



Psalms
Week 1:

Weekly Challenge:

Read Psalms Book 1: Chapters 1-41

- As you read this first book of Psalms, underline each verse or line that begins with the word "for" or "because". These verses usually note a reason or reasons for worshipping God. Write out these reasons as you study through the Psalms over the next five weeks.

WEEK 1 DAY 1

TAKE IN: Psalm 1

TAKE OUT:

- How do you think a Christian can avoid standing in the way of sinners and sitting in the seat of mockers, but still be a witness for Jesus in the world? Read Matthew 5: 14-16 and 1 Peter 2: 11-12. How do these passages relate to this question?
- How might someone meditate on the Word of God day and night?
- After reading this Psalm, what one specific action can you immediately apply to your life?

Weekly Challenge Day 1: Read Psalms 1-9



WEEK DAY

TAKE IN: Psalm 8

TAKE OUT:

- What are some things you have seen (in nature or elsewhere) that have caused you to be awed by God?
- What are some things we can do to be better "employees" of God?
- What can you do today to ensure that you will properly reflect the majesty of God?

Weekly Challenge Day 2: Read Psalms 10-19

WEEK 1 DAY 3

TAKE IN: Psalm 19

TAKE OUT:

- What does God reveal about Himself in this Psalm? (List at least 5.)
- What does God reveal about His Word in this Psalm? (List at least 5.)
 - After reading this Psalm, what one specific action can you immediately apply to your life?

Weekly Challenge Day 3: Read Psalms 20-26

WEEK 1 DAY 4

TAKE IN: Psalm 27

TAKE OUT:

- Look at the chart on the next page:
- Consider the statements of trust, intent, and requests. Write a prayer of praise, thanking God for the confidence you have in Him. Include any requests you have as well.
- Does looking at this chart help you to look at this Psalm any differently than you have in the past? If so, how?

Weekly Challenge Day 4: Read Psalms 27-34

WEEK 1 DAY 5

TAKE IN: Psalm 40

TAKE OUT:

- Why is it important to wait patiently for the Lord?
- What is your current “pit of destruction” or “miry clay”?
- What can you trust the Lord to do for you in your current situation?

Weekly Challenge Day 5: Read Psalms 35-41

Chart 1: Psalm 27 (NIV)

v.1 The Lord is my Light	v.1 I will not fear	v. 4 I ask and seek to dwell in the house of the Lord all the days of my life
v.1 The Lord is my Salvation	v.1 I will not be afraid	v.4 I seek to gaze on the beauty of the Lord.
v.1 The Lord is the stronghold of my life	v.3 My heart will not fear	v.4 I ask to seek him in his temple
v.2 My enemies will stumble and fall	v.3 I will be confident even though a war break out	v.7 Hear my voice when I call, O Lord
v.5 In the day of trouble God will keep me safe in his dwelling	v.6 At his tabernacle I will sacrifice with shouts of joy	v.7 Be merciful to me and answer me
v.5 He will hide me in the shelter of his tabernacle	v.6 I will sing and make music to the Lord	v.9 Do not hide your face from me
v.5 He will set me high on a rock	v.8 Your face, Lord I will seek	v.9 Do not turn your servant away in anger
v.6 My head will be exalted above my enemies	v.14 (I will) wait for the Lord	v.9 Do not reject or forsake me
v.9 You are my helper	v.14 (I will) be strong and take courage	v.11 Teach me your way O Lord
v.10 The Lord will receive me even if my parents forsake me		v.11 Lead me in a straight path
v.13 I will see the goodness of the Lord in the land of the living		v.12 Do not turn me over to the desire of my foes

Confident Trust:	Intent (I will...)	Requests
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