



*Psalms*  
Week 2:

**Weekly Challenge:**

**Read Psalms Book 2: Chapters 42-72**

- As you read this second "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 continue to study through the Psalms over the next four weeks.

**WEEK 1 DAY 1**

**TAKE IN: Psalm 42 & 43**

**TAKE OUT:**

- What are the causes of your spiritual depression?
- How do you respond to God during these times?
- Read 1 Peter 5:10, and Lamentations 3:21-32. How do verses like these help you in troubled times?

**Weekly Challenge Day 1:** Read Psalms 42-47

**WEEK 1 DAY 2**

**TAKE IN:** Psalm 51

Note: Psalm 51 is David's confession after his adulterous relationship with Bathsheba.

**TAKE OUT:**

- In reading this Psalm as a whole, what was David afraid of? (v.11). Do you ever feel this way after committing a sin? Why or why not?
- What will God do for us when we repent? (v. 7-10)
- What does God desire (or not desire) from you? (v. 12-17)

**Weekly Challenge Day 2:** Read Psalms 48-54

**WEEK 1 DAY 3**

**TAKE IN: Psalm 56**

**TAKE OUT:**

- Verses 4 & 10 say to praise God for what he has promised. What has he promised? (Provide scripture references in your response.)
- Write a prayer to God thanking him for all he has promised.

**Weekly Challenge Day 3:** Read Psalms 55-60

**WEEK 1 DAY 4**

