

## Bible Teaching Resources

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# A Practical Study of PSALMS: Meditations in Selected Psalms

## “Prayer & Praise Journal Collection One”

### Part I

#### **STUDY NUMBER ONE - PSALM 1:1-6**

#### **NOTES**

v. 1 Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers.

v. 2 But his delight is in the law of the Lord, and on his law he meditates day and night.

v. 3 He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.

v. 4 Not so the wicked! They are like chaff that the wind blows away.

v. 5 Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous.

v. 6 For the Lord watches over the way of the righteous, but the way of the wicked will perish.

#### **QUESTIONS:**

1. Read Psalms 1 and in your own words pull out the main thought of this passage.

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2. What three things does the happy man refrain from doing in verse 1?

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3. What two things does the happy man do, according to verse 2?

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4. Define the words “delights” and “meditates” in verse 2.

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5. What four things are said about the “tree” in verse 3?

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6. What are the “wicked” like, according to verse 4?

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7. What will the “wicked” not do, according to verse 5?

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8. Summarize “the way of the righteous” and “the way of the wicked,” according to verse 6.

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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### **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: The happy man does not “walk in the counsel of the wicked,” “stand in the way of sinners,” or “sit in the seat of mockers.”

LESSON #2: “The plans of the righteous are just, but the advice of the wicked is deceitful” (Proverbs 12:5).

LESSON #3: The righteous man flees the way of sinners and follows after righteousness, godliness, faith, love, perseverance, and gentleness.

LESSON #4: The Lord “mocks proud mockers but gives grace to the humble” (Proverbs 3:34).

LESSON #5: The happy man finds “his delight in the law of the Lord.”

LESSON #6: “Your words were found and I ate them; and Your words were to me a joy and the rejoicing of my heart; for I am called by Your name, O Lord God of hosts” (Jeremiah 15:16 TAB).

LESSON #7: The happy man meditates on the words of God day and night.

LESSON #8: The happy man is like a tree, planted in the most ideal place, yielding fruit in season, his leaf stays green and whatever he does prospers.

LESSON #9: The wicked are like chaff that are literally blown away.

LESSON #10: The wicked will not have a leg to stand on in the day of judgment.

LESSON #11: The Lord watches over the way of the righteous.

LESSON #12: “The way of the wicked will perish.”

### **ADDITIONAL NOTES:**

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### **STUDY NUMBER TWO - PSALM 8:1-9**

### **NOTES**

v. 1 O Lord, our Lord, how majestic is your name in all the earth! You have set your glory above the heavens.

v. 2 From the lips of children and infants you have ordained praise because of your enemies, to silence the foe and the avenger.

v. 3 When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place,

v. 4 what is man that you are mindful of him, the son of man that you care for him?

v. 5 You made him a little lower than the heavenly beings and crowned him with glory and honor.

**NOTES**

v. 6 You made him ruler over the works of your hands; you put everything under his feet:

v. 7 all flocks and herds, and the beasts of the field,

v. 8 the birds of the air, and the fish of the sea, all that swim the paths of the seas.

v. 9 O Lord, our Lord, how majestic is your name in all the earth!

**QUESTIONS:**

1. Read Psalm 8 and in your own words pull out the main thought of this passage.

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2. Stop for a few moments and reflect on why the Lord's name is "majestic in all the earth."

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3. From whom has the Lord "ordained praise," according to verse 2?

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4. What is the Lord's relationship to creation, according to verse 3?

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5. To whom is the Psalmist referring in verse 5?

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6. What two things has the Father done for the son, according to verse 6?

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7. What else has been placed under the son's authority, according to verses 7 & 8?

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8. How does the Psalm begin and end, according to verses 1 & 9?

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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### **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: It brings delight to the heart of God when His children praise Him.

LESSON #2: Lord, You have covered the heavens with Your glory!

LESSON #3: Lord, thank You for the joy of knowing that it is out of the mouths of infants and nursing babes that You have prepared praise for Yourself.

LESSON #4: Lord, there is great fulfillment in the acknowledgment of the fact that You are the Creator and the Sustainer of this great universe.

LESSON #5: Lord, because of Your greatness, it is hard for us to comprehend that You are mindful of us and You care for us.

LESSON #6: The Lord is mindful of us and He does care for us.

LESSON #7: Lord, thank You for creating us the way You did—a little less than divine and crowning us with “glory and honor.”

LESSON #8: Lord, thank You for putting us in charge of Your hand-crafted world.

LESSON #9: Lord, hasten the day when creation will be set free from the curse of corruption and You will reign as King of kings and Lord of lords.

LESSON #10: “Therefore also God highly exalted him, and bestowed on him the name which is above every name, that at the name of Jesus every knee should bow, of those who are in heaven, and on the earth, and under the earth, and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father” (Philippians 2:9-11).

**ADDITIONAL NOTES:**


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**STUDY NUMBER THREE - PSALM 13:1-6****NOTES**

v. 1 How long, O Lord? Will you forget me forever? How long will you hide your face from me?

v. 2 How long must I wrestle with my thoughts and every day have sorrow in my heart? How long will my enemy triumph over me?

v. 3 Look on me and answer, O Lord my God. Give light to my eyes, or I will sleep in death;

v. 4 my enemy will say, "I have overcome him," and my foes will rejoice when I fall.

v. 5 But I trust in your unfailing love; my heart rejoices in your salvation.

v. 6 I will sing to the Lord, for he has been good to me.

**QUESTIONS:**

1. Read Psalms 13 and in your own words pull out the main thought of this passage.

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2. Meditate on the three questions in verse 1 and then ask yourself the question, How do these three questions apply to my situation?

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3. Meditate on the two questions in verse 2 and ask yourself the question, How do these questions apply to me?

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4. What kind of questions do you think the Psalmist is wrestling with in verse 2?

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5. Read 1 John 5:14, 15 and apply it to the first petition in verse 3: “Look on me and answer O Lord, my God.”

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6. What three reasons are given in the last part of verse 3 and verse 4 as to why there is such urgency in the prayer of the Psalmist?

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7. In what does the Psalmist “trust” and “rejoice” in, according to verse 5?

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8. Why is the Psalmist “singing to the Lord,” according to verse 6?

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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### **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: Time seems to go so slow when we are in the furnace of affliction.

LESSON #2: God is never in a hurry when He is working out His purpose and plan in our lives.

LESSON #3: We are very precious to the Lord and He will never forget us.

LESSON #4: “Many are the plans in a man’s heart, but it is the Lord’s purpose that prevails” (Proverbs 19:21).

LESSON #5: “For my thoughts are not your thoughts, neither are your ways my ways,’ declares the Lord. ‘As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts” (Isaiah 55:8, 9).

LESSON #6: Perhaps we not only need to ask the Lord to look on us, but to ask the Lord to give us a fresh vision of who He is and what He can do.

LESSON #7: “It is of the Lord’s mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness (Lamentations 3:22, 23 KJV).

LESSON #8: Just because our circumstances are difficult, does not mean that He does not love us.

LESSON #9: Is your heart rejoicing in your salvation?

LESSON #10: Are you singing to the Lord because He has been good to you?

### **ADDITIONAL NOTES:**

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### **STUDY NUMBER FOUR - PSALM 15:1-5**

### **NOTES**

v. 1 Lord, who may dwell in your sanctuary? Who may live on your holy hill?  
v. 2 He whose walk is blameless and who does what is righteous, who speaks the truth from his heart  
v. 3 and has no slander on his tongue, who does his neighbor no wrong and casts no slur on his fellowman,  
v. 4 who despises a vile man but honors those who fear the Lord, who keeps his oath even when it hurts,  
v. 5 who lends his money without usury and does not accept a bribe against the innocent. He who does these things will never be shaken.

### **QUESTIONS:**

1. Read Psalms 15 and in your own words pull out the main thought of this passage.

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2. What is the Psalmist's concern, according to verse 1?

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3. What three things qualify a person to dwell in the Lord's sanctuary and live on His holy hill, according to verse 2?

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4. What three things qualify a person to dwell in His sanctuary and live on His holy hill, according to verse 3?

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5. What three things qualify a person for dwelling in His sanctuary and living on His holy hill, according to verse 4?

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6. What two things qualify a man to dwell in the Lord's sanctuary and to live on His holy hill, according to verse 5?

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7. What do you think the Psalmist means in verse 4 when he says, "Who keeps his oath even when it hurts?"

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8. What is the final promise given to the one who does all these things, according to verse 5?

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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### **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: Have you made your reservations for the marriage supper of the Lamb by inviting the Lord Jesus to come into your heart and become your Savior?

LESSON #2: Is your “walk blameless,” your work “righteous,” and your words “truth from your heart?”

LESSON #3: A person with a critical spirit is walking in the flesh rather than in the power of the Spirit.

LESSON #4: The Christian army is the only army where you have to wear your armor to protect yourself from your friends.

LESSON #5: Your walk is far more important than your talk.

LESSON #6: “But like the Holy One who called you, be holy yourselves also in all your behavior; because it is written, ‘You shall be holy, for I am holy’” (1 Peter 1:15, 16).

LESSON #7: “[Let your] love be sincere—a real thing; hate what is evil (loathe all ungodliness, turn in horror from wickedness), but hold fast to that which is good” (Romans 12:9 Amplified).

LESSON #8: Remember, a godly person “keeps his oath even when it hurts.”

LESSON #9: Are you being a blessing to others with the funds that the Lord has allowed you to have?

LESSON #10: “Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your [labor] is not in vain in the Lord” (1 Corinthians 15:58).

### **ADDITIONAL NOTES:**

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**STUDY NUMBER FIVE - PSALM 19:1-14****NOTES**

v. 1 The heavens declare the glory of God; the skies proclaim the work of his hands.

v. 2 Day after day they pour forth speech; night after night they display knowledge.

v. 3 There is no speech or language where their voice is not heard.

v. 4 Their voice goes out into all the earth, their words to the ends of the world. In the heavens he has pitched a tent for the sun,

v. 5 which is like a bridegroom coming forth from his pavilion, like a champion rejoicing to run his course.

v. 6 It rises at one end of the heavens and makes its circuit to the other; nothing is hidden from its heat.

v. 7 The law of the Lord is perfect, reviving the soul. The statutes of the Lord are trustworthy, making wise the simple.

v. 8 The precepts of the Lord are right, giving joy to the heart. The commands of the Lord are radiant, giving light to the eyes.

v. 9 The fear of the Lord is pure, enduring forever. The ordinances of the Lord are sure and altogether righteous.

v. 10 They are more precious than gold, than much pure gold; they are sweeter than honey, than honey from the comb.

v. 11 By them is your servant warned; in keeping them there is great reward.

v. 12 Who can discern his errors? Forgive my hidden faults.

v. 13 Keep your servant also from willful sins; may they not rule over me. Then will I be blameless, innocent of great transgression.

v. 14 May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord, my Rock and my Redeemer.

**QUESTIONS:**

1. Read Psalm 19 and in your own words pull out the main thought of this passage.

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2. What do the “heavens” and the “skies” do, according to verse 1?

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3. How is the “sun” described by the Psalmist in verses 5 & 6?

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4. What two things does the “law of the Lord” do, according to verse 7?

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5. What two things does the Word of the Lord do, according to verse 8?

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6. Describe how the Psalmist felt about the “law of the Lord,” according to verse 10?

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7. What is the Psalmist's prayer, according to verse 13?

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8. What two things are uppermost in the Psalmist's prayer, in verse 14?

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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### **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: “The heavens declare the glory of God” but not His will.

LESSON #2: A continuous message is going forth from creation. God designed it that way.

LESSON #3: We are exalting the Creator when we magnify His creation.

LESSON #4: Creation proclaims “the glory of God.”

LESSON #5: The order and design of creation points to the indisputable evidence of a Creator.

LESSON #6: The Word of God was given for the purpose of “reviving the soul,” “making wise the simple,” “giving joy to the heart,” “giving light to the eyes,” to be “enduring forever,” and “altogether righteous.”

LESSON #7: The Word of God is “perfect,” “trustworthy,” “right,” “radiant,” “pure,” and “sure.”

LESSON #8: The Word of God is “more precious than gold” and “sweeter than honey.”

LESSON #9: The Word of God is a mirror for us to see those areas of our lives where we are living in denial and using rationalization.

LESSON #10: God gives token of His pleasure in response to our obedience.

LESSON #11: Lord, “may the words of my mouth and the meditation of my heart be pleasing in your sight.”

LESSON #12: Thank You Lord, that You are “my Rock and my Redeemer.”

### **ADDITIONAL NOTES:**

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### **STUDY NUMBER SIX - PSALM 22:1-31**

### **NOTES**

v. 1 My God, my God, why have you forsaken me? Why are you so far from saving me, so far from the words of my groaning?  
v. 2 O my God, I cry out by day, but you do not answer, by night, and am not silent.  
v. 3 Yet you are enthroned as the Holy One; you are the praise of Israel.  
v. 4 In you our fathers put their trust; they trusted and you delivered them.  
v. 5 They cried to you and were saved; in you they trusted and were not disappointed.  
v. 6 But I am a worm and not a man, scorned by men and despised by the people.  
v. 7 All who see me mock me; they hurl insults, shaking their heads:  
v. 8 “He trusts in the Lord; let the Lord rescue him. Let him deliver him, since he delights in him.”  
v. 9 Yet you brought me out of the womb; you made me trust in you even at my mother’s breast.  
v. 10 From birth I was cast upon you; from my mother’s womb you have been my God.  
v. 11 Do not be far from me, for trouble is near and there is no one to help.  
v. 12 Many bulls surround me; strong bulls of Bashan encircle me.

**Notes**

v. 13 Roaring lions tearing their prey open their mouths wide against me.  
 v. 14 I am poured out like water, and all my bones are out of joint. My heart has turned to wax; it has melted away within me.  
 v. 15 My strength is dried up like a potsherd, and my tongue sticks to the roof of my mouth; you lay me in the dust of death.  
 v. 16 Dogs have surrounded me; a band of evil men has encircled me, they have pierced my hands and my feet.  
 v. 17 I can count all my bones; people stare and gloat over me.  
 v. 18 They divide my garments among them and cast lots for my clothing.  
 v. 19 But you, O Lord, be not far off; O my Strength, come quickly to help me.  
 v. 20 Deliver my life from the sword, my precious life from the power of the dogs.  
 v. 21 Rescue me from the mouth of the lions; save me from the horns of the wild oxen.  
 v. 22 I will declare your name to my brothers; in the congregation I will praise you.  
 v. 23 You who fear the Lord, praise him! All you descendants of Jacob, honor him! Revere him, all you descendants of Israel!  
 v. 24 For he has not despised or disdained the suffering of the afflicted one; he has not hidden his face from him but has listened to his cry for help.  
 v. 25 From you comes the theme of my praise in the great assembly; before those who fear you will I fulfill my vows.  
 v. 26 The poor will eat and be satisfied; they who seek the Lord will praise him—may your hearts live forever!  
 v. 27 All the ends of the earth will remember and turn to the Lord, and all the families of the nations will bow down before him,  
 v. 28 for dominion belongs to the Lord and he rules over the nations.  
 v. 29 All the rich of the earth will feast and worship; all who go down to the dust will kneel before him—those who cannot keep themselves alive.  
 v. 30 Posterity will serve him; future generations will be told about the Lord.  
 v. 31 They will proclaim his righteousness to a people yet unborn—for he has done it.

**QUESTIONS:**

1. Read Psalm 22 and in your own words pull out the main thought of this passage.

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2. What do you think of when you read the two questions of the Psalmist in verse 1?

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3. What is the Psalmist's problem, according to verse 2?

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4. How did the Lord respond to the children of Israel in the past, according to verses 4 & 5?

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5. What is the Psalmist's plea, according to verse 7?

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6. Read verses 14-18 and point out the parallels in these verses and the cross of the Lord Jesus.

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7. Why should the Lord be praised, according to verse 24?

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8. Read Philippians 2:9-11 and compare these with Psalm 22:27, 28.

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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### **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: There is no greater passage to teach us the principle of literal fulfillment of Bible prophecy than this one.

LESSON #2: The Lord Jesus Christ was forsaken by God the Father when He was made sin for us so that we would never have to experience being forsaken.

LESSON #3: In His moment of greatest humiliation, the Lord Jesus Christ says, "I am a worm, not a man, scorned by men and despised by the people."

LESSON #4: While men are mocking and hurling insults and shaking their heads at Jesus, He is praying, "Father, forgive them for they are not knowing what they are doing."

LESSON #5: I think it helps us to realize the miracle of what we are reading when we recognize these words were written a thousand years ahead of time.

LESSON #6: Jesus probably recited this whole psalm during the hours that He was hanging on the cross.

LESSON #7: Crucifixion was unknown until the time of the Roman empire and these words, "they pierced my hands and my feet," are once again miraculous.

LESSON #8: They were announcing His death ahead of time by "dividing His garments among them and casting lots for his clothing."

LESSON #9: Lord, help me to praise You, to honor You, and to revere You.

LESSON #10: Lord, thank You that our Savior did not stay in the grave but He has broken the bands of death and now is the ever-living Son of God.

LESSON #11: Lord, You are the theme of my praise.

LESSON #12: Lord, thank You the dominion belongs to You and that You rule over the nations.

**ADDITIONAL NOTES:**

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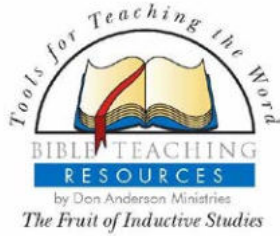
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# A Practical Study of PSALMS: Meditations in Selected Psalms

## “Prayer & Praise Journal Collection One”

### Part II

#### **STUDY NUMBER SEVEN - PSALM 23:1-6**

#### **NOTES**

v. 1 The Lord is my shepherd, I shall not be in want.

v. 2 He makes me lie down in green pastures, he leads me beside quiet waters,

v. 3 he restores my soul. He guides me in paths of righteousness for his name's sake.

v. 4 Even 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.

v. 5 You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.

v. 6 Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

#### **QUESTIONS:**

1. Read Psalms 23 and in your own words pull out the main thought of this passage.

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2. Read Isaiah 40:11 and compare it with verse 1 in this Psalm.

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3. What two things does the Shepherd do for us, according to verse 2?

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4. What two things does the Shepherd do for us, according to verse 3?

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5. Why does the Psalmist have no fear in the “valley of the shadow of death,” according to verse 4?

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6. What does the Shepherd do for the Psalmist in verse 5?

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7. Read Ephesians 3:20 and compare it with the last phrase in verse 5, “my cup overflows.”

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8. What two things will “follow him all the days of his life?”

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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### **LESSONS FROM THE PASSAGE:**

LESSON #1: “The Lord is my shepherd” not “was” or “shall be.”

LESSON #2: The Lord is personally and intimately involved in the lives of His sheep.

LESSON #3: Because “the Lord is my shepherd, I shall not be in want.”

LESSON #4: The top three items on the Shepherd’s agenda are rest, restoration, and regulation.

LESSON #5: The good Shepherd with tender care imparts sweet repose to His weary sheep.

LESSON #6: I do not want because “he makes me lie down in green pastures, he [gently] leads me beside [restful] waters, he [refreshes] my soul,” and he regulates me in “righteous” tracks.

LESSON #7: The Lord’s presence casts out the fear of physical death because He has already been there ahead of us and done that.

LESSON #8: My Shepherd is there to “prepare a table,” to “anoint my head,” and to give me a “cup” overflowing.

LESSON #9: I do not fear because “you are with me,” “your rod and your staff comfort me,” you arrange “a table before me,” and you anointed the head of me.

LESSON #10: I am content, my cup is fullness, good fortune and grace shall pursue me, and “I will dwell in the house of the Lord forever.”

### **ADDITIONAL NOTES:**

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### **STUDY NUMBER EIGHT - PSALM 27:1-14**

### **NOTES**

v. 1 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?

v. 2 When evil men advance against me to devour my flesh, when my enemies and my foes attack me, they will stumble and fall.

v. 3 Though an army besiege me, my heart will not fear; though war break out against me, even then will I be confident.

v. 4 One thing I ask of the Lord, this is what I seek: 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 seek him in his temple.

v. 5 For in the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of his tabernacle and set me high upon a rock.

v. 6 Then my head will be exalted above the enemies who surround me; at his tabernacle will I sacrifice with shouts of joy; I will sing and make music to the Lord.

v. 7 Hear my voice when I call, O Lord; be merciful to me and answer me.

**NOTES**

v. 8 My heart says of you, "Seek his face!" Your face, Lord, I will seek.

v. 9 Do not hide your face from me, do not turn your servant away in anger; you have been my helper. Do not reject me or forsake me, O God my Savior.

v. 10 Though my father and mother forsake me, the Lord will receive me.

v. 11 Teach me your way, O Lord; lead me in a straight path because of my oppressors.

v. 12 Do not turn me over to the desire of my foes, for false witnesses rise up against me, breathing out violence.

v. 13 I am still confident of this: I will see the goodness of the Lord in the land of the living.

v. 14 Wait for the Lord; be strong and take heart and wait for the Lord.

**QUESTIONS:**

1. Read Psalm 27 and in your own words pull out the main thought of this passage.

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2. In what three ways is the Lord described by the Psalmist in verse 1?

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3. When enemies attack him, what will be the outcome, according to verse 2?

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4. What one thing does the Psalmist ask of the Lord, according to verse 4?

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5. What is the Lord going to do for the Psalmist "in the day of trouble," according to verse 5?

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6. What three things does the Psalmist ask of the Lord in verse 7?

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7. What three things does the Psalmist ask the Lord not to do, according to verse 9?

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8. What is the Psalmist confident of, according to verse 13?

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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### **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: The normal Christian life is filled with peaks and valleys.

LESSON #2: Is the Lord your “light,” your “salvation,” and your “stronghold”?

LESSON #3: Of what and of whom are you afraid?

LESSON #4: The battle is the Lord’s and He will facilitate the victory if we will but trust in Him.

LESSON #5: Do you have that quiet confidence that God is working all these things out even if you do not understand?

LESSON #6: Can you, with David, say: “One thing I ask” and with the apostle Paul: “This one thing I do”?

LESSON #7: “In the day of trouble he will keep me safe . . . he will hide me . . . and set me high upon a rock.”

LESSON #8: “Let the word of Christ richly dwell within you; with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with thankfulness in your hearts to God” (Colossians 3:16).

LESSON #9: Is the Lord saying to you in your heart: “Seek his face”? Are you willing to respond: “Your face, Lord, I will seek”?

LESSON #10: Lord, I do not want to make any more mistakes. I have made enough already.  
Teach me. Lead me.

LESSON #11: "How did I get to where I am, which is so far from where I am supposed to be?"  
(H. Beecher Hicks)

LESSON #12: Are you still confident that you are going to see "the goodness of the Lord" in  
these future days?

LESSON #13: The keys to experiencing the "goodness of the Lord" are: waiting, warring,  
walking, and working.

LESSON #14: "Be strong and take heart and wait for the Lord."

### **ADDITIONAL NOTES:**

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### **STUDY NUMBER NINE - PSALM 32:1-11**

### **NOTES**

v. 1 Blessed is he whose transgressions are forgiven, whose sins are covered.

v. 2 Blessed is the man whose sin the Lord does not count against him and in whose spirit is no deceit.

v. 3 When I kept silent, my bones wasted away through my groaning all day long.

v. 4 For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer. Selah

v. 5 Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the Lord"—and you forgave the guilt of my sin. Selah

v. 6 Therefore let everyone who is godly pray to you while you may be found; surely when the mighty waters rise, they will not reach him.

v. 7 You are my hiding place; you will protect me from trouble and surround me with songs of deliverance. Selah

v. 8 I will instruct you and teach you in the way you should go; I will counsel you and watch over you.

v. 9 Do not be like the horse or the mule, which have no understanding but must be controlled by bit and bridle or they will not come to you.

v. 10 Many are the woes of the wicked, but the Lord's unfailing love surrounds the man who trusts in him.

v. 11 Rejoice in the Lord and be glad, you righteous; sing, all you who are upright in heart!

**QUESTIONS:**

1. Read Psalm 32 and in your own words pull out the main thought of this passage.

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2. What four things are true of the “blessed man,” according to verses 1 & 2?

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3. How was the Psalmist affected when he kept silent about his sin, according to verse 3?

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4. How did the Lord handle this silence about sin, according to verse 4?

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5. What three things does the Psalmist say about the Lord in verse 7?

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6. What two things will the Lord do for us, according to verse 8?

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7. How are the wicked and the righteous contrasted in verse 10?

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8. What does the Psalmist tell the righteous to do in verse 11?

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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### **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: The blessing of the Lord is for those whose “transgressions are forgiven, whose sins are covered, . . . whose sin the Lord does not count against him, and in whose spirit is no deceit.”

LESSON #2: Delay in the confession of sin brings physical consequences.

LESSON #3: “He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy” (Proverbs 28:13).

LESSON #4: It delights the heart of God for us to be honest and transparent with Him.

LESSON #5: Your heavy hand is upon us, increasing with pressure until we respond.

LESSON #6: The instant David confessed, the Lord forgave.

LESSON #7: The sin we try to “cover up” will eventually bring us down.

LESSON #8: “Test me, O Lord, and try me, examine my heart and my mind; for your love is ever before me, and I walk continually in your truth” (Psalms 26:2, 3).

LESSON #9: The day of grace will end and the time of judgment will come.

LESSON #10: Thank You, Lord, that: “You are my hiding place; you will protect me from trouble and surround me with songs of deliverance” (Psalms 32:7).

LESSON #11: Lord, thank You, that You are there to “instruct,” to “teach,” to “counsel,” and to “watch over” us.

LESSON #12: Lord, it is my desire not to be managed by force and the severity of discipline.

LESSON #13: Thank You that Your “unfailing love surrounds the man who trusts in You.”

LESSON #14: Lord, it is the longing of my heart to be obedient to You in these commands in verse 11: “Rejoice in the Lord and be glad, you righteous; sing, all you who are upright in heart!”



**ADDITIONAL NOTES:**


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**STUDY NUMBER TEN - PSALM 34:1-22****NOTES**

v. 1 I will extol the Lord at all times; his praise will always be on my lips.  
v. 2 My soul will boast in the Lord; let the afflicted hear and rejoice.  
v. 3 Glorify the Lord with me; let us exalt his name together.  
v. 4 I sought the Lord, and he answered me; he delivered me from all my fears.  
v. 5 Those who look to him are radiant; their faces are never covered with shame.  
v. 6 This poor man called, and the Lord heard him; he saved him out of all his troubles.  
v. 7 The angel of the Lord encamps around those who fear him, and he delivers them.  
v. 8 Taste and see that the Lord is good; blessed is the man who takes refuge in him.  
v. 9 Fear the Lord, you his saints, for those who fear him lack nothing.  
v. 10 The lions may grow weak and hungry, but those who seek the Lord lack no good thing.  
v. 11 Come, my children, listen to me; I will teach you the fear of the Lord.  
v. 12 Whoever of you loves life and desires to see many good days,  
v. 13 keep your tongue from evil and your lips from speaking lies.  
v. 14 Turn from evil and do good; seek peace and pursue it.  
v. 15 The eyes of the Lord are on the righteous and his ears are attentive to their cry;  
v. 16 the face of the Lord is against those who do evil, to cut off the memory of them from the earth.  
v. 17 The righteous cry out, and the Lord hears them; he delivers them from all their troubles.  
v. 18 The Lord is close to the brokenhearted and saves those who are crushed in spirit.  
v. 19 A righteous man may have many troubles, but the Lord delivers him from them all;  
v. 20 he protects all his bones, not one of them will be broken.  
v. 21 Evil will slay the wicked; the foes of the righteous will be condemned.  
v. 22 The Lord redeems his servants; no one will be condemned who takes refuge in him.

**QUESTIONS:**

1. Read Psalm 34 and in your own words pull out the main thought of this passage.

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2. What does the Psalmist ask us to do, according to verse 3?

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3. What two things did the Lord do the Psalmist, according to verse 4?

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4. What two things did the Lord do for the Psalmist, according to verse 6?

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5. How does the angel of the Lord respond to our times of trouble, according to verse 7?

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6. What two things does the Psalmist ask us to do in verses 8 & 9?

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7. "For those of us who love life and desire to see many good days," what are we told to do by the Psalmist in verses 13 & 14?

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8. What is the Lord's relationship to the "broken hearted," according to verse 18?

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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### **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: Praise is appropriate always and at all times.

LESSON #2: When I praise the Lord it brings encouragement to others who are “afflicted.”

LESSON #3: It brings the Lord great joy and delight when a great company of us “glorify the Lord” and “exalt his name together.”

LESSON #4: Has the Lord delivered you from all of your “fears?”

LESSON #5: Does your face reflect the radiance and beauty of the Lord Jesus Christ?

LESSON #6: Notice the Lord did not deliver him from his troubles but delivered “him out of all his troubles.”

LESSON #7: Have you thanked the Lord recently for the angelic beings who are there to protect and to provide for you as the need arises?

LESSON #8: Have you tasted and seen that the Lord is good?

LESSON #9: The “fear of the Lord” requires my submission, obedience, and respect for the greatness of God.

LESSON #10: It is amazing what you can endure when you know you’re winning.

LESSON #11: If you are one who “loves life and desires to see many good days” then the psalmist tells us we must keep our “tongue from evil” and our “lips from speaking lies.” We must “turn from evil and do good; seek peace and pursue it.”

LESSON #12: You are really special because “the eyes of the Lord” are on you and “his ears are attentive [to your] cry.”

LESSON #13: “The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

**ADDITIONAL NOTES:**


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**STUDY NUMBER ELEVEN - PSALM 37:1-40****NOTES**

v. 1 Do not fret because of evil men or be envious of those who do wrong;

v. 2 for like the grass they will soon wither, like green plants they will soon die away.

v. 3 Trust in the Lord and do good; dwell in the land and enjoy safe pasture.

v. 4 Delight yourself in the Lord and he will give you the desires of your heart.

v. 5 Commit your way to the Lord; trust in him and he will do this:

v. 6 He will make your righteousness shine like the dawn, the justice of your cause like the noonday sun.

v. 7 Be still before the Lord and wait patiently for him; do not fret when men succeed in their ways, when they carry out their wicked schemes.

v. 8 Refrain from anger and turn from wrath; do not fret—it leads only to evil.

v. 9 For evil men will be cut off, but those who hope in the Lord will inherit the land.

v. 10 A little while, and the wicked will be no more; though you look for them, they will not be found.

v. 11 But the meek will inherit the land and enjoy great peace.

v. 12 The wicked plot against the righteous and gnash their teeth at them;

v. 13 but the Lord laughs at the wicked, for he knows their day is coming.

v. 14 The wicked draw the sword and bend the bow to bring down the poor and needy, to slay those whose ways are upright.

v. 15 But their swords will pierce their own hearts, and their bows will be broken.

v. 16 Better the little that the righteous have than the wealth of many wicked;

v. 17 for the power of the wicked will be broken, but the Lord upholds the righteous.

v. 18 The days of the blameless are known to the Lord, and their inheritance will endure forever.

v. 19 In times of disaster they will not wither; in days of famine they will enjoy plenty.

v. 20 But the wicked will perish: The Lord's enemies will be like the beauty of the fields, they will vanish—vanish like smoke.

v. 21 The wicked borrow and do not repay, but the righteous give generously;

v. 22 those the Lord blesses will inherit the land, but those he curses will be cut off.

v. 23 If the Lord delights in a man's way, he makes his steps firm;

v. 24 though he stumble, he will not fall, for the Lord upholds him with his hand.

**NOTES**

v. 25 I was young and now I am old, yet I have never seen the righteous forsaken or their children begging bread.

v. 26 They are always generous and lend freely; their children will be blessed.

v. 27 Turn from evil and do good; then you will dwell in the land forever.

v. 28 For the Lord loves the just and will not forsake his faithful ones. They will be protected forever, but the offspring of the wicked will be cut off;

v. 29 the righteous will inherit the land and dwell in it forever.

v. 30 The mouth of the righteous man utters wisdom, and his tongue speaks what is just.

v. 31 The law of his God is in his heart; his feet do not slip.

v. 32 The wicked lie in wait for the righteous, seeking their very lives;

v. 33 but the Lord will not leave them in their power or let them be condemned when brought to trial.

v. 34 Wait for the Lord and keep his way. He will exalt you to inherit the land; when the wicked are cut off, you will see it.

v. 35 I have seen a wicked and ruthless man flourishing like a green tree in its native soil,

v. 36 but he soon passed away and was no more; though I looked for him, he could not be found.

v. 37 Consider the blameless, observe the upright; there is a future for the man of peace.

v. 38 But all sinners will be destroyed; the future of the wicked will be cut off.

v. 39 The salvation of the righteous comes from the Lord; he is their stronghold in time of trouble.

v. 40 The Lord helps them and delivers them; he delivers them from the wicked and saves them, because they take refuge in him.

**QUESTIONS:**

1. Read Psalms 37 and in your own words pull out the main thought of this passage.

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2. What three things are we commanded to do in verses 3-5?

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3. What are we commanded to do by the Psalmist in verses 7 & 8?

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4. Describe the future for the “meek,” according to verse 11.

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5. What does the Lord do for those “He delights in,” according to verses 23 & 24?

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6. How does the Lord respond to the “just” and to the “wicked,” according to verse 28?

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7. What are we commanded to do in verse 34?

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8. In what two ways is the Lord involved in the “life of the righteous,” according to verse 39?

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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### **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: The Lord repeats three times in this Psalm that we are not to “fret.”

LESSON #2: The main message of the Psalm is do not get upset over temporary things.  
Keep your focus on that which is eternal.

LESSON #3: “Trust in the Lord and do good; dwell in the land and enjoy safe pasture.”

LESSON #4: "Delight yourself in the Lord and he will give you the desires of your heart."

LESSON #5: "Commit your way to the Lord; trust in him and he will do this."

LESSON #6: "Be still before the Lord and wait patiently for him."

LESSON #7: God gives His very best to those who leave the choice with Him.

LESSON #8: Rest and rejoice, wait and see.

LESSON #9: "The meek will inherit the land and enjoy great peace."

LESSON #10: "Refrain from anger and turn from wrath."

LESSON #11: "The Lord laughs at the wicked, for he knows their day is coming."

LESSON #12: "Better [is] the little that the righteous have than the wealth of many wicked."

LESSON #13: "The wicked borrow and do not repay, but the righteous give generously."

LESSON #14: "If the Lord delights in a man's way, he makes his steps firm."

LESSON #15: "Wait for the Lord and keep his way."

### **ADDITIONAL NOTES:**

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### **STUDY NUMBER TWELVE - PSALM 40:1-17**

### **NOTES**

v. 1 I waited patiently for the Lord; he turned to me and heard my cry.

v. 2 He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand.

v. 3 He put a new song in my mouth, a hymn of praise to our God. Many will see and fear and put their trust in the Lord.

v. 4 Blessed is the man who makes the Lord his trust, who does not look to the proud, to those who turn aside to false gods.

v. 5 Many, O Lord my God, are the wonders you have done. The things you planned for us no one can recount to you; were I to speak and tell of them, they would be too many to declare.

v. 6 Sacrifice and offering you did not desire, but my ears you have pierced; burnt offerings and sin offerings you did not require.

**NOTES**

v. 7 Then I said, "Here I am, I have come—it is written about me in the scroll.

v. 8 I desire to do your will, O my God; your law is within my heart."

v. 9 I proclaim righteousness in the great assembly; I do not seal my lips, as you know, O Lord.

v. 10 I do not hide your righteousness in my heart; I speak of your faithfulness and salvation. I do not conceal your love and your truth from the great assembly.

v. 11 Do not withhold your mercy from me, O Lord; may your love and your truth always protect me.

v. 12 For troubles without number surround me; my sins have overtaken me, and I cannot see. They are more than the hairs of my head, and my heart fails within me.

v. 13 Be pleased, O Lord, to save me; O Lord, come quickly to help me.

v. 14 May all who seek to take my life be put to shame and confusion; may all who desire my ruin be turned back in disgrace.

v. 15 May those who say to me, "Aha! Aha!" be appalled at their own shame.

v. 16 But may all who seek you rejoice and be glad in you; may those who love your salvation always say, "The Lord be exalted!"

v. 17 Yet I am poor and needy; may the Lord think of me. You are my help and my deliverer; O my God, do not delay.

**QUESTIONS:**

1. Read Psalm 40 and in your own words pull out the main thought of this passage.

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2. How does the Lord respond to the Psalmist who is waiting patiently, according to verses 1-3?

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3. Who is the "blessed man," according to verse 4?

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4. Read verse 8 and ask yourself the questions: What is my relationship to God's will and to God's Word? Is it the same as the Psalmist?

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5. Describe the Psalmist's witness, according to verse 10.

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6. What does the Psalmist ask of the Lord in verse 11?

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7. What two things does the Psalmist pray for in verse 16?

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8. The Psalmist describes himself as "poor and needy" in verse 17, what does he ask of the Lord in this verse?

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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### **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: As David "waited patiently for the Lord," the Lord turned to him and heard his cry.

LESSON #2: Have you fallen into one of the "pits" of sin, defeat, bad habits, circumstances, or temptation? Are you crying out to the Lord today?

LESSON #3: "Greater is he who is in you than he who is in the world" (1 John 4:4). "He will lift you out of the slimy pit and out of the mud and mire and he'll set your feet on a rock and give you a firm place to stand."

LESSON #4: He will even put a "new song in [your] mouth, a hymn of praise to our God."

LESSON #5: Have you ever really thought much about how the circumstances in your life are impacting others to “see and fear and put their trust in the Lord”?

LESSON #6: “Blessed is the man who makes the Lord his trust.”

LESSON #7: “Wonders” and “troubles without number” are a part of the normal Christian life.

LESSON #8: Lord, as an act of worship, I present my body afresh to You for You to use as You please.

LESSON #9: Lord, “your law is within my heart” and my supreme desire is to do Your will.

LESSON #10: Lord, help me not to be guilty of “sealing my lips,” “hiding your righteousness,” or “concealing your love.”

LESSON #11: “Lord, may your love and your truth always protect me.”

LESSON #12: “May those who love your salvation always say, ‘The Lord be exalted!’”

LESSON #13: “It is important *that* we hear. It is important *what* we hear. It is important *how* we hear what we hear.” (Vance Havner)

**ADDITIONAL NOTES:**

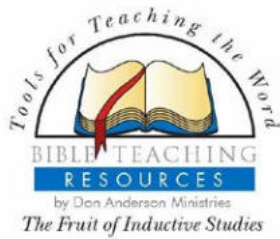
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# A Practical Study of PSALMS: Meditations in Selected Psalms

## “Prayer & Praise Journal Collection One”

### PART III

#### STUDY NUMBER THIRTEEN – PSALM 42:1-43:5

#### NOTES

##### Psalm 42:1-11

v. 1 As the deer pants for streams of water, so my soul pants for you, O God.

v. 2 My soul thirsts for God, for the living God. When can I go and meet with God?

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

v. 4 These things I remember as I pour out my soul: how I used to go with the multitude, leading the procession to the house of God, with shouts of joy and thanksgiving among the festive throng.

v. 5 Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and

v. 6 my God. My soul is downcast within me; therefore I will remember you from the land of the Jordan, the heights of Hermon—from Mount Mizar.

v. 7 Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me.

v. 8 By day the Lord directs his love, at night his song is with me—a prayer to the God of my life.

v. 9 I say to God my Rock, “Why have you forgotten me? Why must I go about mourning, oppressed by the enemy?”

v. 10 My bones suffer mortal agony as my foes taunt me, saying to me all day long, “Where is your God?”

v. 11 Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

**Psalms 43:1-5**

v. 1 Vindicate me, O God, and plead my cause against an ungodly nation; rescue me from deceitful and wicked men.

v. 2 You are God my stronghold. Why have you rejected me? Why must I go about mourning, oppressed by the enemy?

v. 3 Send forth your light and your truth, let them guide me; let them bring me to your holy mountain, to the place where you dwell.

v. 4 Then will I go to the altar of God, to God, my joy and my delight.

I will praise you with the harp, O God, my God.

v. 5 Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

**QUESTIONS:**

1. Read Psalms 42 and 43 and in your own words pull out the main thought of this passage.

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2. What words does the psalmist use in verses 1 & 2 to describe his “longing for God?”

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3. What words does David use in verse 5 to describe his condition?

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4. How does David describe his sufferings, according to verse 7?

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5. In what two ways is the Lord involved in his life, according to verse 8?

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6. What are the two “why” questions in verse 9?

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7. What two things does David ask the Lord to do for him, according to Psalm 43:1?

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8. What two things does the psalmist ask for, according to Psalm 43:3?

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9. What verse in these psalms has meant the most to you?

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10. What lesson have you learned from these psalms?

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### **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: How passionate is your love for God and for His Son, Jesus Christ?

LESSON #2: Is your “soul panting for God” (Psalm 42:1)?

LESSON #3: Is your “soul thirsting for the Living God” (Psalm 42:2)?

LESSON #4: Do you have a regular habit of “pouring out your soul” to the Lord in prayer (Psalm 42:4)?

LESSON #5: When you are “downcast” and “disturbed,” acknowledge it (Psalm 42:5).

LESSON #6: Keep your focus on God’s sovereignty, sing “His song,” and spend quality time in supplication and you are going to end up victorious (Psalm 42:8).

LESSON #7: Three times in these two psalms we find David talking to himself saying the same thing, in Psalm 42:5 & 11 and Psalm 43:5. “Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior, and my God.”

LESSON #8: David asks the Lord for three things in Psalm 43:1: (1) “Vindicate me;” (2) “plead my cause;” and (3) “rescue me.”

LESSON #9: Can you say to the Lord today: “You are God my stronghold . . .” (Psalm 43:2)?

LESSON #10: The key to solving the problem of depression is in Psalm 43:3: “Send forth your light and your truth.”

LESSON #11: There are two reasons for “light” and “truth”: (1) “let them guide me;” and (2) “let them bring me to your holy mountain” (Psalm 43:3).

LESSON #12: Can you say to God: “You are my joy and my delight” (Psalm 43:4)?

### **ADDITIONAL NOTES:**

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### **STUDY NUMBER FOURTEEN – PSALM 51:1-19**

### **NOTES**

v. 1 Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions.

v. 2 Wash away all my iniquity and cleanse me from my sin.

v. 3 For I know my transgressions, and my sin is always before me.

v. 4 Against you, you only, have I sinned and done what is evil in your sight, so that you are proved right when you speak and justified when you judge.

v. 5 Surely I was sinful at birth, sinful from the time my mother conceived me.

v. 6 Surely you desire truth in the inner parts; you teach me wisdom in the inmost place.

v. 7 Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow.

v. 8 Let me hear joy and gladness; let the bones you have crushed rejoice.

v. 9 Hide your face from my sins and blot out all my iniquity.

v. 10 Create in me a pure heart, O God, and renew a steadfast spirit within me.

v. 11 Do not cast me from your presence or take your Holy Spirit from me.

v. 12 Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

v. 13 Then I will teach transgressors your ways, and sinners will turn back to you.

v. 14 Save me from bloodguilt, O God, the God who saves me, and my tongue will sing of your righteousness.

v. 15 O Lord, open my lips, and my mouth will declare your praise.

v. 16 You do not delight in sacrifice, or I would bring it; you do not take pleasure in burnt offerings.

v. 17 The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.

v. 18 In your good pleasure make Zion prosper; build up the walls of Jerusalem.

v. 19 Then there will be righteous sacrifices, whole burnt offerings to delight you; then bulls will be offered on your altar.

**QUESTIONS:**

1. Read Psalms 51 and in your own words pull out the main thought of this passage.

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2. What two things does David ask of the Lord in verse 1?

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3. What two things does the psalmist ask of the Lord in verse 2?

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4. Who is the one who is hurt the most when we sin, according to verse 4?

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5. What two things does the psalmist ask of the Lord in verse 10?

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6. What two things does he ask of the Lord in verse 12?

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7. What are the “sacrifices” that please the Lord the most, according to verse 17?

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8. Describe in your own words what “a broken spirit; a broken and contrite heart” means.

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9. What verse in the psalm has meant the most to you?

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10. What lesson have you learned from this psalm?

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### **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: David's only hope is "mercy" from a God of grace.

LESSON #2: David takes full responsibility for his "sin" in his confession.

LESSON #3: "Blot out," "wash away," and "cleanse" are the words of confession that he uses (verses 1 & 2).

LESSON #4: David is in deep agony over his "sin."

LESSON #5: David sees his "sin" as ultimately "against" the Lord (verse 4).

LESSON #6: David confesses the fact that "all have sinned and fall short of the glory of God" (Romans 3:23).

LESSON #7: The Lord "desires truth in the inner parts" and He wants to "teach me wisdom in the inmost place" (verse 6).

LESSON #8: When the Lord "cleanses" and "washes" us, we become "whiter than snow" (verse 7).

LESSON #9: "A pure heart," "a steadfast spirit," and "a willing spirit," are the three things that David prays for (verses 10 & 12).

LESSON #10: In response to forgiveness, David will "teach transgressors" the Lord's ways (verse 13).

LESSON #11: "O Lord, open my lips, and my mouth will declare your praise" (verse 15).

LESSON #12: "The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise" (verse 17).

### **ADDITIONAL NOTES:**

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**STUDY NUMBER FIFTEEN – PSALM 62:1-12****NOTES**

v. 1 My soul finds rest in God alone; my salvation comes from him.  
 v. 2 He alone is my rock and my salvation; he is my fortress, I will never be shaken.  
 v. 3 How long will you assault a man? Would all of you throw him down—this leaning wall, this tottering fence?  
 v. 4 They fully intend to topple him from his lofty place; they take delight in lies. With their mouths they bless, but in their hearts they curse. Selah  
 v. 5 Find rest, O my soul, in God alone; my hope comes from him.  
 v. 6 He alone is my rock and my salvation; he is my fortress, I will not be shaken.  
 v. 7 My salvation and my honor depend on God; he is my mighty rock, my refuge.  
 v. 8 Trust in him at all times, O people; pour out your hearts to him, for God is our refuge. Selah  
 v. 9 Lowborn men are but a breath, the highborn are but a lie; if weighed on a balance, they are nothing; together they are only a breath.  
 v. 10 Do not trust in extortion or take pride in stolen goods; though your riches increase, do not set your heart on them.  
 v. 11 One thing God has spoken, two things have I heard: that you, O God, are strong,  
 v. 12 and that you, O Lord, are loving. Surely you will reward each person according to what he has done.

**QUESTIONS:**

1. Read Psalms 62 and in your own words pull out the main thought of this passage.

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2. Where does David's "soul find rest," according to verse 1?

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3. What are the three descriptions of the Lord in verse 2?

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4. What is the psalmist's statement of commitment in verse 2?

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5. What two things does David tell us to do in verse 8?

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6. What three things does David tell us not to do, according to verse 10?

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7. What two things has David “heard” about God, according to verse 11?

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8. Compare the closing statement of this psalm with 2 Corinthians 5:10 and Romans 14:12.

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9. What verse in the psalm has meant the most to you?

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10. What lesson have you learned from this psalm?

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### **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: Is your soul finding “rest in God alone?” (verse 1).

LESSON #2: Is your salvation a gift which “comes from Him” and Him alone?

LESSON #3: Is He your “rock,” your “salvation,” and your “fortress?” (verse 2).

LESSON #4: Are you being shaken or are you steadfast in Christ?

LESSON #5: Be sure to take your shield of faith each day, to quench the fiery darts of the wicked one.

LESSON #6: “Find rest, O my soul, in God alone; my hope comes from Him” (verse 5).

LESSON #7: Is the Lord your “mighty rock” and “refuge?” (verse 7).

LESSON #8: Are you trusting “in Him at all times?” (verse 8).

LESSON #9: Have you taken time to “pour out your hearts to him?” (verse 8).

LESSON #10: Our earthy lives are like “a vapor that appears for a little time and then passes away” (James 4:14).

LESSON #11: “Do not trust in extortion or take pride in stolen goods; . . . do not set your heart on them” (verse 10).

LESSON #12: God is “strong” and God is “loving,” therefore, He is worthy of your trust (verses 11 & 12).

LESSON #13: Our court appearance has already been scheduled for our time of accountability.

LESSON #14: Can we trust God with the remainder of our lives?

LESSON #15: Can we lean upon Him rather than upon men and material things?

LESSON #16: Can we truly trust God no matter what?

### **ADDITIONAL NOTES:**

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### **STUDY NUMBER SIXTEEN – PSALM 65:1-13**

### **NOTES**

v. 1 Praise awaits you, O God, in Zion; to you our vows will be fulfilled.  
v. 2 O you who hear prayer, to you all men will come.  
v. 3 When we were overwhelmed by sins, you forgave our transgressions.  
v. 4 Blessed are those you choose and bring near to live in your courts! We are filled with the good things of your house, of your holy temple.  
v. 5 You answer us with awesome deeds of righteousness, O God our Savior, the hope of all the ends of the earth and of the farthest seas,  
v. 6 who formed the mountains by your power, having armed yourself with strength,  
v. 7 who stilled the roaring of the seas, the roaring of their waves, and the turmoil of the nations.  
v. 8 Those living far away fear your wonders; where morning dawns and evening fades you call forth songs of joy.

**NOTES**

v. 9 You care for the land and water it; you enrich it abundantly. The streams of God are filled with water to provide the people with grain, for so you have ordained it.

v. 10 You drench its furrows and level its ridges; you soften it with showers and bless its crops.

v. 11 You crown the year with your bounty, and your carts overflow with abundance.

v. 12 The grasslands of the desert overflow; the hills are clothed with gladness.

v. 13 The meadows are covered with flocks and the valleys are mantled with grain; they shout for joy and sing.

**QUESTIONS:**

1. Read Psalm 65 and in your own words pull out the main thought of this passage.

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2. What is the first statement that the psalmist makes to the Lord in verse 1?

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3. How does the psalmist describe the Lord's action toward us, according to verse 2?

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4. When the psalmist was "overwhelmed by sins," what did the Lord do, according to verse 3?

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5. How does the psalmist describe the "blessed," according to verse 4?

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6. What does the Lord do when "morning dawns," according to verse 8?

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7. Describe how the Creator cares for the land, according to verses 9 & 10.

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8. What two things does the Lord do each year, according to verse 11?

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9. What verse in the psalm has meant the most to you?

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10. What lesson have you learned from this psalm?

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### **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: Lord, tune my heart to sing Thy praise!

LESSON #2: There are times when praise flows freely in silence because God knows our hearts and we are so overwhelmed with the Lord's presence.

LESSON #3: Lord, thank You for the promise that "you hear [our] prayer" (verse 2).

LESSON #4: Lord, thank You that "When we are overwhelmed by [our] sin," You are there to forgive and to cleanse (verse 3).

LESSON #5: "Blessed are those you choose and bring near to live in your courts!" (verse 4).

LESSON #6: The Lord not only hears our prayer, but He "answer[s] us with awesome deeds of righteousness," (verse 5).

LESSON #7: What a joy to know, O Lord, that You are "our Savior" and our "hope" (verse 5).

LESSON #8: Lord, there is such comfort in the fact that You are the Creator and the Sustainer of this earth and the entire universe.

LESSON #9: Thank You, Lord, that You have the power and the authority to still the raging seas and also "the turmoil [among] nations" (verse 7).

LESSON #10: The Lord is the One who is “call[ing] forth songs of joy” from us (verse 8).

LESSON #11: Lord, as “You care for the land . . . you enrich it . . . and provide the people with grain,” so you likewise do those very same things for us. You “care” for us, You “enrich” us, and You “provide” for our needs (verse 9).

LESSON #12: “Sow to yourself in righteousness, reap in mercy, break up your unplowed ground for it is time to seek the Lord till he comes and rains righteousness upon you” (Hosea 10:12).

LESSON #13: Lord, what great comfort comes from seeing these beautiful scenes of Your future kingdom. Even so, come quickly!

LESSON #14: “Bounty” and “abundance” are words that describe Your blessing upon a person who is walking with You (verse 11).

LESSON #15: Lord, thank You that a day is coming when creation is released from the curse and this release will be accompanied with shouts and songs.

### **ADDITIONAL NOTES:**

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### **STUDY NUMBER SEVENTEEN – PSALM 86:1-17**

### **NOTES**

v. 1 Hear, O Lord, and answer me, for I am poor and needy.  
v. 2 Guard my life, for I am devoted to you. You are my God; save your servant who trusts in you.  
v. 3 Have mercy on me, O Lord, for I call to you all day long.  
v. 4 Bring joy to your servant, for to you, O Lord, I lift up my soul.  
v. 5 You are forgiving and good, O Lord, abounding in love to all who call to you.  
v. 6 Hear my prayer, O Lord; listen to my cry for mercy.  
v. 7 In the day of my trouble I will call to you, for you will answer me.  
v. 8 Among the gods there is none like you, O Lord; no deeds can compare with yours.  
v. 9 All the nations you have made will come and worship before you, O Lord; they will bring glory to your name.  
v. 10 For you are great and do marvelous deeds; you alone are God.  
v. 11 Teach me your way, O Lord, and I will walk in your truth; give me an undivided heart, that I may fear your name.  
v. 12 I will praise you, O Lord my God, with all my heart; I will glorify your name forever.

**NOTES**

v. 13 For great is your love toward me; you have delivered me from the depths of the grave.

v. 14 The arrogant are attacking me, O God; a band of ruthless men seeks my life—men without regard for you.

v. 15 But you, O Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness.

v. 16 Turn to me and have mercy on me; grant your strength to your servant and save the son of your maidservant.

v. 17 Give me a sign of your goodness, that my enemies may see it and be put to shame, for you, O Lord, have helped me and comforted me.

**QUESTIONS:**

1. Read Psalm 86 and in your own words pull out the main thought of this passage.

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2. Read the psalm once again and see if you can find the thirteen prayer petitions that are in these seventeen verses.

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3. How does the psalmist describe himself in verse 1?

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4. In what three ways does the psalmist describe the Lord in verse 5?

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5. What is the psalmist's "confidence in the day of his trouble," according to verse 7?

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6. What does the psalmist say of the Lord in verse 10?

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7. What two things does the psalmist ask of the Lord in verse 11?

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8. What does the psalmist ask for in verse 17?

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9. What verse in the psalm has meant the most to you?

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10. What lesson have you learned from this psalm?

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### **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: Petition and praise are both a part of the believer's prayer.

LESSON #2: Matthew Henry says, "Prayer is the nurse of spiritual joy."

LESSON #3: David asks for protection for two reasons: (1) he is devoted to the Lord and (2) he is trusting in Him.

LESSON #4: God is "forgiving and good . . . abounding in love" (verse 5).

LESSON #5: David knows where to go "in the day of his trouble" (verse 7).

LESSON #6: God is "great and [does] marvelous deeds" (verse 10).

LESSON #7: How it delights the heart of God to hear us pray: "Teach me your way, O Lord" (verse 11).

LESSON #8: Lord, "I will walk in your truth" (verse 11).

LESSON #9: Lord, "give me an undivided heart" (verse 11).

LESSON #10: Lord, I want my single focus to be upon the relationship I have with You.

LESSON #11: Lord, You "are a compassionate and gracious God, slow to anger, abounding in love and faithfulness" (verse 15).



LESSON #12: Lord, I am asking You for “strength” to be victorious in accomplishment of Your will this day.

LESSON #13: Lord, I am asking for “strength” that I might not embarrass You in any way in the midst of my suffering.

LESSON #14: Lord, would You “give me a sign of your goodness?” (verse 17).

### **ADDITIONAL NOTES:**

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### **STUDY NUMBER EIGHTEEN – PSALM 90:1-17**

### **NOTES**

v. 1 Lord, you have been our dwelling place throughout all generations.  
v. 2 Before the mountains were born or you brought forth the earth and the world, from everlasting to everlasting you are God.  
v. 3 You turn men back to dust, saying, “Return to dust, O sons of men.”  
v. 4 For a thousand years in your sight are like a day that has just gone by, or like a watch in the night.  
v. 5 You sweep men away in the sleep of death; they are like the new grass of the morning—  
v. 6 though in the morning it springs up new, by evening it is dry and withered.  
v. 7 We are consumed by your anger and terrified by your indignation.  
v. 8 You have set our iniquities before you, our secret sins in the light of your presence.  
v. 9 All our days pass away under your wrath; we finish our years with a moan.  
v. 10 The length of our days is seventy years—or eighty, if we have the strength; yet their span is but trouble and sorrow, for they quickly pass, and we fly away.  
v. 11 Who knows the power of your anger? For your wrath is as great as the fear that is due you.  
v. 12 Teach us to number our days aright, that we may gain a heart of wisdom.  
v. 13 Relent, O Lord! How long will it be? Have compassion on your servants.  
v. 14 Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days.  
v. 15 Make us glad for as many days as you have afflicted us, for as many years as we have seen trouble.  
v. 16 May your deeds be shown to your servants, your splendor to their children.  
v. 17 May the favor of the Lord our God rest upon us; establish the work of our hands for us—yes, establish the work of our hands.

**QUESTIONS:**

1. Read Psalms 90 and in your own words pull out the main thought of this passage.

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2. How does the psalmist describe the Lord in verse 1?

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3. Describe how the eternal God relates to time, according to verse 4.

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4. Describe the psalmist's view of life, according to verse 10.

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5. What does the psalmist ask of the Lord in verse 12?

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6. What does the psalmist ask of the Lord in verse 14?

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7. What does the psalmist ask of the Lord in verse 15?

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8. What does the psalmist ask of the Lord in verse 17?

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9. What verse in the psalm has meant the most to you?

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10. What lesson have you learned from this psalm?

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### **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: Lord, there is great comfort in knowing that You are eternal and immortal.

LESSON #2: Lord, there is great comfort in the fact that You are the Creator and Sustainer of this universe in which we dwell.

LESSON #3: Life is like a giant circle, we start with dust and to dust we return (verse 3).

LESSON #4: Because the Lord is eternal, “a thousand years . . . are like a day [to him] or like a watch in the night” (verse 4).

LESSON #5: Lord, help us each to be ready daily for the flash flood of physical death.

LESSON #6: Lord, we are like “grass” that is sown, grown, mown, blown, [and] gone (Spurgeon).

LESSON #7: Lord, thank You that when we come to the cross, You blot out all “our iniquities” and You cleanse us completely of “our secret sins” (verse 8).

LESSON #8: Life is short, death is sure, sin is the cause, Christ is the cure.

LESSON #9: Lord, what a joy to know that at the time of physical death, we are merely flying away home (verse 10).

LESSON #10: “Teach us to number our days aright, that we may gain a heart of wisdom” (verse 12).

LESSON #11: “Satisfy us [O Lord] with your unfailing love, that we may sing for joy and be glad all our days” (verse 14).

LESSON #12: Lord, help us to stay focused on the work that You have for us to do and not be distracted.

LESSON #13: Lord, may we have the joy of accomplishing something that will count for eternity.

LESSON #14: Lord, thank You for the salvation that has been provided for us by the death of Jesus Christ upon the cross.

**ADDITIONAL NOTES:**

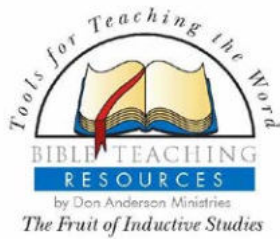
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# A Practical Study of PSALMS: Meditations in Selected Psalms

## “Prayer & Praise Journal Collection One”

### PART IV

#### STUDY NUMBER NINETEEN – PSALM 91:1-16

#### NOTES

v. 1 He who dwells in the shelter of the Most High will rest in the shadow of the Almighty.

v. 2 I will say of the Lord, “He is my refuge and my fortress, my God, in whom I trust.”

v. 3 Surely he will save you from the fowler’s snare and from the deadly pestilence.

v. 4 He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.

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

v. 6 nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.

v. 7 A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.

v. 8 You will only observe with your eyes and see the punishment of the wicked.

v. 9 If you make the Most High your dwelling—even the Lord, who is my refuge—

v. 10 then no harm will befall you, no disaster will come near your tent.

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

v. 12 they will lift you up in their hands, so that you will not strike your foot against a stone.

v. 13 You will tread upon the lion and the cobra; you will trample the great lion and the serpent.

v. 14 “Because he loves me,” says the Lord, “I will rescue him; I will protect him, for he acknowledges my name.”

**NOTES**

v. 15 He will call upon me, and I will answer him; I will be with him in trouble,  
I will deliver him and honor him.

v. 16 With long life will I satisfy him and show him my salvation.”

**QUESTIONS:**

1. Read Psalms 91 and in your own words pull out the main thought of this passage.

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2. What does the psalmist say about the Lord in verse 2?

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3. What will the Lord do for us, according to verse 4?

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4. What will “you not fear,” according to verses 5 & 6?

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5. If we make the “Most High” our “dwelling,” what is the promise, according to verse 10?

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6. What command does the Lord give His angels for us, according to verse 11?

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7. Because we love Him, what will the Lord do for us, according to verse 14?

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8. What are the things the Lord will do for us in verses 15 & 16?

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9. What verse in the psalm has meant the most to you?

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10. What lesson have you learned from this psalm?

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### **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: "He who dwells in the shelter of the Most High will rest in the shadow of the Almighty" (verse 1).

LESSON #2: Can you say with David, "I trust in the Lord who is my refuge, my fortress, my God!"? (verse 2).

LESSON #3: Satan is busily engaged in mining the path before us with snares and traps to keep us from making progress in the path of obedience.

LESSON #4: "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness" (Lamentations 3:22, 23).

LESSON #5: On the field of battle it is good for us to remember that the battle is the Lords.

LESSON #6: "Whatever happens, abide steadfast in a determination to cling simply to God" (St. Francis DeSales).

LESSON #7: "I am immortal until the will of God for me is accomplished" (David Livingstone).

LESSON #8: "The center of God's will is our only safety" (Betsie Ten Boom).

LESSON #9: There are three key statements in the Lord's plan of protection: (1) "it will not come near you" (verse 7); (2) "no harm will befall you" (verse 10); and (3) "no disaster will come near your tent" (verse 10).

LESSON #10: The Lord uses angels to guard us in all of our ways.

LESSON #11: Victory over Satan is our legacy as we depend upon the Lord because "greater is He who is in you than he who is in the world" (1 John 4:4).

LESSON #12: The ultimate victory over Satan is Romans 16:20: “And the God of peace will soon crush Satan under your feet. . . .”

LESSON #13: The Lord’s contract of protection involves eight things: (1) “I will rescue him”; (2) “I will protect him”; (3) “I will answer him”; (4) “I will be with him in trouble”; (5) “I will deliver him”; (6) “[I will] honor him”; (7) “[I will] satisfy him”; and (8) “[I will] show him my salvation.”

LESSON #14: “God never goes back on the man who stakes his all on Him” (William Barclay).

### **ADDITIONAL NOTES:**

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### **STUDY NUMBER TWENTY – PSALM 113:1-9**

### **NOTES**

v. 1 Praise the Lord. Praise, O servants of the Lord, praise the name of the Lord.  
v. 2 Let the name of the Lord be praised, both now and forevermore.  
v. 3 From the rising of the sun to the place where it sets, the name of the Lord is to be praised.  
v. 4 The Lord is exalted over all the nations, his glory above the heavens.  
v. 5 Who is like the Lord our God, the One who sits enthroned on high,  
v. 6 who stoops down to look on the heavens and the earth?  
v. 7 He raises the poor from the dust and lifts the needy from the ash heap;  
v. 8 he seats them with princes, with the princes of their people.  
v. 9 He settles the barren woman in her home as a happy mother of children. Praise the Lord.

### **QUESTIONS:**

1. Read Psalms 113 and in your own words pull out the main thought of this passage.

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2. What are we commanded to do in verse 1?

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3. Draw up a list of the names of the Lord that you can use to praise Him.

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4. What do you think verse 3 means when it says: "From the rising of the sun to the place where it sets, the name of the Lord is to be praised"?

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5. What does the psalmist mean when he says: "The Lord is exalted over all the nations, his glory above the heavens"?

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6. Read Philippians 2:6-8 and describe what the Lord has done as a result of "stooping down to look on the heavens and the earth."

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7. What other things does the Lord do when he "stoops down to look on the heavens and the earth," according to verses 7 & 8?

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8. What does the Lord do for the "barren woman," according to verse 9?

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9. What verse in the psalm has meant the most to you?

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10. What lesson have you learned from this psalm?

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## **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: "Through Him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that give thanks to His name" (Hebrews 13:15).

LESSON #2: We are commanded in this Psalm to "praise the name of the Lord" (verse 1).

LESSON #3: "The name of the Lord" has to do with all that He is and all that He has done for us

LESSON #4: The praise of the Lord will always be a part of our lives, both now and throughout eternity.

LESSON #5: "From the rising of the sun to the place where it sets, the name of the Lord is to be praised" (verse 3).

LESSON #6: "His brilliant splendor fills the heavens, and the earth is filled with his praise! What a wonderful God he is!" (Habakkuk 3:3b NLT).

LESSON #7: "The Lord is exalted over all the nations, his glory above the heavens" (verse 4).

LESSON #8: He "sits enthroned on high," He "stoops down to look on the heavens and the earth," "He raises the poor from the dust," He "lifts the needy from the ash heap," "he seats them with princes," "He settles the barren woman in her home as a happy mother of children" (verses 5-9).

LESSON #9: "Truly, truly, I say to you, unless a grain of wheat falls into the earth and dies, it remains by itself alone; but if it dies, it bears much fruit" (John 12:24).

LESSON #10: Is your life bearing fruit for the glory of God?

## **ADDITIONAL NOTES:**

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**STUDY NUMBER TWENTY-ONE – PSALM 138:1-8****NOTES**

v. 1 I will praise you, O Lord, with all my heart; before the “gods” I will sing your praise.

v. 2 I will bow down toward your holy temple and will praise your name for your love and your faithfulness, for you have exalted above all things your name and your word.

v. 3 When I called, you answered me; you made me bold and stouthearted.

v. 4 May all the kings of the earth praise you, O Lord, when they hear the words of your mouth.

v. 5 May they sing of the ways of the Lord, for the glory of the Lord is great.

v. 6 Though the Lord is on high, he looks upon the lowly, but the proud he knows from afar.

v. 7 Though I walk in the midst of trouble, you preserve my life; you stretch out your hand against the anger of my foes, with your right hand you save me.

v. 8 The Lord will fulfill [his purpose] for me; your love, O Lord, endures forever—do not abandon the works of your hands.

**QUESTIONS:**

1. Read Psalm 138 and in your own words pull out the main thought of this passage.

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2. What does the psalmist say he will do, according to verse 1?

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3. What two things stimulate the psalmist’s praise, according to verse 2?

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4. How did the Lord respond when the psalmist prayed, according to verse 3?

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5. What is the psalmist’s wish for the “kings of the earth,” according to verse 4?

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6. How does the psalmist characterize “the glory of the Lord,” according to verse 5?

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7. Who does the Lord “look upon,” according to verse 6?

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8. Read Philippians 1:6 and compare it with Psalms 138:8 and answer the question: What is the psalmist confident of in this verse?

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9. What verse in the psalm has meant the most to you?

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10. What lesson have you learned from this psalm?

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### **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: David is praising the Lord “with all of his heart” (verse 1).

LESSON #2: David is “singing His praise” (verse 1).

LESSON #3: David is “praising the Lord’s name” because of His “love” and His “faithfulness” (verse 2).

LESSON #4: David has experienced an incredible answer to prayer.

LESSON #5: The answer to prayer has made him “bold and stouthearted” (verse 3).

LESSON #6: His wish is that the impact of what the Lord has done for him will affect the “kings of the earth” so that they, too, enter into a chorus of praise to the Lord (verse 4).

LESSON #7: Although the “glory of the Lord is great,” “he looks [with concern] upon the lowly” (verses 5 & 6).

LESSON #8: The Lord does not have a relationship with the “proud” (verse 6).

LESSON #9: Lord, it is wonderful to know that in the “midst of trouble,” You are there with us (verse 7).

LESSON #10: What a joy is ours to know that You will “fulfill Your purpose” for us (verse 8).

LESSON #11: You will “not abandon the works of your hands” (verse 8).

### **ADDITIONAL NOTES:**

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## **STUDY NUMBER TWENTY-TWO – PSALM 139:1-24**

## **NOTES**

v. 1 O Lord, you have searched me and you know me.  
v. 2 You know when I sit and when I rise; you perceive my thoughts from afar.  
v. 3 You discern my going out and my lying down; you are familiar with all my ways.  
v. 4 Before a word is on my tongue you know it completely, O Lord.  
v. 5 You hem me in—behind and before; you have laid your hand upon me.  
v. 6 Such knowledge is too wonderful for me, too lofty for me to attain.  
v. 7 Where can I go from your Spirit? Where can I flee from your presence?  
v. 8 If I go up to the heavens, you are there; if I make my bed in the depths, you are there.  
v. 9 If I rise on the wings of the dawn, if I settle on the far side of the sea,  
v. 10 even there your hand will guide me, your right hand will hold me fast.  
v. 11 If I say, “Surely the darkness will hide me and the light become night around me,”  
v. 12 even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you.  
v. 13 For you created my inmost being; you knit me together in my mother's womb.  
v. 14 I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.  
v. 15 My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth,  
v. 16 your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be.  
v. 17 How precious to me are your thoughts, O God! How vast is the sum of them!  
v. 18 Were I to count them, they would outnumber the grains of sand. When I awake, I am still with you.  
v. 19 If only you would slay the wicked, O God! Away from me, you bloodthirsty men!

**NOTES**

v. 20 They speak of you with evil intent; your adversaries misuse your name.  
 v. 21 Do I not hate those who hate you, O Lord, and abhor those who rise up against you?  
 v. 22 I have nothing but hatred for them; I count them my enemies.  
 v. 23 Search me, O God, and know my heart; test me and know my anxious thoughts.  
 v. 24 See if there is any offensive way in me, and lead me in the way everlasting.

**QUESTIONS:**

1. Read Psalm 139 and in your own words pull out the main thought of this passage.

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2. Make a list of the things the Lord knows about us, according to verses 2-4.

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3. What two things has the Lord done for the psalmist, according to verse 5.

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4. After reading verses 7-9, answer the question: Where can the psalmist go to get away from the Lord?

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5. Why does the psalmist praise the Lord, according to verse 14?

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6. What does the psalmist say about the "length of our lives," according to verse 16?

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7. What does the psalmist say about "the Lord's thoughts" in verses 17 & 18?

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8. What does the psalmist ask the Lord to do for him in verses 23 & 24?

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9. What verse in the psalm has meant the most to you?

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10. What lesson have you learned from this psalm?

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### **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: The Lord knows everything about us and He still loves us unconditionally.

LESSON #2: We are under the Lord's constant surveillance.

LESSON #3: The Lord is fully aware of what our words will be even before they are spoken.

LESSON #4: Can we say with the Psalmist, "Such knowledge is too wonderful for me, too lofty for me to attain"? (verse 6).

LESSON #5: What a comfort to know that the Lord is with us all the time.

LESSON #6: No matter where I go, He is there.

LESSON #7: "I praise You [Lord] because I am fearfully and wonderfully made; your works are wonderful, I know that full well" (verse 14).

LESSON #8: Lord, thank You that there are no limitations upon Your power.

LESSON #9: "How precious to me are your thoughts, O God! How vast is the sum of them!" (verse 17).

LESSON #10: Lord, the prayer of my heart is that of David: "Search me, O God, and know my heart; test me and know my anxious thoughts" (verse 23).

LESSON #11: Lord, the longing of my heart is to know from You if there is anything in my life which is "offensive" to You (verse 24).

LESSON #12: Lord, "lead me in the way everlasting" (verse 24).

**ADDITIONAL NOTES:**


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**STUDY NUMBER TWENTY-THREE – PSALM 142:1-7****NOTES**

v. 1 I cry aloud to the Lord; I lift up my voice to the Lord for mercy.  
v. 2 I pour out my complaint before him; before him I tell my trouble.  
v. 3 When my spirit grows faint within me, it is you who know my way. In the path where I walk men have hidden a snare for me.  
v. 4 Look to my right and see; no one is concerned for me. I have no refuge; no one cares for my life.  
v. 5 I cry to you, O Lord; I say, "You are my refuge, my portion in the land of the living."  
v. 6 Listen to my cry, for I am in desperate need; rescue me from those who pursue me, for they are too strong for me.  
v. 7 Set me free from my prison, that I may praise your name. Then the righteous will gather about me because of your goodness to me.

**QUESTIONS:**

1. Read Psalms 142 and in your own words pull out the main thought of this passage.

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2. What is the psalmist asking the Lord for in verse 1?

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3. What two things does the psalmist pray about in verse 2?

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4. Read Isaiah 42:16 and then compare it with verse 3.

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5. Read Matthew 10:29-31 and compare it with verse 4.

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6. What two things does the psalmist say about the Lord in verse 5?

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7. What are the two reasons for the psalmist's intense prayer in verse 6?

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8. What does the psalmist pray for in verse 7?

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9. What verse in the psalm has meant the most to you?

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10. What lesson have you learned from this psalm?

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### **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: David held nothing back in his “cry aloud to the Lord” (verse 1).

LESSON #2: Verbalizing our prayers sometimes helps us to keep our thoughts on track.

LESSON #3: “Our lives are shaped not as much by our experiences as by our expectations” (George Bernard Shaw).

LESSON #4: David was honest and transparent in prayer as he poured out his “complaints” and his “troubles” to the Lord (verse 2).

LESSON #5: There are going to be times in our Christian experience when our “spirit [will grow] faint within [us]” (verse 3).

LESSON #6: There are three things that bring David a lot of joy in this Psalm: (1) “it is you who know my way”—verse 3; (2) “You are my refuge, my portion in the land of the living”—verse 5; and (3) “Set me free from my prison, that I may praise your name. Then the righteous will gather about me because of your goodness to me” (verse 7).

LESSON #7: “The path of the righteous is like the first gleam of dawn, shining ever brighter till the full light of day” (Proverbs 4:18).

LESSON #8: Lord, although David can see no one who is “concerned” for him, “no refuge,” and “no one cares for [his] life,” yet he has the promise we all have. You will never leave us nor forsake us (verse 4).

LESSON #9: Thank you, Lord, that You are our “refuge” and that You are our “portion in the land of the living” (verses 4 & 5).

LESSON #10: Lord, it is a joy to know that when we are in desperate need and the enemy is too strong, Your strength is made perfect in our weakness.

LESSON #11: “Set me free from my prison, that I may praise your name” (verse 7).

### **ADDITIONAL NOTES:**

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## **STUDY NUMBER TWENTY-FOUR – PSALM 146:1-10**

## **NOTES**

v. 1 Praise the Lord. Praise the Lord, O my soul.  
v. 2 I will praise the Lord all my life; I will sing praise to my God as long as I live.  
v. 3 Do not put your trust in princes, in mortal men, who cannot save.  
v. 4 When their spirit departs, they return to the ground; on that very day their plans come to nothing.  
v. 5 Blessed is he whose help is the God of Jacob, whose hope is in the Lord his God,  
v. 6 the Maker of heaven and earth, the sea, and everything in them—the Lord, who remains faithful forever.  
v. 7 He upholds the cause of the oppressed and gives food to the hungry. The Lord sets prisoners free,  
v. 8 the Lord gives sight to the blind, the Lord lifts up those who are bowed down, the Lord loves the righteous.  
v. 9 The Lord watches over the alien and sustains the fatherless and the widow, but he frustrates the ways of the wicked.  
v. 10 The Lord reigns forever, your God, O Zion, for all generations. Praise the Lord.

**QUESTIONS:**

1. Read Psalms 146 and in your own words pull out the main thought of this passage.

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2. What does the psalmist say he is going to do “as long as he lives,” according to verses 1 & 2?

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3. What does the psalmist tell us not to do, according to verse 3?

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4. Describe “death” according to the psalmist in verse 4.

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5. What two things characterize “the blessed,” according to verse 5?

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6. How is the Lord described by the psalmist in verse 6?

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7. Make a list of the things the Lord does in verses 7-9.

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8. How is the Lord pictured by the psalmist in verse 10?

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9. What verse in the psalm has meant the most to you?

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10. What lesson have you learned from this psalm?

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### **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: It ought to be our supreme desire and deepest ambition to continually “Praise the Lord” (verse 1).

LESSON #2: “I will praise the Lord all my life” (verse 2).

LESSON #3: “I will sing praise to my God as long as I live” (verse 2).

LESSON #4: Lord, my trust is in You and You alone!

LESSON #5: Lord, help me never to hear, “Thou fool, this night thy soul shall be required of thee, then whose shall those things be?” (Luke 12:20 KJV)

LESSON #6: A person is “blessed . . . whose help is the God of Jacob, [and] whose hope is in the Lord his God” (verse 5).

LESSON #7: The Lord is “the Maker of heaven and earth, the sea, and everything in them” (verse 6).

LESSON #8: “The Lord . . . remains faithful forever” (verse 6).

LESSON #9: The Lord “upholds,” “gives,” “sets . . . free,” “lifts up,” “loves,” “watches over,” and He “sustains” (verses 7-9).

LESSON #10: “He frustrates the way of the wicked” (verse 9).

LESSON #11: The Lord has reigned, is reigning, and will continue to reign forever (verse 10).

### **ADDITIONAL NOTES:**

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