

*Arise*

P R A Y I N G   T H E   P S A L M S

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## P R A Y I N G   T H E   P S A L M S

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Smack dab in the center of the Bible is the book of Psalms. Right there at the center of our most sacred book are poems to pray and sing. I'm not sure this providential placement of the Psalms was planned by those who compiled the books of the Bible, but I know that it is right, because smack dab in the center of my life, I need the Psalms.

The Psalms teach me to pray honest, naked prayers. Prayers of loss, loneliness, anger, confusion and despair. Prayers of victory, rejoicing and celebration. Prayers of praise, adoration and worship.

If you want to learn how to pray, start with the Psalms. The church has been doing this for centuries. The book of Psalms was the hymnal of the ancient Hebrews, of Jesus and of the early church. It is still our hymnal and prayer-guide today.

*"Using the Psalms as a school of prayer, praying these prayers we get a feel for what is appropriate to say as we bring our lives into attentive and worshipping response to God as He speaks to us. As we do this, the first thing we realize is that in prayer anything goes. Virtually everything human is appropriate as material for prayer: reflections and observations, fear and anger, guilt and sin, questions and doubts, needs and desires, praise and gratitude, suffering and death. Nothing human is excluded . . . prayer is access to everything that God is for us: holiness, justice, mercy, forgiveness, sovereignty, blessing, vindication, salvation, love, majesty, glory. The Psalms are a detailed demonstration that prayer brings us into the welcoming presence of God as He generously offers Himself, just as He is, to us."*

**Eugene Peterson**

The purpose of this study is to guide you into a life of worship and prayer. To pray is to approach God, who first approaches us in the incarnation of Jesus (John 1:10-11, 14). To pray is to talk to God, to listen to God and to find ourselves instinctively caught up in worshipping God. Athanasius, a 4<sup>th</sup> century theologian, said, "Most scriptures speak *to* us; the Psalms speak *for* us." So, in this study, we will let the Psalms speak for us, giving us permission to pray and sing the most honest version of our story to God.

## Using this Guide

This book is more of a devotional than an inductive study.  
It serves as a guide to prayer, worship and intimacy with God our Father.  
Here's how to get the most out of your time:

### Settle on the Need

Our greatest need is God. We live in a chaotic, noisy, busy, inattentive world. We need undistracted time with the One who made us, knows us and ferociously loves us. You will get the most out of this devotional guide if you settle on your need to sit in the presence of the living, all-knowing, everywhere-present God who is the Father, Son and Holy Spirit.

### Set a Place and a Time, Five Days a Week

Right now, determine when and where you will meet with God. Put it in your calendar. Guard this time like you guard time for your favorite person, event or show. Each week is divided into five days of praying a psalm a day. Be sure to set aside 15-30 minutes each day.

You can do it. The average US consumer spends 40 minutes a day on Facebook, so —you've got this. You really do.

### Meet God

Making a gratitude list is a wonderful thing, but on this journey you'll keep a "God is . . ." list. As you read and pray these psalms you will discover the character of God. Use **page 45** to keep a list of all you observe about God from the psalms you pray each day.

### Gather Together

Gather some friends to meet with weekly to discuss how you are encountering God through the Psalms. Pray for each other. Listen to each other. Make it a safe time by not trying to fix one another with unsolicited advice. Be sure to be **with** each other, fully present and attentive to one another and to God.

### Be Expectant

Expect God to be present. Christian spirituality is entering into the reality that God is always present, always seeing, always hearing, always knowing and always moving toward us.

### Follow the Teaching

[www.womensbiblestudyLA.com/resources](http://www.womensbiblestudyLA.com/resources)

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## A N I N T R O D U C T I O N

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**Notes Page:** Use this page to take notes on the *Introduction to Praying the Psalms*.

Find this talk at [womensbiblestudyLA.com](http://womensbiblestudyLA.com) under the resources tab.

Left to ourselves, we will pray to some god who speaks what we like hearing, or to the part of God that we manage to understand. But what is critical is that we speak to the God who speaks to us, and to everything that he speaks to us . . . The Psalms . . . train us in that conversation . . . There is a difference between praying to an unknown God whom we hope to discover in our praying, and praying to a known God, revealed through Israel and Jesus Christ, who speaks our language.

Eugene Peterson

### Psalm 1

1 Blessed is the one  
    who does not walk in step with the wicked  
or stand in the way that sinners take  
    or sit in the company of mockers,  
2 but whose delight is in the law of the Lord,  
    and who meditates on his law day and night.  
3 That person is like a tree planted by streams of water,  
    which yields its fruit in season  
and whose leaf does not wither—  
    whatever they do prospers.  
4 Not so the wicked!  
    They are like chaff  
    that the wind blows away.  
5 Therefore the wicked will not stand in the judgment,  
    nor sinners in the assembly of the righteous.  
6 For the Lord watches over the way of the righteous,  
    but the way of the wicked leads to destruction.

### Psalm 150

1 Praise the Lord.  
Praise God in his sanctuary;  
    praise him in his mighty heavens.  
2 Praise him for his acts of power;  
    praise him for his surpassing greatness.  
3 Praise him with the sounding of the trumpet,  
    praise him with the harp and lyre,  
4 praise him with timbrel and dancing,  
    praise him with the strings and pipe,  
5 praise him with the clash of cymbals,  
    praise him with resounding cymbals.  
6 Let everything that has breath praise the Lord.  
Praise the Lord.

# *Arise*

## A N I N T R O D U C T I O N

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### Notes Continued

#### **Psalm 148**

<sup>7</sup> Praise the Lord from the earth,  
you great sea creatures and all ocean  
depths,  
<sup>8</sup> lightning and hail, snow and clouds,  
stormy winds that do his bidding,  
<sup>9</sup> you mountains and all hills,  
fruit trees and all cedars,  
<sup>10</sup> wild animals and all cattle,  
small creatures and flying birds,  
<sup>11</sup> kings of the earth and all nations,  
you princes and all rulers on earth,  
<sup>12</sup> young men and women,  
old men and children.  
<sup>13</sup> Let them praise the name of the Lord,  
for his name alone is exalted;  
his splendor is above the earth and the  
heavens.

#### **Revelation 5:13**

<sup>13</sup> Then I heard every creature in heaven  
and on earth and under the earth and on  
the sea, and all that is in them, saying:  
"To him who sits on the throne and  
to the Lamb  
be praise and honor  
and glory and power,  
for ever and ever!"

# Lament

## PRAYING THE PSALMS

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This week we consider five Psalms of lament. We lament when we express grief, sorrow, confusion or despair. What a gift it is that God inspired the Psalmists to put words to our agony, and give Biblical permission to be honest when we pray!

### **Prepare Your Heart**

Take a moment to record the circumstances in your life today (and in the lives of those close to you) that elicit sorrow, fear, grief, loneliness, confusion, frustration and even despair.

### **The Necessity of Lament**

Unspoken sorrow, injustice and fear lead to despair. When the Psalmist laments he gives us permission to do the same. In lament we question God, shouting (or whispering), *“Where are you?”* In lament we pound our fists, declaring, *“This is not right!”* In lament we express the darkest and most honest parts of our story.

Jesus lamented on the cross when he quoted from Psalm 22, *“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? O my God, I cry out by day, but you do not answer, by night, but I find no rest.”*

Jesus’ lament was not a rejection of God, the Father, but an expression of their intimacy. We can only bring our truest prayers to the One we trust, to the One we know will not turn away. Our most vulnerable prayer is a prayer of lament: *Why? Where are you? Help me! Stop this!*

## Day One: Psalm 10

- 1 Why, Lord, do you stand far off?  
Why do you hide yourself in times of trouble?
- 2 In his arrogance the wicked man hunts down the weak,  
who are caught in the schemes he devises.
- 3 He boasts about the cravings of his heart;  
he blesses the greedy and reviles the Lord.
- 4 In his pride the wicked man does not seek him;  
in all his thoughts there is no room for God.
- 5 His ways are always prosperous;  
your laws are rejected by him;  
he sneers at all his enemies.
- 6 He says to himself, "Nothing will ever shake me."  
He swears, "No one will ever do me harm."
- 7 His mouth is full of lies and threats;  
trouble and evil are under his tongue.
- 8 He lies in wait near the villages;  
from ambush he murders the innocent.  
His eyes watch in secret for his victims;  
like a lion in cover he lies in wait.
- 9 He lies in wait to catch the helpless;  
he catches the helpless and drags them off in his net.
- 10 His victims are crushed, they collapse;  
they fall under his strength.
- 11 He says to himself, "God will never notice;  
he covers his face and never sees."
- 12 Arise, Lord! Lift up your hand, O God.  
Do not forget the helpless.
- 13 Why does the wicked man revile God?  
Why does he say to himself,  
"He won't call me to account"?
- 14 But you, God, see the trouble of the afflicted;  
you consider their grief and take it in hand.  
The victims commit themselves to you;  
you are the helper of the fatherless.
- 15 Break the arm of the wicked man;  
call the evildoer to account for his wickedness  
that would not otherwise be found out.
- 16 The Lord is King for ever and ever;  
the nations will perish from his land.
- 17 You, Lord, hear the desire of the afflicted;  
you encourage them, and you listen to their cry,  
18 defending the fatherless and the oppressed,  
so that mere earthly mortals  
will never again strike terror.

## The Why and the Who that Lead to Worship

Psalm 10 gives us permission to ask, "why?" As you pray this Psalm, record all of your whys. Don't rush past the whys. Sit in them for a bit.

List all of your "whys".

Now, record all this psalm reveals about the character of God. Linger over these truths until you find yourself worshipping. Complete this sentence: God you are . . .

What thought will you carry today to encourage you to worship when you are tempted to despair?

## Day Two: Psalm 73

1 Surely God is good to Israel,  
to those who are pure in heart.  
2 But as for me, my feet had almost slipped;  
I had nearly lost my foothold.  
3 For I envied the arrogant  
when I saw the prosperity of the wicked.  
4 They have no struggles;  
their bodies are healthy and strong.  
5 They are free from common human burdens;  
they are not plagued by human ills.  
6 Therefore pride is their necklace;  
they clothe themselves with violence.  
7 From their callous hearts comes iniquity;  
their evil imaginations have no limits.  
8 They scoff, and speak with malice;  
with arrogance they threaten oppression.  
9 Their mouths lay claim to heaven,  
and their tongues take possession of the earth.  
10 Therefore their people turn to them  
and drink up waters in abundance.  
11 They say, "How would God know?  
Does the Most High know anything?"  
12 This is what the wicked are like—  
always free of care, they go on amassing wealth.  
13 Surely in vain I have kept my heart pure  
and have washed my hands in innocence.  
14 All day long I have been afflicted,  
and every morning brings new punishments.  
15 If I had spoken out like that,  
I would have betrayed your children.  
16 When I tried to understand all this,  
it troubled me deeply  
17 till I entered the sanctuary of God;  
then I understood their final destiny.  
18 Surely you place them on slippery ground;  
you cast them down to ruin.  
19 How suddenly are they destroyed,  
completely swept away by terrors!  
20 They are like a dream when one awakes;  
when you arise, Lord,  
you will despise them as fantasies.  
21 When my heart was grieved  
and my spirit embittered,  
22 I was senseless and ignorant;  
I was a brute beast before you.  
23 Yet I am always with you;  
you hold me by my right hand.

24 You guide me with your counsel,  
and afterward you will take me into glory.  
25 Whom have I in heaven but you?  
And earth has nothing I desire besides you.  
26 My flesh and my heart may fail,  
but God is the strength of my heart  
and my portion forever.  
27 Those who are far from you will perish;  
you destroy all who are unfaithful to you.  
28 But as for me, it is good to be near God.  
I have made the Sovereign Lord my refuge;  
I will tell of all your deeds.

### Repetitious Reflection

Slow down today. Pause. Pray this psalm and then pray it again. Pray for your friends and family. Pray for yourself. Linger over a verse, a phrase or just one word. Circle words. Underline phrases.

What is true of God in this psalm?

What truth about God will you carry with you today?



### Day Three: Psalm 77

- 1 I cried out to God for help;  
I cried out to God to hear me.
- 2 When I was in distress, I sought the Lord;  
at night I stretched out untiring hands,  
and I would not be comforted.
- 3 I remembered you, God, and I groaned;  
I meditated, and my spirit grew faint.
- 4 You kept my eyes from closing;  
I was too troubled to speak.
- 5 I thought about the former days,  
the years of long ago;
- 6 I remembered my songs in the night.  
My heart meditated and my spirit asked:
- 7 "Will the Lord reject forever?  
Will he never show his favor again?
- 8 Has his unfailing love vanished forever?  
Has his promise failed for all time?
- 9 Has God forgotten to be merciful?  
Has he in anger withheld his compassion?"
- 10 Then I thought, "To this I will appeal:  
the years when the Most High stretched out his  
right hand.
- 11 I will remember the deeds of the Lord;  
yes, I will remember your miracles of long ago.
- 12 I will consider all your works  
and meditate on all your mighty deeds."
- 13 Your ways, God, are holy.  
What god is as great as our God?
- 14 You are the God who performs miracles;  
you display your power among the peoples.
- 15 With your mighty arm you redeemed your people,  
the descendants of Jacob and Joseph.
- 16 The waters saw you, God,  
the waters saw you and writhed;  
the very depths were convulsed.
- 17 The clouds poured down water,  
the heavens resounded with thunder;  
your arrows flashed back and forth.
- 18 Your thunder was heard in the whirlwind,  
your lightning lit up the world;  
the earth trembled and quaked.
- 19 Your path led through the sea,  
your way through the mighty waters,  
though your footprints were not seen.
- 20 You led your people like a flock  
by the hand of Moses and Aaron.

### Repetitious Remembering

The Psalmist cries for help, and then he remembers . . .  
and he remembers and he remembers and he remem-  
bers. Pray this psalm until the distractions are less  
distracting.

Record your own cries for help.

Record the times you recall God being good to you. Then  
read your list and re-read your list.

After repeatedly reading your list of God's goodness,  
record the one remembrance you will reflect upon  
throughout the day.

## Day Four: Psalm 86

- 1 Hear me, Lord, and answer me,  
for I am poor and needy.
- 2 Guard my life, for I am faithful to you;  
save your servant who trusts in you.  
You are my God;
- 3 have mercy on me, Lord,  
for I call to you all day long.
- 4 Bring joy to your servant, Lord,  
for I put my trust in you.
- 5 You, Lord, are forgiving and good,  
abounding in love to all who call to you.
- 6 Hear my prayer, Lord;  
listen to my cry for mercy.
- 7 When I am in distress, I call to you,  
because you answer me.
- 8 Among the gods there is none like you, Lord;  
no deeds can compare with yours.
- 9 All the nations you have made  
will come and worship before you, Lord;  
they will bring glory to your name.
- 10 For you are great and do marvelous deeds;  
you alone are God.
- 11 Teach me your way, Lord,  
that I may rely on your faithfulness;  
give me an undivided heart,  
that I may fear your name.
- 12 I will praise you, Lord my God, with all my heart;  
I will glorify your name forever.
- 13 For great is your love toward me;  
you have delivered me from the depths,  
from the realm of the dead.
- 14 Arrogant foes are attacking me, O God;  
ruthless people are trying to kill me—  
they have no regard for you.
- 15 But you, Lord, are a compassionate and  
gracious God,  
slow to anger, abounding in love and faithfulness.
- 16 Turn to me and have mercy on me;  
show your strength in behalf of your servant;  
save me, because I serve you  
just as my mother did.
- 17 Give me a sign of your goodness,  
that my enemies may see it and be put to shame,  
for you, Lord, have helped me and comforted me.

## Love the Lord with all your Mind

As we pray the Psalms we also want to study the Psalms. Our worship is inflamed by truth. Jesus says that because God is Spirit we must *“worship him in spirit and truth.”* We know the truth when we pause to study the Scripture. Pray through Psalm 86 at least three times and then pause to look up the dictionary definitions of these key words.

Needy —

Joy —

Worship —

Faithfulness —

Praise —

Compassionate —

Gracious —

What one word will you meditate upon throughout the day?

## Day Five: Psalm 88

- 1 Lord, you are the God who saves me;  
day and night I cry out to you.
- 2 May my prayer come before you;  
turn your ear to my cry.
- 3 I am overwhelmed with troubles  
and my life draws near to death.
- 4 I am counted among those who go down to the pit;  
I am like one without strength.
- 5 I am set apart with the dead,  
like the slain who lie in the grave,  
whom you remember no more,  
who are cut off from your care.
- 6 You have put me in the lowest pit,  
in the darkest depths.
- 7 Your wrath lies heavily on me;  
you have overwhelmed me with all your waves.
- 8 You have taken from me my closest friends  
and have made me repulsive to them.  
I am confined and cannot escape;
- 9 my eyes are dim with grief.  
I call to you, Lord, every day;  
I spread out my hands to you.
- 10 Do you show your wonders to the dead?  
Do their spirits rise up and praise you?
- 11 Is your love declared in the grave,  
your faithfulness in Destruction?
- 12 Are your wonders known in the place of darkness,  
or your righteous deeds in the land of oblivion?
- 13 But I cry to you for help, Lord;  
in the morning my prayer comes before you.
- 14 Why, Lord, do you reject me  
and hide your face from me?
- 15 From my youth I have suffered and been close to  
death;  
I have borne your terrors and am in despair.
- 16 Your wrath has swept over me;  
your terrors have destroyed me.
- 17 All day long they surround me like a flood;  
they have completely engulfed me.
- 18 You have taken from me friend and neighbor—  
darkness is my closest friend.

## See the Psalm

Pray through this Psalm. Pray again. And then . . . draw this psalm. Yes, draw it. Even if you aren't an artist. Even if this makes you want to give up on your time with God today. Draw it because it will force you to slow down. Draw it because it will cause you to use another part of your brain. Draw it so that you can see it. Draw it over the psalm or draw it in this box or both. Get messy. Draw Psalm 88.

What one truth about God you will you meditate on throughout the day?

# Lament

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**Notes Page:** Use this page to take notes on the teaching.

Find this talk at [womensbiblestudyLA.com](http://womensbiblestudyLA.com) under the resources tab.

# *Lament*

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**Notes Continued**

# Adoration

## PRAYING THE PSALMS

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This week we consider five Psalms of adoration. To adore is to esteem, love and respect. To adore is to worship. We were created by God to worship God, but our fractured propensity is to worship lesser gods. These lesser gods are most often good things — finances, relationships, careers — that we make ultimate things. We look to these lesser gods to affirm that we matter, that we are enough, that all is well in our world. Ultimately, lesser gods disappoint because they were never meant to be the source of our identity.

To worship is to take our affection for these lesser gods and place it on the one true God. Merely acknowledging the truth of God is not worship. Worship is being so overcome with love for God that it is only natural to find ourselves literally bowed down before him—like the wise men—offering our treasures and gifts to Jesus (Matthew 2:11).

### Prepare Your Heart

Take a moment and record all that you adore about God today.

### **The Necessity of Adoration**

Discontent, complaint, critique and grumbling come to mind so easily that it is crucial for us to assault these enemies with undistracted adoration of God. The Psalms help us in this pursuit.

*Praising God in the words of the Psalms, we can come to know him better. Knowing Him better, loving him better, we find our happiness in him . . . The function of the Psalms is to reveal to us God as the 'treasure' who we love because he first loved us, and to hide us, heart and soul, in the depths of his infinite light.*

**Thomas Merton**

*God wants to be loved not in order that he may get something out of it, but in order that those who love him may receive an eternal reward. And this reward is God himself, whom they love.*

**Augustine**

## Day One: Psalm 8

- 1 Lord, our Lord,  
how majestic is your name in all the earth!  
You have set your glory  
in the heavens.
- 2 Through the praise of children and infants  
you have established a stronghold against your  
enemies,  
to silence the foe and the avenger.
- 3 When I consider your heavens,  
the work of your fingers,  
the moon and the stars,  
which you have set in place,
- 4 what is mankind that you are mindful of them,  
human beings that you care for them?
- 5 You have made them a little lower than the angels  
and crowned them with glory and honor.
- 6 You made them rulers over the works of your hands;  
you put everything under their feet:
- 7 all flocks and herds,  
and the animals of the wild,
- 8 the birds in the sky,  
and the fish in the sea,  
all that swim the paths of the seas.
- 9 Lord, our Lord,  
how majestic is your name in all the earth!

### Love the Lord with all your Mind

Pray this psalm and then record the definitions of these key words.

Majestic —

Glory —

Stronghold —

What does your meditation upon Psalm 8 and the definition of these key words reveal about God?

What do you most adore about God today?

## Day Two: Psalm 24

- 1 The earth is the Lord's, and everything in it,  
the world, and all who live in it;
- 2 for he founded it on the seas  
and established it on the waters.
- 3 Who may ascend the mountain of the Lord?  
Who may stand in his holy place?
- 4 The one who has clean hands and a pure heart,  
who does not trust in an idol  
or swear by a false god.
- 5 They will receive blessing from the Lord  
and vindication from God their Savior.
- 6 Such is the generation of those who seek him,  
who seek your face, God of Jacob.
- 7 Lift up your heads, you gates;  
be lifted up, you ancient doors,  
that the King of glory may come in.
- 8 Who is this King of glory?  
The Lord strong and mighty,  
the Lord mighty in battle.
- 9 Lift up your heads, you gates;  
lift them up, you ancient doors,  
that the King of glory may come in.
- 10 Who is he, this King of glory?  
The Lord Almighty—  
he is the King of glory.

## Repetitious Reflection

Slow down today. Pause. Pray Psalm 24 and then pray it again. Linger over a verse or a phrase or just one word. Prayerfully reflect until you feel your heart well up in worship.

List all that this Psalm reveals about God.

List all that this Psalm reveals about you.

What do you most adore about God today?



### Day Three: Psalm 103

1 Praise the Lord, my soul;  
    all my inmost being, praise his holy name.  
2 Praise the Lord, my soul,  
    and forget not all his benefits—  
3 who forgives all your sins  
    and heals all your diseases,  
4 who redeems your life from the pit  
    and crowns you with love and compassion,  
5 who satisfies your desires with good things  
    so that your youth is renewed like the eagle's.  
6 The Lord works righteousness  
    and justice for all the oppressed.  
7 He made known his ways to Moses,  
    his deeds to the people of Israel:  
8 The Lord is compassionate and gracious,  
    slow to anger, abounding in love.  
9 He will not always accuse,  
    nor will he harbor his anger forever;  
10 he does not treat us as our sins deserve  
    or repay us according to our iniquities.  
11 For as high as the heavens are above the earth,  
    so great is his love for those who fear him;  
12 as far as the east is from the west,  
    so far has he removed our transgressions from us.  
13 As a father has compassion on his children,  
    so the Lord has compassion on those who fear him;  
14 for he knows how we are formed,  
    he remembers that we are dust.  
15 The life of mortals is like grass,  
    they flourish like a flower of the field;  
16 the wind blows over it and it is gone,  
    and its place remembers it no more.  
17 But from everlasting to everlasting  
    the Lord's love is with those who fear him,  
    and his righteousness with their children's children—  
18 with those who keep his covenant  
    and remember to obey his precepts.  
19 The Lord has established his throne in heaven,  
    and his kingdom rules over all.  
20 Praise the Lord, you his angels,  
    you mighty ones who do his bidding,  
    who obey his word.  
21 Praise the Lord, all his heavenly hosts,  
    you his servants who do his will.  
22 Praise the Lord, all his works  
    everywhere in his dominion.  
Praise the Lord, my soul.

### Praying Scripture

Each day the Psalms are our 12`guide as we converse with God. Today, use Psalm 103 as a template as you write your own prayer/psalm. For instance, verse one might be re-written like this: "I praise you Lord. I praise you for my family and my friends and my job [pause and add more detail]." Warning: you will need more room than you have here.

What do you most adore about God today?

## Day Four: Psalm 145

- 1 I will exalt you, my God the King;  
I will praise your name for ever and ever.
- 2 Every day I will praise you  
and extol your name for ever and ever.
- 3 Great is the Lord and most worthy of praise;  
his greatness no one can fathom.
- 4 One generation commends your works to another;  
they tell of your mighty acts.
- 5 They speak of the glorious splendor of your majesty—  
and I will meditate on your wonderful works.
- 6 They tell of the power of your awesome works—  
and I will proclaim your great deeds.
- 7 They celebrate your abundant goodness  
and joyfully sing of your righteousness.
- 8 The Lord is gracious and compassionate,  
slow to anger and rich in love.
- 9 The Lord is good to all;  
he has compassion on all he has made.
- 10 All your works praise you, Lord;  
your faithful people extol you.
- 11 They tell of the glory of your kingdom  
and speak of your might,  
12 so that all people may know of your mighty acts  
and the glorious splendor of your kingdom.
- 13 Your kingdom is an everlasting kingdom,  
and your dominion endures through all generations.  
The Lord is trustworthy in all he promises  
and faithful in all he does.
- 14 The Lord upholds all who fall  
and lifts up all who are bowed down.
- 15 The eyes of all look to you,  
and you give them their food at the proper time.
- 16 You open your hand  
and satisfy the desires of every living thing.
- 17 The Lord is righteous in all his ways  
and faithful in all he does.
- 18 The Lord is near to all who call on him,  
to all who call on him in truth.
- 19 He fulfills the desires of those who fear him;  
he hears their cry and saves them.
- 20 The Lord watches over all who love him,  
but all the wicked he will destroy.
- 21 My mouth will speak in praise of the Lord.  
Let every creature praise his holy name  
for ever and ever.

## Reflection Upon the Character of God

Pray Psalm 145 and then list all it reveals about God.

Now that you have your list, pause to say aloud, “God I worship you because you are \_\_\_\_\_ [saying aloud each attribute you recorded].” Don’t forget to add this list to your “*God is . . .*” list on page 45.

What do you most adore about God today?

### Day Five: Psalm 97

- 1 The Lord reigns, let the earth be glad;  
let the distant shores rejoice.
- 2 Clouds and thick darkness surround him;  
righteousness and justice are the foundation of his throne.
- 3 Fire goes before him  
and consumes his foes on every side.
- 4 His lightning lights up the world;  
the earth sees and trembles.
- 5 The mountains melt like wax before the Lord,  
before the Lord of all the earth.
- 6 The heavens proclaim his righteousness,  
and all peoples see his glory.
- 7 All who worship images are put to shame,  
those who boast in idols—  
worship him, all you gods!
- 8 Zion hears and rejoices  
and the villages of Judah are glad  
because of your judgments, Lord.
- 9 For you, Lord, are the Most High over all the earth;  
you are exalted far above all gods.
- 10 Let those who love the Lord hate evil,  
for he guards the lives of his faithful ones  
and delivers them from the hand of the wicked.
- 11 Light shines on the righteous  
and joy on the upright in heart.
- 12 Rejoice in the Lord, you who are righteous,  
and praise his holy name.

### See the Psalm

Pray through Psalm 97 and then draw it. Yes, draw it. Even if you aren't an artist. Draw it because it will force you to slow down. Draw it because it will cause you to use another part of your brain. Draw it so that you can see it. Draw it over the Psalm or draw it in this box or both. Get messy. Draw Psalm 97.

What do you most adore about God today?

# *Adoration*

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**Notes Page:** Use this page to take notes on the teaching.

Find this talk at [womensbiblestudyLA.com](http://womensbiblestudyLA.com) under the resources tab.

# *Adoration*

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**Notes Continued**

# Confession

## PRAYING THE PSALMS

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This week we consider five Psalms of Confession. Sin is more than breaking a list of rules. According to my old seminary professor, “sin is desiring something not worthy of your heart.” Anything that is contrary to God — deceit, the diminishing of others, selfish ambition, the desecration of beauty, a disregard for holiness — is not worthy of your heart. We were made by God, for God, to live forever with God, but we often roam far from this divine design. Confession is a grace because the moment we admit what is true we receive undeserved and unending forgiveness from God. In his kindness, God sent his Son “to be sin for us, so that in Jesus, we might become the righteousness of God” (2 Corinthians 5:21).

### Prepare Your Heart

Take a moment and record these two things:

1. The lesser gods I most often cling to are —
  
  
  
  
  
  
  
  
  
  
2. The sins of my past that God graciously forgives and refuses to recall are —

### The Necessity of Confession

We feel the burden of un-confessed sin. The Psalmist puts words to our anguish saying, “*When I kept silent, my bones wasted away . . .*” (Psalm 32:3). We need confession. We need a safe place to reveal what is hidden. There is no freedom in deceit, no authenticity in living a lie, and no capacity for love when we are more concerned with covering up. The grace of God is that he sees, he knows, he hears and yet, he “*demonstrates his own love for us in this: While we were still sinners, Christ died for us*” (Romans 5:8). Jesus’ death set us free for an “abundant life” (John 10:10), where there is no condemnation, no curse, and no unbearable burden of sin (Romans 8:1).

*8 If we say we have no sin [refusing to admit that we are sinners], we delude ourselves and the truth is not in us. [His word does not live in our hearts.] 9 If we [freely] admit that we have sinned and confess our sins, He is faithful and just [true to His own nature and promises], and will forgive our sins and cleanse us continually from all unrighteousness [our wrongdoing, everything not in conformity with His will and purpose].*

**1 John 1:8-9, The Amplified Bible**

## Day One: Psalm 6

- 1 Lord, do not rebuke me in your anger  
or discipline me in your wrath.
- 2 Have mercy on me, Lord, for I am faint;  
heal me, Lord, for my bones are in agony.
- 3 My soul is in deep anguish.  
How long, Lord, how long?
- 4 Turn, Lord, and deliver me;  
save me because of your unfailing love.
- 5 Among the dead no one proclaims your name.  
Who praises you from the grave?
- 6 I am worn out from my groaning.  
All night long I flood my bed with weeping  
and drench my couch with tears.
- 7 My eyes grow weak with sorrow;  
they fail because of all my foes.
- 8 Away from me, all you who do evil,  
for the Lord has heard my weeping.
- 9 The Lord has heard my cry for mercy;  
the Lord accepts my prayer.
- 10 All my enemies will be overwhelmed with shame and  
anguish;  
they will turn back and suddenly be put to shame.

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*Consider how the gospel affects and transforms the act of repentance. In "religion," the purpose of repentance is basically to keep God happy so he will continue to bless you and answer your prayers. This means that religious repentance is selfish, self-righteous, and bitter all the way to the bottom. In the gospel, however, the purpose of repentance is to repeatedly tap into the joy of our union with Christ, to weaken our impulse to do anything contrary to God's heart. . . . In the gospel, however, we know that Jesus suffered for our sin. We do not have to make ourselves suffer to merit God's forgiveness. We simply receive the forgiveness earned by Christ. God forgives us because he is "just" (1 John 1:9). That is a remarkable statement. It would be unjust of God to ever deny us forgiveness, because Jesus earned our acceptance! In religion we try to earn our forgiveness with our repentance. In the gospel we simply receive it.*

**Timothy Keller**

*From the Article: All of Life is Repentance*

## Confession and Forgiveness

A great grace in Christianity is the invitation to confess wrong toward God and receive instant, abundant forgiveness. In Psalm 6, the author is confident that God hears his cry for mercy. Write your own prayer/psalm of confession and be sure to end it by receiving God's generous forgiveness and mercy for you today.

What truth about God will you carry with you today?

## Day Two: Psalm 25

- 1 In you, Lord my God, I put my trust.  
2 I trust in you; do not let me be put to shame,  
nor let my enemies triumph over me.  
3 No one who hopes in you will ever be put to shame,  
but shame will come on those  
who are treacherous without cause.  
4 Show me your ways, Lord, teach me your paths.  
5 Guide me in your truth and teach me,  
for you are God my Savior,  
and my hope is in you all day long.  
6 Remember, Lord, your great mercy and love,  
for they are from of old.  
7 Do not remember the sins of my youth  
and my rebellious ways;  
according to your love remember me,  
for you, Lord, are good.  
8 Good and upright is the Lord;  
therefore he instructs sinners in his ways.  
9 He guides the humble in what is right  
and teaches them his way.  
10 All the ways of the Lord are loving and faithful  
toward those who keep the demands of his  
covenant.  
11 For the sake of your name, Lord,  
forgive my iniquity, though it is great.  
12 Who, then, are those who fear the Lord?  
He will instruct them in the ways they should  
choose.  
13 They will spend their days in prosperity,  
and their descendants will inherit the land.  
14 The Lord confides in those who fear him;  
he makes his covenant known to them.  
15 My eyes are ever on the Lord,  
for only he will release my feet from the snare.  
16 Turn to me and be gracious to me,  
for I am lonely and afflicted.  
17 Relieve the troubles of my heart  
and free me from my anguish.  
18 Look on my affliction and my distress  
and take away all my sins.  
19 See how numerous are my enemies  
and how fiercely they hate me!  
20 Guard my life and rescue me; do not let me be put  
to shame, for I take refuge in you.  
21 May integrity and uprightness protect me,  
because my hope, Lord, is in you.  
22 Deliver Israel, O God, from all their troubles!

### Asking all the Questions

Pray through Psalm 25, applying it to your story.  
Then answer these questions:

Why does the Psalmist trust and hope in God?

What does this Psalm teach about God's guidance?

Why does the Psalmist ask for forgiveness?

List all that this Psalm reveals about God.

What truth about God will you carry with you today?



### Day Three: Psalm 32

- <sup>1</sup> Blessed is the one  
whose transgressions are forgiven,  
whose sins are covered.
- <sup>2</sup> Blessed is the one  
whose sin the Lord does not count against them  
and in whose spirit is no deceit.
- <sup>3</sup> When I kept silent,  
my bones wasted away  
through my groaning all day long.
- <sup>4</sup> For day and night  
your hand was heavy on me;  
my strength was sapped  
as in the heat of summer.
- <sup>5</sup> 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.
- <sup>6</sup> Therefore let all the faithful pray to you  
while you may be found;  
surely the rising of the mighty waters  
will not reach them.
- <sup>7</sup> You are my hiding place;  
you will protect me from trouble  
and surround me with songs of deliverance.
- <sup>8</sup> I will instruct you and teach you in the way you  
should go;  
I will counsel you with my loving eye on you.
- <sup>9</sup> 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.
- <sup>10</sup> Many are the woes of the wicked,  
but the Lord's unfailing love  
surrounds the one who trusts in him.
- <sup>11</sup> Rejoice in the Lord and be glad, you righteous;  
sing, all you who are upright in heart!

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*For the wages of sin is death,  
but the gift of God is eternal life  
in Christ Jesus our Lord.*

**Romans 6:23**

### Repetitious Reflection

Pray slowly through Psalm 32 and then pray through it again. Linger over a verse or a phrase or just one word. Pray until you feel your heart well up in worship.

List all that Psalm 32 reveals about God.

List all that Psalm 32 reveals about you.

What truth about God will you carry with you today?

### Day Four: Psalm 51

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

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

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

4 Against you, you only, have I sinned  
and done what is evil in your sight;  
so you are right in your verdict  
and justified when you judge.

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

6 Yet you desired faithfulness even in the womb;  
you taught me wisdom in that secret place.

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

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

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

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

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

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

13 Then I will teach transgressors your ways,  
so that sinners will turn back to you.

14 Deliver me from the guilt of bloodshed, O God,  
you who are God my Savior,  
and my tongue will sing of your righteousness.

15 Open my lips, Lord,  
and my mouth will declare your praise.

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

17 My sacrifice, O God, is a broken spirit;  
a broken and contrite heart  
you, God, will not despise.

18 May it please you to prosper Zion,  
to build up the walls of Jerusalem.

19 Then you will delight in the sacrifices of the  
righteous, in burnt offerings offered whole;  
then bulls will be offered on your altar.

### Making it Personal

Psalm 51 is written by King David after being confronted with his sins (adultery, murder and deceit). Re-write this psalm, making it personal to your story, pausing to reflect upon how God has and continues to change you.

What truth about God will you carry with you today?

### **Day Five: Psalm 130**

1 Out of the depths I cry to you, Lord;

2 Lord, hear my voice.

Let your ears be attentive  
to my cry for mercy.

3 If you, Lord, kept a record of sins,  
Lord, who could stand?

4 But with you there is forgiveness,  
so that we can, with reverence, serve you.

5 I wait for the Lord, my whole being waits,  
and in his word I put my hope.

6 I wait for the Lord  
more than watchmen wait for the morning,  
more than watchmen wait for the morning.

7 Israel, put your hope in the Lord,  
for with the Lord is unfailing love  
and with him is full redemption.

8 He himself will redeem Israel  
from all their sins.

### **Repetitious Reflection**

Slowly pray through this Psalm. Linger over a verse, a phrase or just one word. Pray through this Psalm until you feel your heart well up in worship.

Pause to reflect upon all the times God has forgiven you.

What does waiting look like for you today?

What truth about God will you carry with you today?

# *Confession*

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**Notes Page:** Use this page to take notes on the teaching.

Find this talk at [womensbiblestudyLA.com](http://womensbiblestudyLA.com) under the resources tab.

# *Confession*

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**Notes Continued**

# *Dependence*

## P R A Y I N G   T H E   P S A L M S

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This week we consider five Psalms of Dependence. We worship what we depend upon for safety, provision, intimacy, salvation and care. The Psalms remind us of the value of depending upon God because of his Trustworthiness.

### **Prepare Your Heart**

Take a moment and record all that you are depending upon God for this week.

#### **The Necessity of Dependence**

It is good and right to depend upon savings, friends, family, talents, jobs, doctors, and the list goes on. But, to depend upon them alone is to build the foundation of your life upon sinking sand. God is most trustworthy to handle all of our needs because he is all-powerful, all-knowing, all-sufficient and everywhere-present. Let the Psalms free you to voice your need and to see God as your provider.

*My secret is that I need God - that I am sick and can no longer make it alone.*

*I need God to help me give, because I no longer seem capable of giving; to help me be kind, as I no longer seem capable of kindness; to help me love, as I seem beyond being able to love.*

**Douglas Copeland, Author**

*My hope is built on nothing less; Than Jesus' blood and righteousness;*

*I dare not trust the sweetest frame; But wholly lean on Jesus' name.*

*On Christ, the solid Rock, I stand; All other ground is sinking sand.*

**From the Hymn, *My Hope is Built on Nothing Less***

### Day One: Psalm 3

- 1 Lord, how many are my foes!  
How many rise up against me!
- 2 Many are saying of me,  
"God will not deliver him."
- 3 But you, Lord, are a shield around me,  
my glory, the One who lifts my head high.
- 4 I call out to the Lord,  
and he answers me from his holy mountain.
- 5 I lie down and sleep;  
I wake again, because the Lord sustains me.
- 6 I will not fear though tens of thousands  
assail me on every side.
- 7 Arise, Lord!  
Deliver me, my God!
- Strike all my enemies on the jaw;  
break the teeth of the wicked.
- 8 From the Lord comes deliverance.  
May your blessing be on your people.

### See the Psalm

Pray through this Psalm two to three times and then draw it. Draw it because it will force you to slow down. Draw it because it will cause you to use another part of your brain. Draw it so that you can see it. Draw it over the psalm or draw it in this box or both. Get messy. Draw Psalm 3.

What truth about God will you carry with you today?

## Day Two: Psalm 16

- 1 Keep me safe, my God,  
for in you I take refuge.
- 2 I say to the Lord, "You are my Lord;  
apart from you I have no good thing."
- 3 I say of the holy people who are in the land,  
"They are the noble ones in whom is all my delight."
- 4 Those who run after other gods will suffer more and  
more.  
I will not pour out libations of blood to such gods  
or take up their names on my lips.
- 5 Lord, you alone are my portion and my cup;  
you make my lot secure.
- 6 The boundary lines have fallen for me in pleasant  
places;  
surely I have a delightful inheritance.
- 7 I will praise the Lord, who counsels me;  
even at night my heart instructs me.
- 8 I keep my eyes always on the Lord.  
With him at my right hand, I will not be shaken.
- 9 Therefore my heart is glad and my tongue rejoices;  
my body also will rest secure,
- 10 because you will not abandon me to the realm of  
the dead,  
nor will you let your faithful one see decay.
- 11 You make known to me the path of life;  
you will fill me with joy in your presence,  
with eternal pleasures at your right hand.

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*Then the Lord said to Aaron,  
"You shall have no inheritance in their land nor own  
any portion among them; I am your portion and your  
inheritance among the sons of Israel.*

**Numbers 18:20**

*All that we call human history--money, poverty,  
ambition, war, prostitution, classes, empires, slavery--  
[is] the long terrible story of man trying to find some-  
thing other than God which will make him happy.*

**C.S. Lewis**

*Why do I look for affirmation from  
one less than God?*

**Joseph Barkley, Pastor**

## See God

Repeatedly pray through this Psalm. Then, list all the reasons you can depend upon God today and always.

What truth about God will you carry with you today?



### Day Three:

Read John 10:1-18 before praying through Psalm 23

*11 [Jesus said:] "I am the good shepherd.*

*The good shepherd lays down his life for the sheep.*

*12 The hired hand is not the shepherd and does not own the sheep. So when he sees the wolf coming, he abandons the sheep and runs away. Then the wolf attacks the flock and scatters it. 13 The man runs away because he is a hired hand and cares nothing for the sheep. 14 "I am the good shepherd; I know my sheep and my sheep know me— 15 just as the Father knows me and I know the Father—and I lay down my life for the sheep. 16 I have other sheep that are not of this sheep pen. I must bring them also. They too will listen to my voice, and there shall be one flock and one shepherd. 17 The reason my Father loves me is that I lay down my life—only to take it up again. 18 No one takes it from me, but I lay it down of my own accord. I have authority to lay it down and authority to take it up again. This command I received from my Father."*

**John 10:11-18**

### Psalm 23

1 The Lord is my shepherd,  
I shall not want.  
2 He makes me lie down in green pastures;  
He leads me beside quiet waters.  
3 He restores my soul;  
He guides me in the paths of righteousness  
For His name's sake.  
4 Even though I walk through the valley of the shadow of  
death,  
I fear no evil, for You are with me;  
Your rod and Your staff, they comfort me.  
5 You prepare a table before me in the presence of  
my enemies;  
You have anointed my head with oil;  
My cup overflows.  
6 Surely goodness and loving-kindness will follow me  
all the days of my life,  
And I will dwell in the house of the Lord forever.

### See Jesus

Read John 10 and hear the words of Jesus before praying through Psalm 23. When you pray, make your prayer a personal reflection upon the beauty of Jesus, your good shepherd.

What truth about Jesus will you carry with you today?

### Day Four: Psalm 27

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?  
2 When the wicked advance against me  
to devour me,  
it is my enemies and my foes  
who will stumble and fall.  
3 Though an army besiege me, my heart will not fear;  
though war break out against me,  
even then I will be confident.  
4 One thing I ask from the Lord, this only do I seek:  
that I may dwell in the house of the Lord  
all the days of my life,  
to gaze on the beauty of the Lord  
and to seek him in his temple.  
5 For in the day of trouble  
he will keep me safe in his dwelling;  
he will hide me in the shelter of his sacred tent  
and set me high upon a rock.  
6 Then my head will be exalted  
above the enemies who surround me;  
at his sacred tent I will sacrifice with shouts of joy;  
I will sing and make music to the Lord.  
7 Hear my voice when I call, Lord;  
be merciful to me and answer me.  
8 My heart says of you, “Seek his face!”  
Your face, Lord, I will seek.  
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, God my Savior.  
10 Though my father and mother forsake me,  
the Lord will receive me.  
11 Teach me your way, Lord;  
lead me in a straight path  
because of my oppressors.  
12 Do not turn me over to the desire of my foes,  
for false witnesses rise up against me,  
spouting malicious accusations.  
13 I remain confident of this:  
I will see the goodness of the Lord  
in the land of the living.  
14 Wait for the Lord;  
be strong and take heart  
and wait for the Lord.

### Repetitious Reflection

Pray multiple times through this Psalm. Pray until you feel your heart well up in worship.

List the promises given to you in this Psalm.

What truth about God will you carry with you today?

## Day Five: Psalm 31

1 In you, Lord, I have taken refuge;  
let me never be put to shame;  
deliver me in your righteousness.

2 Turn your ear to me,  
come quickly to my rescue;  
be my rock of refuge,  
a strong fortress to save me.

3 Since you are my rock and my fortress,  
for the sake of your name lead and guide me.

4 Keep me free from the trap that is set for me,  
for you are my refuge.

5 Into your hands I commit my spirit;  
deliver me, Lord, my faithful God.

6 I hate those who cling to worthless idols;  
as for me, I trust in the Lord.

7 I will be glad and rejoice in your love,  
for you saw my affliction  
and knew the anguish of my soul.

8 You have not given me into the hands of the enemy  
but have set my feet in a spacious place.

9 Be merciful to me, Lord, for I am in distress;  
my eyes grow weak with sorrow,  
my soul and body with grief.

10 My life is consumed by anguish  
and my years by groaning;  
my strength fails because of my affliction,  
and my bones grow weak.

11 Because of all my enemies,  
I am the utter contempt of my neighbors  
and an object of dread to my closest friends—  
those who see me on the street flee from me.

12 I am forgotten as though I were dead;  
I have become like broken pottery.

13 For I hear many whispering,  
“Terror on every side!”  
They conspire against me  
and plot to take my life.

14 But I trust in you, Lord;  
I say, “You are my God.”

15 My times are in your hands;  
deliver me from the hands of my enemies,  
from those who pursue me.

16 Let your face shine on your servant;  
save me in your unfailing love.

17 Let me not be put to shame, Lord,  
for I have cried out to you;  
but let the wicked be put to shame  
and be silent in the realm of the dead.

18 Let their lying lips be silenced,  
for with pride and contempt  
they speak arrogantly against the righteous.

19 How abundant are the good things  
that you have stored up for those who fear you,  
that you bestow in the sight of all,  
on those who take refuge in you.

20 In the shelter of your presence you hide them  
from all human intrigues;  
you keep them safe in your dwelling  
from accusing tongues.

21 Praise be to the Lord,  
for he showed me the wonders of his love  
when I was in a city under siege.

22 In my alarm I said,  
“I am cut off from your sight!”  
Yet you heard my cry for mercy  
when I called to you for help.

23 Love the Lord, all his faithful people!  
The Lord preserves those who are true to him,  
but the proud he pays back in full.

24 Be strong and take heart,  
all you who hope in the Lord.

### Repetitious Reflection

Pray slowly and repeatedly through this psalm. Circle words and phrases that resonate with you as you move through the Psalm. Pray these words repeatedly until you feel your heart well up in worship.

What truth about God will you carry with you today?

# *Dependence*

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**Notes Page:** Use this page to take notes on the teaching.

Find this talk at [womensbiblestudyLA.com](http://womensbiblestudyLA.com) under the resources tab.

# *Dependence*

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**Notes Continued**

# Hope

## P R A Y I N G   T H E   P S A L M S

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This week we consider five Psalms of Hope. These Psalms are commonly called *Messianic Psalms* because their burden is the suffering and victory of Jesus Christ who is our hope. Jesus fulfills our hope for salvation, purpose, value, intimacy with God, eternal life and peace. Jesus clearly saw the Psalms as revealing him when he said, “*Everything must be fulfilled that is written about me in the Law of Moses, the Prophets and the Psalms*” (Luke 24:44). This week as we pray the Psalms we encounter Jesus.

### **Prepare Your Heart**

Take a moment and record why you hope in Christ today.

### **The Necessity of Hope**

Hope is the longing for a satisfying future reality. We hope for marriage, friendship, children and blessed retirement. We hope for a fun vacation or a good outcome on a test. Hope keeps us moving toward goals and leaning into relationships. It is the hope we have in Christ that ignites our worship and our holy perseverance. To become a Christian is to put our hope (our longing for salvation, abundant life and the future resurrection of our bodies) in Jesus Christ.

*<sup>11</sup> In Jesus we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will, <sup>12</sup> in order that we, who were the first to put our hope in Christ, might be for the praise of his glory. <sup>13</sup> And you also were included in Christ when you heard the message of truth, the gospel of your salvation.*

**Ephesians 1:11-13**

## Day One: Psalm 2

1 Why do the nations conspire  
and the peoples plot in vain?  
2 The kings of the earth rise up  
and the rulers band together  
against the Lord and against his anointed, saying,  
3 "Let us break their chains  
and throw off their shackles."  
4 The One enthroned in heaven laughs;  
the Lord scoffs at them.  
5 He rebukes them in his anger  
and terrifies them in his wrath, saying,  
6 "I have installed my king  
on Zion, my holy mountain."  
7 I will proclaim the Lord's decree:  
He said to me, "You are my son;  
today I have become your father."  
8 Ask me,  
and I will make the nations your inheritance,  
the ends of the earth your possession.  
9 You will break them with a rod of iron;  
you will dash them to pieces like pottery."  
10 Therefore, you kings, be wise;  
be warned, you rulers of the earth.  
11 Serve the Lord with fear  
and celebrate his rule with trembling.  
12 Kiss his son, or he will be angry  
and your way will lead to your destruction,  
for his wrath can flare up in a moment.  
Blessed are all who take refuge in him.

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"Sovereign Lord," they said, "you made the heavens  
and the earth and the sea, and everything in  
them. 25 You spoke by the Holy Spirit through the  
mouth of your servant, our father David:

"Why do the nations rage  
and the peoples plot in vain?  
26 The kings of the earth rise up  
and the rulers band together  
against the Lord  
and against his anointed one."

27 Indeed Herod and Pontius Pilate met together with  
the Gentiles and the people of Israel in this city to  
conspire against your holy servant Jesus, whom you  
anointed. 28 They did what your power and will had  
decided beforehand should happen. 29 Now, Lord,

consider their threats and enable your servants to speak  
your word with great boldness. 30 Stretch out your hand to heal  
and perform signs and wonders through the name of  
your holy servant Jesus." 31 After they prayed, the place where they  
were meeting was shaken. And they were all filled with the Holy  
Spirit and spoke the word of God boldly.

**Acts 4:24-31**

16 As soon as Jesus was baptized, he went up out of the water. At that  
moment heaven was opened, and he saw the Spirit of God descending  
like a dove and alighting on him. 17 And a voice from heaven said,  
"This is my Son, whom I love; with him I am well pleased."

**Matthew 3:16-17**

### Jesus, Our King and Son of God

Pray through Psalm 2 and then record your response  
as you seek to commune with God today.

What is disturbing in this psalm?

What is delightful in this psalm?

What truth about Jesus will you carry with you today?

## Day Two: Psalm 22

1 My God, my God, why have you forsaken me?  
Why are you so far from saving me,  
so far from my cries of anguish?

2 My God, I cry out by day, but you do not answer,  
by night, but I find no rest.

3 Yet you are enthroned as the Holy One;  
you are the one Israel praises.

4 In you our ancestors put their trust;  
they trusted and you delivered them.

5 To you they cried out and were saved;  
in you they trusted and were not put to shame.

6 But I am a worm and not a man,  
scorned by everyone, despised by the people.

7 All who see me mock me;  
they hurl insults, shaking their heads.

8 "He trusts in the Lord," they say, "let the Lord rescue  
him. Let him deliver him, since he delights in him."

9 Yet you brought me out of the womb; you made me  
trust in you, even at my mother's breast.

10 From birth I was cast on you;  
from my mother's womb you have been my God.

11 Do not be far from me, for trouble is near  
and there is no one to help.

12 Many bulls surround me;  
strong bulls of Bashan encircle me.

13 Roaring lions that tear their prey  
open their mouths wide against me.

14 I am poured out like water, and all my bones are  
out of joint. My heart has turned to wax;  
it has melted within me.

15 My mouth is dried up like a potsherd,  
and my tongue sticks to the roof of my mouth;  
you lay me in the dust of death.

16 Dogs surround me, a pack of villains encircles me;  
they pierce my hands and my feet.

17 All my bones are on display;  
people stare and gloat over me.

18 They divide my clothes among them  
and cast lots for my garment.

19 But you, Lord, do not be far from me.  
You are my strength; come quickly to help me.

20 Deliver me from the sword,  
my precious life from the power of the dogs.

21 Rescue me from the mouth of the lions;  
save me from the horns of the wild oxen.

22 I will declare your name to my people;  
in the assembly I will praise you.

23 You who fear the Lord, praise him! All you descendants of Jacob,  
honor him! Revere him, all you descendants of Israel!

24 For he has not despised or scorned the suffering of the afflicted one;  
he has not hidden his face from him but has listened to his cry for help.

25 From you comes the theme of my praise in the great assembly;  
before those who fear you I will fulfill my vows.

26 The poor will eat and be satisfied; those who seek the Lord will praise  
him—may your hearts live forever!

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,  
28 for dominion belongs to the Lord and he rules over the nations.

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.

30 Posterity will serve him;  
future generations will be told about the Lord.

31 They will proclaim his righteousness, declaring to a people yet unborn:  
He has done it!

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<sup>46</sup>About three in the afternoon Jesus cried out in a loud voice, "My God,  
my God, why have you forsaken me?" . . . <sup>50</sup>And when Jesus had cried  
out again in a loud voice, he gave up his spirit.<sup>51</sup> At that moment the  
curtain of the temple was torn in two from top to bottom.

**Matthew 27:46, 50-51**

<sup>11</sup>Both the one who makes people holy and those who are made  
holy are of the same family. So Jesus is not ashamed to call them  
brothers and sisters. <sup>12</sup>He says, "I will declare your name to my brothers  
and sisters; in the assembly I will sing your praises."

**Hebrews 2:11-12**

### Jesus, Our Savior

Meditate upon this Psalm with Jesus in mind.  
Worship him.

What truth about Jesus will you carry with you today?



### Day Three: Psalm 40

1 I waited patiently for the Lord;  
he turned to me and heard my cry.  
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.  
3 He put a new song in my mouth,  
a hymn of praise to our God.  
Many will see and fear the Lord  
and put their trust in him.  
4 Blessed is the one  
who trusts in the Lord,  
who does not look to the proud,  
to those who turn aside to false gods.  
5 Many, Lord my God,  
are the wonders you have done,  
the things you planned for us.  
None can compare with you;  
were I to speak and tell of your deeds,  
they would be too many to declare.  
6 Sacrifice and offering you did not desire—  
but my ears you have opened—  
burnt offerings and sin offerings you did not require.  
7 Then I said, “Here I am, I have come—  
it is written about me in the scroll.  
8 I desire to do your will, my God;  
your law is within my heart.”  
9 I proclaim your saving acts in the great assembly;  
I do not seal my lips, Lord,  
as you know.  
10 I do not hide your righteousness in my heart;  
I speak of your faithfulness and your saving help.  
I do not conceal your love and your faithfulness  
from the great assembly.  
11 Do not withhold your mercy from me, Lord;  
may your love and faithfulness always protect me.  
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.  
13 Be pleased to save me, Lord;  
come quickly, Lord, to help me.  
14 May all who want to take my life  
be put to shame and confusion;  
may all who desire my ruin  
be turned back in disgrace.  
15 May those who say to me, “Aha! Aha!”

be appalled at their own shame.  
16 But may all who seek you  
rejoice and be glad in you;  
may those who long for your saving help always say,  
“The Lord is great!”  
17 But as for me, I am poor and needy;  
may the Lord think of me.  
You are my help and my deliverer;  
you are my God, do not delay.

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4 It is impossible for the blood of bulls and goats to take away sins.  
5 Therefore, when Christ came into the world, he said:  
“Sacrifice and offering you did not desire, but a body you prepared for  
me; 6 with burnt offerings and sin offerings you were not pleased.  
7 Then I said, ‘Here I am—it is written about me in the scroll—  
I have come to do your will, my God.’”  
8 First he said, “Sacrifices and offerings, burnt offerings and sin offerings  
you did not desire, nor were you pleased with them”—though they were  
offered in accordance with the law. 9 Then he said, “Here I am, I have  
come to do your will.” He sets aside the first to establish the  
second.<sup>10</sup> And by that will, we have been made holy through the  
sacrifice of the body of Jesus Christ once for all.  
11 Day after day every priest stands and performs his religious duties;  
again and again he offers the same sacrifices, which can never take away  
sins. 12 But when this priest had offered for all time one sacrifice for  
sins, he sat down at the right hand of God, 13 and since that time he  
waits for his enemies to be made his footstool. 14 For by one sacrifice he  
has made perfect forever those who are being made holy.

**Hebrews 10:4-14**

#### Seeing Our Savior

Pray through this Psalm and then draw it. Draw it so  
that you can see it. Draw it over the Psalm or draw it  
in this tiny box or both. Get messy. Draw Psalm 40.

What truth about Jesus will you carry with you today?

## Day Four

*Today we look at two psalms that refer to the King/Messiah as God.*

### Psalm 45:2-8

2 You are the most excellent of men and your lips have been anointed with grace, since God has blessed you forever.  
3 Gird your sword on your side, you mighty one;  
    clothe yourself with splendor and majesty.  
4 In your majesty ride forth victoriously in the cause of truth, humility and justice; let your right hand achieve awesome deeds.  
5 Let your sharp arrows pierce the hearts of the king's enemies; let the nations fall beneath your feet.  
6 Your throne, O God, will last for ever and ever;  
    a scepter of justice will be the scepter of your kingdom.  
7 You love righteousness and hate wickedness;  
    therefore God, your God, has set you above your  
    Companions by anointing you with the oil of joy.  
8 All your robes are fragrant with myrrh and aloes and cassia; from palaces adorned with ivory the music of the strings makes you glad.

### Psalm 102:12, 15-28

12 But you, Lord, sit enthroned forever; your renown endures through all generations.  
15 The nations will fear the name of the Lord,  
    all the kings of the earth will revere your glory.  
16 For the Lord will rebuild Zion and appear in his glory.  
17 He will respond to the prayer of the destitute;  
    he will not despise their plea.  
18 Let this be written for a future generation,  
    that a people not yet created may praise the Lord:  
19 "The Lord looked down from his sanctuary on high,  
    from heaven he viewed the earth,  
20 to hear the groans of the prisoners  
    and release those condemned to death."  
21 So the name of the Lord will be declared in Zion  
    and his praise in Jerusalem  
22 when the peoples and the kingdoms assemble to worship the Lord.  
23 In the course of my life he broke my strength; he cut short my days.  
24 So I said: "Do not take me away, my God, in the midst of my days;  
your years go on through all generations.  
25 In the beginning you laid the foundations of the earth,  
    and the heavens are the work of your hands.  
26 They will perish, but you remain; they will all wear out like a garment. Like clothing you will change them and they will be discarded.  
27 But you remain the same, and your years will never end.  
28 The children of your servants will live in your presence;  
    their descendants will be established before you."

8 But about the Son (Jesus) God says

(quoting from Psalm 45, 102, 110),

"Your throne, O God, will last for ever and ever;  
a scepter of justice will be the scepter of your kingdom.  
9 You have loved righteousness and hated wickedness;  
therefore God, your God, has set you above your  
companions by anointing you with the oil of joy."  
10 He also says, "In the beginning, Lord, you laid the  
foundations of the earth, and the heavens are the work of  
your hands. 11 They will perish, but you remain; they will all  
wear out like a garment. 12 You will roll them up like a robe;  
like a garment they will be changed. But you remain the  
same, and your years will never end."

**Hebrews 1:8-12**

### Jesus, Our God

Pray through this Psalm, focusing on Jesus your God. Why is it significant that Jesus is God and not just a good teacher or religious leader?

What truth about Jesus as God will you carry with you today?

## Day Five: Psalm 118

- 1 Give thanks to the Lord, for he is good;  
his love endures forever.
- 2 Let Israel say: "His love endures forever."
- 3 Let the house of Aaron say:  
"His love endures forever."
- 4 Let those who fear the Lord say:  
"His love endures forever."
- 5 When hard pressed, I cried to the Lord;  
he brought me into a spacious place.
- 6 The Lord is with me; I will not be afraid.  
What can mere mortals do to me?
- 7 The Lord is with me; he is my helper.  
I look in triumph on my enemies.
- 8 It is better to take refuge in the Lord  
than to trust in humans.
- 9 It is better to take refuge in the Lord  
than to trust in princes.
- 10 All the nations surrounded me,  
but in the name of the Lord I cut them down.
- 11 They surrounded me on every side,  
but in the name of the Lord I cut them down.
- 12 They swarmed around me like bees,  
but they were consumed as quickly as burning  
thorns;  
in the name of the Lord I cut them down.
- 13 I was pushed back and about to fall,  
but the Lord helped me.
- 14 The Lord is my strength and my defense;  
he has become my salvation.
- 15 Shouts of joy and victory  
resound in the tents of the righteous:  
"The Lord's right hand has done mighty things!"
- 16 The Lord's right hand is lifted high;  
the Lord's right hand has done mighty things!"
- 17 I will not die but live,  
and will proclaim what the Lord has done.
- 18 The Lord has chastened me severely,  
but he has not given me over to death.
- 19 Open for me the gates of the righteous;  
I will enter and give thanks to the Lord.
- 20 This is the gate of the Lord  
through which the righteous may enter.
- 21 I will give you thanks, for you answered me;  
you have become my salvation.
- 22 The stone the builders rejected  
has become the cornerstone;
- 23 the Lord has done this,  
and it is marvelous in our eyes.
- 24 The Lord has done it this very day;  
let us rejoice today and be glad.
- 25 Lord, save us! Lord, grant us success!  
26 Blessed is he who comes in the name of the Lord.  
From the house of the Lord we bless you.
- 27 The Lord is God,

- and he has made his light shine on us.  
With boughs in hand, join in the festal procession  
up to the horns of the altar.
- 28 You are my God, and I will praise you;  
you are my God, and I will exalt you.
- 29 Give thanks to the Lord, for he is good;  
his love endures forever.  
Amen and Amen.
- 20 This concludes the prayers of David son of Jesse.

### Singing with Jesus, Our Savior

After Jesus shared the Passover meal with his disciples (transforming it into the meal of the New Covenant we now call the Lord's Supper), he and his friends sang a hymn (Matthew 26:30). Most likely they sang a portion of Psalms 113-118 (or all of it). Jesus sang a line and then the men responded by singing "hallelujah." Back and forth they sang. Imagine you are leaving that last supper with Jesus and he is singing Psalm 118 with you. Respond to each verse out loud with a "hallelujah" (which means, "God be praised").

What truth about Jesus will you carry with you today?

# Hope

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**Notes Page:** Use this page to take notes on the teaching.

Find this talk at [womensbiblestudyLA.com](http://womensbiblestudyLA.com) under the resources tab.

The Who God Is List

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*God is . . .*

# K E E P P R A Y I N G T H E P S A L M S

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## Don't Stop Praying the Psalms

Praying the Psalms is a daily practice of the church around the world. Here is a schedule from *The Book of Common Prayer* to guide you each day.

MONTHLY SCHEDULE											
	AM	PM		AM	PM		AM	PM		AM	PM
<b>1</b>	1-4	5-8	<b>8</b>	38-40	41-43	<b>15</b>	75-77	78	<b>22</b>	107	108-109
<b>2</b>	9-11	12-13	<b>9</b>	44-46	47-49	<b>16</b>	79-81	82-85	<b>23</b>	110-113	114-115
<b>3</b>	15-17	18	<b>10</b>	50-52	53-55	<b>17</b>	86-88	89	<b>24</b>	116-118	119:1-32
<b>4</b>	19-21	22-23	<b>11</b>	56-58	59-61	<b>18</b>	90-92	93-94	<b>25</b>	119:33-72	119:73-104
<b>5</b>	24-26	27-29	<b>12</b>	62-64	65-67	<b>19</b>	95-97	98-101	<b>26</b>	119:105-144	119:145-176
<b>6</b>	30-31	32-34	<b>13</b>	68	69-70	<b>20</b>	102-103	104	<b>27</b>	120-125	126-131
<b>7</b>	35-36	37	<b>14</b>	71-72	73-74	<b>21</b>	105	106	<b>28</b>	132-135	136-138
									<b>29</b>	139-140	141-143
									<b>30</b>	144-146	147-150

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*The practice of Christians in praying the Psalms is straightforward:  
simply pray through the Psalms, psalm by psalm, regularly.*

*John Calvin expressed the consensus of the praying church when he wrote that the Psalms are  
"the design of the Holy Spirit... to deliver to the church a common form of prayer."*

*That's it: open our Bibles to the book of Psalms and pray them – sequentially,  
regularly, faithfully across a lifetime. This is how most Christians for most of the  
Christian centuries have matured in prayer. Nothing fancy. Just do it.*

*The praying itself is deliberate and leisurely, letting (as St. Benedict directed) the motions of  
the heart come into harmony with the movements of the lips.*

**Eugene Peterson**

***Answering God: The Psalms as Tools for Prayer***