us, avoid wicked people. Love good things. Do right things. Give us Your love, and make us want only right things. Especially make us live in faith in Jesus. Then we have Your blessing in our lives. We pray in Jesus' name, amen.

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Psalm 19 is a teaching psalm. The Psalm announces how great is the Lord and how wonderful is His law. Read Psalm 19:1-6.

- In verses 1-2, what announces God's glory?
- Is there anyone who doesn't see their announcement?
- How does the sun announce God's glory?

Read verses 7-11. This speaks about God's law.

- God's law is perfect. What does it do for your soul (verse 7)?
- God's laws deserve your trust. What does the law give (verse 7)?
- God's laws are correct. What do they give your heart (verse 8)?
- God's law is better than what (verse 10)?
- Verse 11, how else is God's law good for you?

Read verses 12-14.

- Verse 12 uses the law in a specific way. Remember the three ways God uses the law for us – a curb, mirror, and guide. Verse 12 is which use?
- Can the law perfectly protect us from sinning? Where must we go to get rid of our sin?
- Verse 14, how can we have clean words and thoughts in our heart?

## Psalm 22

Prayer: Lord Jesus, You came to suffer and die for us. You wanted to do that because You love us. Thank You for giving up Your life for us. Make us always trust that You will never leave us. When we experience hard times, make us remember Your promise that You are with us, and make our faith strong in You. We pray in Your name, Jesus. Amen.

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Psalm 22 is a Messianic psalm. It showed the Jews what the Messiah (Savior) would do when He came. We see in the Bible that Jesus did all these things.

Read Psalm 22:1-10.

- Notice how the writer (David) goes back and forth between depression and hope. Write in the verse numbers (first one is done for you).  
Depression: 1-2      Hope:      Depression:      Hope:
- Do you think Jesus could actually feel this way? Why or why not?
- When did Jesus feel like this? When did this happen? See Matthew 27:39-44.

Read verses 11-18. This is a long section of suffering. Compare these verses.

- Psalm 22:11-13 and Luke 22:63-65, 23:23-24, 23:35-36
- Psalm 22:14-15 and John 19:28-30
- Psalm 22:16-17 and Luke 23:33,35
- Psalm 22:18 and John 19:23-24

Read verses 19-31. This is a long section of hope.

- In verses 19-21, David (and Jesus) pray for help. Did God answer and help?
- Read verse 24. Jesus was the “oppressed one.” How did God the Father answer and help Jesus? Does that encourage you that God will help you, also?
- In verse 31, what is the Lord’s righteousness that He finished? See John 19:30.

## Psalm 23

Prayer: Lord Jesus, You are our Good Shepherd! Thank You for Your love and care for us. Thank You for searching for us and bringing us home when we stray. Bring us to heaven to live in Your house with You forever. We pray in Your name, Jesus. Amen.

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Psalm 23 is a psalm of comfort. It shows how much God loves and cares for His people.

Psalm 23:1.

- Who is our Shepherd? Read John 10:11. (These are good verses for people who say Jesus isn't the one true God. Compare Psalm 23:1 and John 10:11. Who is Jesus?)
- What does "I shall not want" mean?

Psalm 23:2.

- Part of a shepherd's job is to make sure the sheep have good food and water. What does Jesus do for us and our physical needs?

Psalm 23:3.

- Restore means to fix what is old and broken and make it new again. How does Jesus restore our souls?

Psalm 23:4.

- A shepherd leads his sheep and the sheep follow him. If we go through dangerous situations in our life, what does God promise in verse 4?

Psalm 23:5.

- A shepherd is responsible to protect the sheep from enemies. God blesses His people. What do the enemies see? Can they do anything to stop God?

Psalm 23:6.

- What does God promise for us during this life?
- What does He promise us for eternity?

## Psalm 27

Prayer: Dear Lord, You are the Almighty God! You love and take care of Your people, and You protect us. Thank You for that. When we are in trouble, make us always search-for You for salvation, and lead us to thank You and praise You for saving us. We pray in Jesus' name. Amen.

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Psalm 27 is a song of trust and confidence. Our God is the Almighty God!

Psalm 27:1-3.

- What things make you afraid in life? People? Bad financial situation? Health problems?
- Do we have to be afraid? Why was David not afraid?

Psalm 27:4-6.

- What does it mean that David wants to dwell (live) in the house of the Lord all the days of his life?
- God will save us! Then what will we do after God saves us? What is our right response to God?

Psalm 27:7-10.

- These verses mention God's face several times. What is important about God's face?
- David begs God not to abandon or ignore him. Do we have to worry that God will ignore us? How do we know God will not ignore us?

Psalm 27:11-14.

- When troubles or enemies will overwhelm us, who is the only one who can save us?
- David says to be strong and wait for the Lord. How easy is it to wait?
- When we are in difficult times, we want the problems solved now, not later. Why is it good for us to wait for God's time instead of demanding our time?

## Psalm 46

Prayer: Dear Lord, You protect us and save us. You are the Almighty God who lives with us. Thank You! Make us trust You, no matter what bad things happen in our lives. We know You love and take care of us, because You sent Jesus to be our Savior. Bless our study and make our faith strong. We pray in Jesus' name. Amen.

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Psalm 46 is a song of salvation and praise. God is mighty to save us. Therefore we don't fear anything.

Psalm 46:1-3.

- How does the Psalm writer describe God?
- Imagine yourself seeing verses 2 and 3 happening around you. Would you be afraid? Would you be calm? Why?

Psalm 46:4-7.

- Verse 4 mentions a river. What river is that? (Think about these passages: John 4:13-14, John 7:37-39, Revelation 22:1-2.)
- The nations are angry and ready to fight. Where is God?
- God speaks to judge the earth, and the earth melts. What does that mean for God's enemies? What does that mean for God's people?

Psalm 46:8-11.

- Nations fight for power and control and to prove themselves right. In the end, who has true power and control? Who will prove Himself right? How?
- When we feel people are attacking us, what do we want to do? What does God tell us to do (verse 10)?
- How is this Psalm about salvation? Give specific examples.
- How does this Psalm praise God? Give specific examples.

## Psalm 51

Prayer: Heavenly Father, Your love is amazing! Every day we sin against You. We break Your commandments. But You continue to love us. You gave Jesus to forgive us and make us alive again. Bless our study, so we will always recognize our sins, confess to You, and trust You to forgive us. We pray in Jesus' name. Amen.

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Psalm 51 is a psalm of confession and forgiveness. We confess our sins to God. God shows mercy and makes us clean from all our sin.

Psalm 51:1-6. Confessing the sin.

- David wrote this psalm. When? What sins did David do? (See 2 Samuel 11)
- When we sin, who do we sin against?
- Where does God want us perfect? Perfect actions, or a perfect heart?

Psalm 51:7-12. Asking for forgiveness.

- God can be with us two ways. One is to punish, and one is to bless. In verses 7-12, what sentences or phrases do you see about punishment?
- What sentences ask God to be with you to be good to you?
- When our sin is bothering us, and our guilt makes us feel terrible, how can we get healing? Psychology? Self-help books? Alcohol? Parties? Friends? Who is the only one who can make us clean?

Psalm 51:13-19. Rejoicing in God's forgiveness.

- David is very happy that God forgives him. How did David thank God?
- How did David show other people that he was happy and thanking God?
- Does God want us to sacrifice for sin? Can our sacrifices forgive our sins?
- Read verse 17 again. What does God want from us?

## Psalm 109

Prayer: Lord God, You judge and rule everything in heaven and on earth. The Bible shows us how You forgive sin, and also how You punish sin. Your word about judgment is hard for us to read. Help us read and understand what it means that You are Judge. Help us trust You as Judge and as our Savior. We pray in Jesus' name. Amen.

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Psalm 109 is a hard psalm to read. This kind of psalm is named an "Imprecatory Psalm." Imprecatory means cursing, a psalm that curses wicked people. How can this be God's word? We will see what this psalm means and how God's people can pray this.

Psalm 109:1-5. The problem.

- What is wrong? What did David say his enemy was doing to him?
- What were David's actions to his enemies? Did he do something wrong?

Psalm 109:6-20. Praying for punishment.

- What does David want to happen to his enemies?
- Who will do the punishing? God or David?

Psalm 109:21-31.

- What does David want God to do for him? How should God treat David?
- What did David want his enemies to know (verse 27)?

Can Christians pray this way? We will look at several other Bible verses to see. John 8:7-11, Romans 2:1-3. Don't judge because you also \_\_\_\_\_.

Matthew 7:1-5. Many people take this to mean we should never judge another person for their sin. But Jesus' main point is that we shouldn't judge because we are full of \_\_\_\_\_.



Matthew 5:43-44. Jesus said we should \_\_\_\_\_ our enemies and \_\_\_\_\_ for people who persecute us. If we love someone, will we pray and ask God to hurt them?

So far, this looks like we shouldn't judge and we shouldn't pray for God to punish anyone. We should only love all people. But... there are more Bible verses.

Luke 18:1-8. What did the woman want from the judge? What did Jesus say God's people ask God to do?

Galatians 1:8-9. What did Paul say about people who rejected the gospel?

Revelation 6:9-10. What do the saints in heaven ask God?

### Summary

The imprecatory (cursing) psalms are hard to understand. Two final questions will help make them a little more clear.

1. In an imprecatory psalm, are we asking God to judge, or are we making ourselves the judge?

Answer: We ask God to judge. We are not the judge, and we don't decide who God will punish and who He will save. That is God's decision. When we speak, we want to speak the same as God speaks. Also, we ask God to do the judging, the same as the angel Michael did (Jude 9).

2. These psalms are against who? Normal everyday enemies? Or people who are very stubborn against Christ?

Answer: These psalms are against the very stubborn unbelievers who hate Christ. Remember Jesus' prayer on the cross? "Father, forgive them. They don't know what they are doing." (Luke 23:34) The Pharisees and other Jewish leaders hated Jesus very much. Jesus had nothing good to say to them (Matthew 23:13-39). God wants us to love all people. But we can ask God to save us from those enemies who try to destroy the church, and we can ask God to judge them.

## Psalm 136

Prayer: Heavenly Father, Your mercy never ends! Every day we see Your mercy new. The Bible tells us about everything You do, and that shows Your mercy. Most, we see Your mercy because You sent Jesus to die and rise to forgive our sins. Bless our study and remind us to always thank You for Your love and mercy that never end. We pray in Jesus' name. Amen.

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Psalm 136 is a psalm of thanksgiving. The people sang the psalm and praised God for all the great things He did for His people.

Psalm 136:1-3. Praise God for who He is.

- Who is our God?
- Why do we thank Him?

Psalm 136:4-9. God's great actions in the universe.

- What do these verses say God did?
- God made the universe. What does that show about God?

Psalm 136:10-22. God's great actions for His people Israel.

- What did God do for Israel?
- How do God's actions show mercy or loving kindness for His people?

Psalm 136:23-26. God's mercy.

- What do these verses say about how we can praise and thank God?
- What one sentence is repeated again and again in this psalm? What does that say about God?
- This psalm repeats a lot. Why do you think it repeats so much? What does it do to you when you read it?

## Psalm 146

Prayer: Lord, You reign forever! You are all-powerful. Nothing is too hard for You. And You use Your power to love us and mercy us and take care of us. Thank You for sending Jesus so we can live in heaven with You and praise You forever. We pray in Jesus' name. Amen.

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Psalm 146 is a psalm of praise.

Psalm 146:1-2. Praise the Lord!

- When do we praise the Lord? Only in church? Only while we are young and healthy and strong?
- In verse 1, the Hebrew word for “soul” means yourself, all of you, your whole person. It is your body, mind, and soul. What does that say about how we praise God?

Psalm 146:3-4. Who not to trust.

- Can people save us? Can our leaders save us?
- What defeats powerful people? What happens to them?

Psalm 146:5-9. God does great things.

- What does verse 5 say about the person who trusts the Lord?
- Verses 6-9 list many things God does. What does He do? Can we praise Him for all these things?
- Look again at the things God does. How does reading God's word (like reading this list) help you trust and praise Him?

Psalm 146:10. God reigns!

- Will God ever stop doing good things? Can anyone stop God's reigning?
- How long will we praise the Lord?