

- 1 Be concise.** Please share your thoughts and answers, but be considerate so that others will have time to share their answers also. Be charitable and kind. Be willing to share with the group, but do not try to dominate the conversation. Use the time after the class to find help with any personal issues or problems you may be confronting in your life.

“Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.”

(James 1:19–20)

- 2 Be thoughtful with your answer.** Consider your words. Do not simply regurgitate what you have always heard. We have the tendency to speak in “Christianese” — words that only people who grew up on the pews would understand. Think about how your words will be heard by others. Will they understand what you are saying? Is what you are about to say going to be useful for the building up of the faith of others? Or will your words be confusing, cause hurt, or worse, damage someone’s faith? Speak without harshness or anger, but with kindness and humility.

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.”

(Ephesians 4:29)

- 3 Rely on the scriptures for truth.** It is easy to rely upon conventional, worldly wisdom as truth. Bible study is about seeking God’s answers for our lives, not dispensing the advice of the world. We must consider that our natural answers may be the wrong answers if they are not founded on God’s word.

“For the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength.”

(1 Corinthians 1:25)

Have you ever read a chapter in the Bible but then could not remember what you had read? Have you ever fallen asleep while reading? An hour after you read, do you retain what you have read? These problems destroy enjoyment in Bible reading and therefore we must use a method of Bible reading that will solve this problem. To read properly we must be keen observers. We must see words and phrases that stand out while at the same time collecting the whole thought. Remember, the important thing is not how many times you have gone through the Bible, but how many times the Bible has gone through you!

Observe // what do I see?

Every time we study the Bible, the first thing to ask is, "What do I see?" This is the crucial skill of observation, which lays the groundwork for your study. The text is given to you so that you will underline, circle, box, and highlight important words as you read. As you read look for comparisons, contrasts, purposes, results, causes, explanations, conclusions, and conditions. Ask yourself who, what, where, when, why, and how as you read. Keep asking these questions as you read to prevent a lazy brain while reading. Look for themes and main ideas from the passage.

Interpret // what does it mean?

Our observation of a passage should stir interesting yet challenging questions, leading us to the second stage of our Bible study: interpretation. Reread through the passage after your observation notations have been made looking to answer what the passage means. Record your explanations of the text in the workbook.

Apply // how does this affect me?

Our Bible study is not over until we apply what we have learned to our everyday lives. Write down lessons that you have learned for you own life especially things that you see you need to change. Only you know your heart and what is happening in your life to be able to apply God's word directly to you. Bible study is fruitless if we do not take the information we have learned and directly change our lives. Write down how the passage affects you. The transformation section in the workbook will help you in this effort.

Share // how can I share my findings with us?

Now we want to share our findings with others. We want to share our observations, interpretations, and applications with others in the Bible class. This is your opportunity to hear what others have found in their studies and for you to share what you found. By doing this we are able to build one another up and grow up in the unity of the faith (Ephesians 4:12-13). If we do not share what we have found then we will be unable to grow together as the family of Christ.

- 1 Oh give thanks to the LORD, for he is good, for his steadfast love endures forever!
- 2 Let the redeemed of the LORD say so, whom he has redeemed from trouble
- 3 and gathered in from the lands, from the east and from the west, from the north and from the south.
- 4 Some wandered in desert wastes, finding no way to a city to dwell in;
- 5 hungry and thirsty, their soul fainted within them.
- 6 Then they cried to the LORD in their trouble, and he delivered them from their distress.
- 7 He led them by a straight way till they reached a city to dwell in.
- 8 Let them thank the LORD for his steadfast love, for his wondrous works to the children of man!
- 9 For he satisfies the longing soul, and the hungry soul he fills with good things.
- 10 Some sat in darkness and in the shadow of death, prisoners in affliction and in irons,
- 11 for they had rebelled against the words of God, and spurned the counsel of the Most High.
- 12 So he bowed their hearts down with hard labor; they fell down, with none to help.
- 13 Then they cried to the LORD in their trouble, and he delivered them from their distress.
- 14 He brought them out of darkness and the shadow of death, and burst their bonds apart.
- 15 Let them thank the LORD for his steadfast love, for his wondrous works to the children of man!
- 16 For he shatters the doors of bronze and cuts in two the bars of iron.
- 17 Some were fools through their sinful ways, and because of their iniquities suffered affliction;
- 18 they loathed any kind of food, and they drew near to the gates of death.
- 19 Then they cried to the LORD in their trouble, and he delivered them from their distress.
- 20 He sent out his word and healed them, and delivered them from their destruction.
- 21 Let them thank the LORD for his steadfast love, for his wondrous works to the children of man!
- 22 And let them offer sacrifices of thanksgiving, and tell of his deeds in songs of joy!
- 23 Some went down to the sea in ships, doing business on the great waters;
- 24 they saw the deeds of the LORD, his wondrous works in the deep.
- 25 For he commanded and raised the stormy wind, which lifted up the waves of the sea.
- 26 They mounted up to heaven; they went down to the depths; their courage melted away in their evil plight;
- 27 they reeled and staggered like drunken men and were at their wits' end.
- 28 Then they cried to the LORD in their trouble, and he delivered them from their distress.
- 29 He made the storm be still, and the waves of the sea were hushed.
- 30 Then they were glad that the waters were quiet, and he brought them to their desired haven.
- 31 Let them thank the LORD for his steadfast love, for his wondrous works to the children of man!
- 32 Let them extol him in the congregation of the people, and praise him in the assembly of the elders.
- 33 He turns rivers into a desert, springs of water into thirsty ground,
- 34 a fruitful land into a salty waste, because of the evil of its inhabitants.
- 35 He turns a desert into pools of water, a parched land into springs of water.
- 36 And there he lets the hungry dwell, and they establish a city to live in;
- 37 they sow fields and plant vineyards and get a fruitful yield.
- 38 By his blessing they multiply greatly, and he does not let their livestock diminish.
- 39 When they are diminished and brought low through oppression, evil, and sorrow,
- 40 he pours contempt on princes and makes them wander in trackless wastes;
- 41 but he raises up the needy out of affliction and makes their families like flocks.
- 42 The upright see it and are glad, and all wickedness shuts its mouth.
- 43 Whoever is wise, let him attend to these things; let them consider the steadfast love of the LORD. (ESV)

Main point: _____

Make additional notes at left and below:

1 What are the reasons give why people should praise the Lord in verses 1-9? Write down all God has done.

2 Describe the situation in verses 10-16. What had the people done? What did God do?

3 Describe the situation in verses 17-22. What had the people done? What did God do?

4 Describe the situation in verses 23-32. What had the people done? What did God do?

5 What does God do, as described in verses 33-38?

6 What else does God do and what is the result for the wicked and the godly (107:39-43)?

TRANSFORMATION:

✍ What does this psalm teach you about God?

✍ How does this change how you will think about God and approach God?

✍ How will this psalm change how you live your life today?

A Song. A Psalm of David.

- 1 My heart is steadfast, O God! I will sing and make melody with all my being!
- 2 Awake, O harp and lyre! I will awake the dawn!
- 3 I will give thanks to you, O LORD, among the peoples; I will sing praises to you among the nations.
- 4 For your steadfast love is great above the heavens; your faithfulness reaches to the clouds.
- 5 Be exalted, O God, above the heavens! Let your glory be over all the earth!
- 6 That your beloved ones may be delivered, give salvation by your right hand and answer me!
- 7 God has promised in his holiness: "With exultation I will divide up Shechem and portion out the Valley of Succoth.

- 8 Gilead is mine; Manasseh is mine; Ephraim is my helmet, Judah my scepter.
- 9 Moab is my washbasin; upon Edom I cast my shoe; over Philistia I shout in triumph."
- 10 Who will bring me to the fortified city? Who will lead me to Edom?
- 11 Have you not rejected us, O God? You do not go out, O God, with our armies.
- 12 Oh grant us help against the foe, for vain is the salvation of man!
- 13 With God we shall do valiantly; it is he who will tread down our foes. (ESV)

Main point: _____

Make additional notes at left and below:

- 1 What does David say about himself and what he will do (108:1-4)? Why is he in this condition and why will he do what he says he will do?
- 2 What does David proclaim (108:5-9)? What is David desiring?
- 3 What are David's questions (108:10-13)? What is David praying for?

TRANSFORMATION:

✍ What does this psalm teach you about God?

✍ How does this change how you will think about God and approach God?

✍ How will this psalm change how you live your life today?

To the choirmaster. A Psalm of David.

- 1 Be not silent, O God of my praise!
- 2 For wicked and deceitful mouths are opened against me, speaking against me with lying tongues.
- 3 They encircle me with words of hate, and attack me without cause.
- 4 In return for my love they accuse me, but I give myself to prayer.
- 5 So they reward me evil for good, and hatred for my love.
- 6 Appoint a wicked man against him; let an accuser stand at his right hand.
- 7 When he is tried, let him come forth guilty; let his prayer be counted as sin!
- 8 May his days be few; may another take his office!
- 9 May his children be fatherless and his wife a widow!
- 10 May his children wander about and beg, seeking food far from the ruins they inhabit!
- 11 May the creditor seize all that he has; may strangers plunder the fruits of his toil!
- 12 Let there be none to extend kindness to him, nor any to pity his fatherless children!
- 13 May his posterity be cut off; may his name be blotted out in the second generation!
- 14 May the iniquity of his fathers be remembered before the LORD, and let not the sin of his mother be blotted out!
- 15 Let them be before the LORD continually, that he may cut off the memory of them from the earth!
- 16 For he did not remember to show kindness, but pursued the poor and needy and the brokenhearted, to put them to death.
- 17 He loved to curse; let curses come upon him! He did not delight in blessing; may it be far from him!
- 18 He clothed himself with cursing as his coat; may it soak into his body like water, like oil into his bones!
- 19 May it be like a garment that he wraps around him, like a belt that he puts on every day!
- 20 May this be the reward of my accusers from the LORD, of those who speak evil against my life!
- 21 But you, O GOD my Lord, deal on my behalf for your name's sake; because your steadfast love is good, deliver me!
- 22 For I am poor and needy, and my heart is stricken within me.
- 23 I am gone like a shadow at evening; I am shaken off like a locust.
- 24 My knees are weak through fasting; my body has become gaunt, with no fat.
- 25 I am an object of scorn to my accusers; when they see me, they wag their heads.
- 26 Help me, O LORD my God! Save me according to your steadfast love!
- 27 Let them know that this is your hand; you, O LORD, have done it!
- 28 Let them curse, but you will bless! They arise and are put to shame, but your servant will be glad!
- 29 May my accusers be clothed with dishonor; may they be wrapped in their own shame as in a cloak!
- 30 With my mouth I will give great thanks to the LORD; I will praise him in the midst of the throng.
- 31 For he stands at the right hand of the needy one, to save him from those who condemn his soul to death.

(ESV)

Main point: _____

Make additional notes at left and below:

- 1 What is David praying for in verses 1-5? What is happening to him?
- 2 What is David describing and praying for in verses 6-20? Explain what David wants and why.

3 Verse 8 is quoted in Acts 1:20. How is Peter using this psalm in regards to Judas and the need to replace him with another?

4 What is David's prayer in verses 21-25? What is his own condition? What does he want God to do?

5 What does David pray for in verses 26-31? What does David want? What does David say he will do?

TRANSFORMATION:

✍ What does this psalm teach you about God?

✍ How does this change how you will think about God and approach God?

✍ How will this psalm change how you live your life today?

A Psalm of David.

- 1 The LORD says to my Lord: "Sit at my right hand, until I make your enemies your footstool."
- 2 The LORD sends forth from Zion your mighty scepter. Rule in the midst of your enemies!
- 3 Your people will offer themselves freely on the day of your power, in holy garments; from the womb of the morning, the dew of your youth will be yours.
- 4 The LORD has sworn and will not change his mind, "You are a priest forever after the order of Melchizedek."

- 5 The Lord is at your right hand; he will shatter kings on the day of his wrath.
- 6 He will execute judgment among the nations, filling them with corpses; he will shatter chiefs over the wide earth.
- 7 He will drink from the brook by the way; therefore he will lift up his head. (ESV)

Main point: _____

Make additional notes at left and below:

- 1 Explain verse 1.

How does Jesus use this psalm in Matthew 22:44? What point is being made?

How does Peter use this psalm in Acts 2:34-35? What point is being made?

How does the writer of Hebrews use this psalm in Hebrews 1:3? What point is being made?

- 2 What is the message of verses 2-3?

- 3 Explain verse 4.

How does the writer of Hebrews use this psalm in Hebrews 5:6? What point is being made?

How does the writer of Hebrews use this psalm in Hebrews 7:17,21? What point is being made?

4 What is the message of verses 5-7? What will happen and who will do it?

TRANSFORMATION:

✍ What does this psalm teach you about God?

✍ How does this change how you will think about God and approach God?

✍ How will this psalm change how you live your life today?

THE PSALMS

111

- 1 Praise the LORD! I will give thanks to the LORD with my whole heart, in the company of the upright, in the congregation.
- 2 Great are the works of the LORD, studied by all who delight in them.
- 3 Full of splendor and majesty is his work, and his righteousness endures forever.
- 4 He has caused his wondrous works to be remembered; the LORD is gracious and merciful.
- 5 He provides food for those who fear him; he remembers his covenant forever.
- 6 He has shown his people the power of his works, in giving them the inheritance of the nations.
- 7 The works of his hands are faithful and just; all his precepts are trustworthy;
- 8 they are established forever and ever, to be performed with faithfulness and uprightness.
- 9 He sent redemption to his people; he has commanded his covenant forever. Holy and awesome is his name!
- 10 The fear of the LORD is the beginning of wisdom; all those who practice it have a good understanding. His praise endures forever! (ESV)

Main point: _____

Make additional notes at left and below:

- 1 What does the psalmist call for people to do in verse 1?
- 2 What are the reasons given for this action in verses 2-9? What has God done?
- 3 What does verse 10 teach? What should everyone understand? What do we learn?

TRANSFORMATION:

✍️ What does this psalm teach you about God?

✍️ How does this change how you will think about God and approach God?

✍️ How will this psalm change how you live your life today?

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| <p>1 Praise the LORD! Blessed is the man who fears the LORD, who greatly delights in his commandments!</p> <p>2 His offspring will be mighty in the land; the generation of the upright will be blessed.</p> <p>3 Wealth and riches are in his house, and his righteousness endures forever.</p> <p>4 Light dawns in the darkness for the upright; he is gracious, merciful, and righteous.</p> <p>5 It is well with the man who deals generously and lends; who conducts his affairs with justice.</p> <p>6 For the righteous will never be moved; he will be remembered forever.</p> | <p>7 He is not afraid of bad news; his heart is firm, trusting in the LORD.</p> <p>8 His heart is steady; he will not be afraid, until he looks in triumph on his adversaries.</p> <p>9 He has distributed freely; he has given to the poor; his righteousness endures forever; his horn is exalted in honor.</p> <p>10 The wicked man sees it and is angry; he gnashes his teeth and melts away; the desire of the wicked will perish! (ESV)</p> |
|--|---|

Main point: _____

Make additional notes at left and below:

- 1 Who is blessed and what does God do for the blessed in verses 1-5?

- 2 What are the characteristics of the person blessed by God?

- 3 Paul quotes this psalm in 2 Corinthians 9:9. How does Paul apply this psalm to his teaching?

TRANSFORMATION:

☞ What does this psalm teach you about God?

☞ How does this change how you will think about God and approach God?

☞ How will this psalm change how you live your life today?

- 1 Praise the LORD! Praise, O servants of the LORD, praise the name of the LORD!
- 2 Blessed be the name of the LORD from this time forth and forevermore!
- 3 From the rising of the sun to its setting, the name of the LORD is to be praised!
- 4 The LORD is high above all nations, and his glory above the heavens!
- 5 Who is like the LORD our God, who is seated on high, 6 who looks far down on the heavens and the earth?
- 7 He raises the poor from the dust and lifts the needy from the ash heap,
- 8 to make them sit with princes, with the princes of his people.
- 9 He gives the barren woman a home, making her the joyous mother of children. Praise the LORD! (ESV)

Main point: _____
 Make additional notes at left and below:

- 1 What is the call and where in verses 1-4?
- 2 What are the given reasons in verses 5-9?

TRANSFORMATION:

✍ What does this psalm teach you about God?

✍ How does this change how you will think about God and approach God?

✍ How will this psalm change how you live your life today?

- 1 When Israel went out from Egypt, the house of Jacob
from a people of strange language,
2 Judah became his sanctuary, Israel his dominion.
3 The sea looked and fled; Jordan turned back.
4 The mountains skipped like rams, the hills like lambs.
5 What ails you, O sea, that you flee? O Jordan, that you
turn back?
- 6 O mountains, that you skip like rams? O hills, like
lambs?
7 Tremble, O earth, at the presence of the Lord, at the
presence of the God of Jacob,
8 who turns the rock into a pool of water, the flint into a
spring of water. (ESV)

Main point: _____

Make additional notes at left and below:

- 1 What event is the psalmist describing?
- 2 What is the psalmist teaching? What is the point of the psalm?

TRANSFORMATION:

✍️ What does this psalm teach you about God?

✍️ How does this change how you will think about God and approach God?

✍️ How will this psalm change how you live your life today?

- 1 Not to us, O LORD, not to us, but to your name give glory, for the sake of your steadfast love and your faithfulness!
- 2 Why should the nations say, "Where is their God?"
- 3 Our God is in the heavens; he does all that he pleases.
- 4 Their idols are silver and gold, the work of human hands.
- 5 They have mouths, but do not speak; eyes, but do not see.
- 6 They have ears, but do not hear; noses, but do not smell.
- 7 They have hands, but do not feel; feet, but do not walk; and they do not make a sound in their throat.
- 8 Those who make them become like them; so do all who trust in them.
- 9 O Israel, trust in the LORD! He is their help and their shield.
- 10 O house of Aaron, trust in the LORD! He is their help and their shield.
- 11 You who fear the LORD, trust in the LORD! He is their help and their shield.
- 12 The LORD has remembered us; he will bless us; he will bless the house of Israel; he will bless the house of Aaron;
- 13 he will bless those who fear the LORD, both the small and the great.
- 14 May the LORD give you increase, you and your children!
- 15 May you be blessed by the LORD, who made heaven and earth!
- 16 The heavens are the LORD'S heavens, but the earth he has given to the children of man.
- 17 The dead do not praise the LORD, nor do any who go down into silence.
- 18 But we will bless the LORD from this time forth and forevermore. Praise the LORD! (ESV)

Main point: _____

Make additional notes at left and below:

- 1 What does verse 1 mean? Why is this an important truth?

- 2 What is the message in verses 2-8?

- 3 What does the Lord do (115:9-18)? What must Israel do? What is the contrast to the description of the idols that you read in verses 2-8?

TRANSFORMATION:

☞ What does this psalm teach you about God?

☞ How does this change how you will think about God and approach God?

☞ How will this psalm change how you live your life today?

- 1 I love the LORD, because he has heard my voice and my pleas for mercy.
- 2 Because he inclined his ear to me, therefore I will call on him as long as I live.
- 3 The snares of death encompassed me; the pangs of Sheol laid hold on me; I suffered distress and anguish.
- 4 Then I called on the name of the LORD: "O LORD, I pray, deliver my soul!"
- 5 Gracious is the LORD, and righteous; our God is merciful.
- 6 The LORD preserves the simple; when I was brought low, he saved me.
- 7 Return, O my soul, to your rest; for the LORD has dealt bountifully with you.
- 8 For you have delivered my soul from death, my eyes from tears, my feet from stumbling;
- 9 I will walk before the LORD in the land of the living.
- 10 I believed, even when I spoke: "I am greatly afflicted";
- 11 I said in my alarm, "All mankind are liars."
- 12 What shall I render to the LORD for all his benefits to me?
- 13 I will lift up the cup of salvation and call on the name of the LORD,
- 14 I will pay my vows to the LORD in the presence of all his people.
- 15 Precious in the sight of the LORD is the death of his saints.
- 16 O LORD, I am your servant; I am your servant, the son of your maidservant. You have loosed my bonds.
- 17 I will offer to you the sacrifice of thanksgiving and call on the name of the LORD.
- 18 I will pay my vows to the LORD in the presence of all his people,
- 19 in the courts of the house of the LORD, in your midst, O Jerusalem. Praise the LORD! (ESV)

Main point: _____

Make additional notes at left and below:

- 1 Why does the psalmist love the Lord (116:1-2)?

- 2 What happened to the psalmist (116:3-4)? What did God do?

- 3 What does the psalmist proclaim about the nature and character of the Lord in verses 5-8?

- 4 What does the psalmist say he will do and what does he teach in verses 9-19?

- 5 Explain verses 10-11.

TRANSFORMATION:

☞ What does this psalm teach you about God?

☞ How does this change how you will think about God and approach God?

☞ How will this psalm change how you live your life today?

THE PSALMS 117

1 Praise the LORD, all nations! Extol him, all peoples!

2 For great is his steadfast love toward us, and the faithfulness of the LORD endures forever. Praise the LORD! (ESV)

Main point: _____

Make additional notes at left and below:

1 What is the message of the psalm?

TRANSFORMATION:

☞ What does this psalm teach you about God?

☞ How does this change how you will think about God and approach God?

☞ How will this psalm change how you live your life today?

- 1 Oh give thanks to the LORD, for he is good; for his steadfast love endures forever!
- 2 Let Israel say, “His steadfast love endures forever.”
- 3 Let the house of Aaron say, “His steadfast love endures forever.”
- 4 Let those who fear the LORD say, “His steadfast love endures forever.”
- 5 Out of my distress I called on the LORD; the LORD answered me and set me free.
- 6 The LORD is on my side; I will not fear. What can man do to me?
- 7 The LORD is on my side as my helper; I shall look in triumph on those who hate me.
- 8 It is better to take refuge in the LORD than to trust in man.
- 9 It is better to take refuge in the LORD than to trust in princes.
- 10 All nations surrounded me; in the name of the LORD I cut them off!
- 11 They surrounded me, surrounded me on every side; in the name of the LORD I cut them off!
- 12 They surrounded me like bees; they went out like a fire among thorns; in the name of the LORD I cut them off!
- 13 I was pushed hard, so that I was falling, but the LORD helped me.
- 14 The LORD is my strength and my song; he has become my salvation.
- 15 Glad songs of salvation are in the tents of the righteous: “The right hand of the LORD does valiantly,
- 16 the right hand of the LORD exalts, the right hand of the LORD does valiantly!”
- 17 I shall not die, but I shall live, and recount the deeds of the LORD.
- 18 The LORD has disciplined me severely, but he has not given me over to death.
- 19 Open to me the gates of righteousness, that I may enter through them and give thanks to the LORD.
- 20 This is the gate of the LORD; the righteous shall enter through it.
- 21 I thank you that you have answered me and have become my salvation.
- 22 The stone that the builders rejected has become the cornerstone.
- 23 This is the LORD’S doing; it is marvelous in our eyes.
- 24 This is the day that the LORD has made; let us rejoice and be glad in it.
- 25 Save us, we pray, O LORD! O LORD, we pray, give us success!
- 26 Blessed is he who comes in the name of the LORD! We bless you from the house of the LORD.
- 27 The LORD is God, and he has made his light to shine upon us. Bind the festal sacrifice with cords, up to the horns of the altar!
- 28 You are my God, and I will give thanks to you; you are my God; I will extol you.
- 29 Oh give thanks to the LORD, for he is good; for his steadfast love endures forever! (ESV)

Main point: _____

Make additional notes at left and below:

- 1 What is the proclamation of this psalm in verses 1-4?
- 2 What has God done in verses 5-9? What is the psalmist’s hope?

- 3 Verse 6 is quoted by the writer of Hebrews in Hebrews 13:6. How does the writer of Hebrews use this psalm to make his point? What do we learn?

- 4 What is the psalmist experiencing in verses 10-12?

- 5 How is the psalmist getting through this difficulty (118:14-24)? Write down what God has done.

- 6 Verse 22-23 is quoted in Matthew 21:42 and 1 Peter 2:7. How are they using this psalm? What is the message?

- 7 How does the psalm end? What is the message of verses 25-29?

TRANSFORMATION:

- ✍ What does this psalm teach you about God?

- ✍ How does this change how you will think about God and approach God?

- ✍ How will this psalm change how you live your life today?

- | | |
|---|---|
| <p>1 Blessed are those whose way is blameless, who walk in the law of the LORD!</p> <p>2 Blessed are those who keep his testimonies, who seek him with their whole heart,</p> <p>3 who also do no wrong, but walk in his ways!</p> <p>4 You have commanded your precepts to be kept diligently.</p> <p>5 Oh that my ways may be steadfast in keeping your statutes!</p> | <p>6 Then I shall not be put to shame, having my eyes fixed on all your commandments.</p> <p>7 I will praise you with an upright heart, when I learn your righteous rules.</p> <p>8 I will keep your statutes; do not utterly forsake me! (ESV)</p> |
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Main point: _____
 Make additional notes at left and below:

- 1 Who are blessed by the Lord?

- 2 What does the psalmist determine to do (119:4-6)?

- 3 What else does the psalmist say he will do (119:7-8)?

TRANSFORMATION:

- ✍️ What does this psalm teach you about God?

- ✍️ How does this change how you will think about God and approach God?

- ✍️ How will this psalm change how you live your life today?

- 9 How can a young man keep his way pure? By guarding it according to your word.
- 10 With my whole heart I seek you; let me not wander from your commandments!
- 11 I have stored up your word in my heart, that I might not sin against you.
- 12 Blessed are you, O LORD; teach me your statutes!
- 13 With my lips I declare all the rules of your mouth.
- 14 In the way of your testimonies I delight as much as in all riches.
- 15 I will meditate on your precepts and fix my eyes on your ways.
- 16 I will delight in your statutes; I will not forget your word. (ESV)

Main point: _____

Make additional notes at left and below:

- 1 What is the question being answered for this part of Psalm 119?

- 2 What is the answer (119:10)? How do we do this (119:11)?

- 3 What does the psalmist say he will do (119:12-16)?

TRANSFORMATION:

✍️ What does this psalm teach you about God?

✍️ How does this change how you will think about God and approach God?

✍️ How will this psalm change how you live your life today?

- 17 Deal bountifully with your servant, that I may live and keep your word.
- 18 Open my eyes, that I may behold wondrous things out of your law.
- 19 I am a sojourner on the earth; hide not your commandments from me!
- 20 My soul is consumed with longing for your rules at all times.
- 21 You rebuke the insolent, accursed ones, who wander from your commandments.
- 22 Take away from me scorn and contempt, for I have kept your testimonies.
- 23 Even though princes sit plotting against me, your servant will meditate on your statutes.
- 24 Your testimonies are my delight; they are my counselors. (ESV)

Main point: _____

Make additional notes at left and below:

- 1 What does the psalmist request?
- 2 What does the psalmist say about God and his commands?
- 3 How will the psalmists handle his enemies?

TRANSFORMATION:

✍️ What does this psalm teach you about God?

✍️ How does this change how you will think about God and approach God?

✍️ How will this psalm change how you live your life today?

- | | |
|---|--|
| 25 My soul clings to the dust; give me life according to your word! | 29 Put false ways far from me and graciously teach me your law! |
| 26 When I told of my ways, you answered me; teach me your statutes! | 30 I have chosen the way of faithfulness; I set your rules before me. |
| 27 Make me understand the way of your precepts, and I will meditate on your wondrous works. | 31 I cling to your testimonies, O LORD; let me not be put to shame! |
| 28 My soul melts away for sorrow; strengthen me according to your word! | 32 I will run in the way of your commandments when you enlarge my heart! (ESV) |

Main point: _____

Make additional notes at left and below:

- 1 What is happening to the psalmist?

- 2 What does the psalmist pray for?

- 3 What does the psalmist say he will do?

TRANSFORMATION:

What does this psalm teach you about God?

How does this change how you will think about God and approach God?

How will this psalm change how you live your life today?

- | | |
|--|---|
| <p>33 Teach me, O LORD, the way of your statutes; and I will keep it to the end.</p> <p>34 Give me understanding, that I may keep your law and observe it with my whole heart.</p> <p>35 Lead me in the path of your commandments, for I delight in it.</p> <p>36 Incline my heart to your testimonies, and not to selfish gain!</p> | <p>37 Turn my eyes from looking at worthless things; and give me life in your ways.</p> <p>38 Confirm to your servant your promise, that you may be feared.</p> <p>39 Turn away the reproach that I dread, for your rules are good.</p> <p>40 Behold, I long for your precepts; in your righteousness give me life! (ESV)</p> |
|--|---|

Main point: _____

Make additional notes at left and below:

1 Write down all the things the psalmist desires and asks for in this section of the psalm.

2 What do we learn from these requests?

TRANSFORMATION:

☞ What does this psalm teach you about God?

☞ How does this change how you will think about God and approach God?

☞ How will this psalm change how you live your life today?

41 Let your steadfast love come to me, O LORD, your
salvation according to your promise;
42 then shall I have an answer for him who taunts me,
for I trust in your word.
43 And take not the word of truth utterly out of my mouth,
for my hope is in your rules.
44 I will keep your law continually, forever and ever,
45 and I shall walk in a wide place, for I have sought
your precepts.

46 I will also speak of your testimonies before kings and
shall not be put to shame,
47 for I find my delight in your commandments, which
I love.
48 I will lift up my hands toward your commandments,
which I love, and I will meditate on your statutes.
(ESV)

Main point: _____
Make additional notes at left and below:

- 1 What does the psalmist pray for?

- 2 What does the psalmist say he will do? What do we learn?

TRANSFORMATION:

- ✎ What does this psalm teach you about God?

- ✎ How does this change how you will think about God and approach God?

- ✎ How will this psalm change how you live your life today?

- 49 Remember your word to your servant, in which you have made me hope.
- 50 This is my comfort in my affliction, that your promise gives me life.
- 51 The insolent utterly deride me, but I do not turn away from your law.
- 52 When I think of your rules from of old, I take comfort, O LORD.
- 53 Hot indignation seizes me because of the wicked, who forsake your law.
- 54 Your statutes have been my songs in the house of my sojourning.
- 55 I remember your name in the night, O LORD, and keep your law.
- 56 This blessing has fallen to me, that I have kept your precepts. (ESV)

Main point: _____
 Make additional notes at left and below:

- 1 What does the psalmist pray for?

- 2 What does the psalmist say about God's rules and laws? What do we learn?

TRANSFORMATION:

- ☞ What does this psalm teach you about God?

- ☞ How does this change how you will think about God and approach God?

- ☞ How will this psalm change how you live your life today?

57 The LORD is my portion; I promise to keep your words.

58 I entreat your favor with all my heart; be gracious to me according to your promise.

59 When I think on my ways, I turn my feet to your testimonies;

60 I hasten and do not delay to keep your commandments.

61 Though the cords of the wicked ensnare me, I do not forget your law.

62 At midnight I rise to praise you, because of your righteous rules.

63 I am a companion of all who fear you, of those who keep your precepts.

64 The earth, O LORD, is full of your steadfast love; teach me your statutes! (ESV)

Main point: _____

Make additional notes at left and below:

1 What does the psalmist pray for?

2 What does the psalmist say he will do? What does he say about God? What do we learn?

TRANSFORMATION:

✍ What does this psalm teach you about God?

✍ How does this change how you will think about God and approach God?

✍ How will this psalm change how you live your life today?

65 You have dealt well with your servant, O LORD, according to your word.

66 Teach me good judgment and knowledge, for I believe in your commandments.

67 Before I was afflicted I went astray, but now I keep your word.

68 You are good and do good; teach me your statutes.

69 The insolent smear me with lies, but with my whole heart I keep your precepts;

70 their heart is unfeeling like fat, but I delight in your law.

71 It is good for me that I was afflicted, that I might learn your statutes.

72 The law of your mouth is better to me than thousands of gold and silver pieces. (ESV)

Main point: _____

Make additional notes at left and below:

1 What does the psalmist pray for?

2 What does the psalmist say about God and his laws?

TRANSFORMATION:

✍ What does this psalm teach you about God?

✍ How does this change how you will think about God and approach God?

✍ How will this psalm change how you live your life today?

73 Your hands have made and fashioned me; give me understanding that I may learn your commandments.

74 Those who fear you shall see me and rejoice, because I have hoped in your word.

75 I know, O LORD, that your rules are righteous, and that in faithfulness you have afflicted me.

76 Let your steadfast love comfort me according to your promise to your servant.

77 Let your mercy come to me, that I may live; for your law is my delight.

78 Let the insolent be put to shame, because they have wronged me with falsehood; as for me, I will meditate on your precepts.

79 Let those who fear you turn to me, that they may know your testimonies.

80 May my heart be blameless in your statutes, that I may not be put to shame! (ESV)

Main point: _____

Make additional notes at left and below:

1 What does the psalmist pray for?

2 What has God done for the psalmist? What does the psalmist say about God and his laws? What do we learn?

TRANSFORMATION:

✍ What does this psalm teach you about God?

✍ How does this change how you will think about God and approach God?

✍ How will this psalm change how you live your life today?

81 My soul longs for your salvation; I hope in your word.

82 My eyes long for your promise; I ask, "When will you comfort me?"

83 For I have become like a wineskin in the smoke, yet I have not forgotten your statutes.

84 How long must your servant endure? When will you judge those who persecute me?

85 The insolent have dug pitfalls for me; they do not live according to your law.

86 All your commandments are sure; they persecute me with falsehood; help me!

87 They have almost made an end of me on earth, but I have not forsaken your precepts.

88 In your steadfast love give me life, that I may keep the testimonies of your mouth. (ESV)

Main point: _____

Make additional notes at left and below:

1 What does the psalmist desire?

2 What does the psalmist question? What does the psalmist say about God and his laws? What do we learn?

TRANSFORMATION:

✍ What does this psalm teach you about God?

✍ How does this change how you will think about God and approach God?

✍ How will this psalm change how you live your life today?

89 Forever, O LORD, your word is firmly fixed in the heavens.

90 Your faithfulness endures to all generations; you have established the earth, and it stands fast.

91 By your appointment they stand this day, for all things are your servants.

92 If your law had not been my delight, I would have perished in my affliction.

93 I will never forget your precepts, for by them you have

given me life.

94 I am yours; save me, for I have sought your precepts.

95 The wicked lie in wait to destroy me, but I consider your testimonies.

96 I have seen a limit to all perfection, but your commandment is exceedingly broad. (ESV)

Main point: _____

Make additional notes at left and below:

1 What does the psalmist say about God and his word?

2 What has God and his word done for the psalmist? What do we learn?

TRANSFORMATION:

☞ What does this psalm teach you about God?

☞ How does this change how you will think about God and approach God?

☞ How will this psalm change how you live your life today?

97 Oh how I love your law! It is my meditation all the day.

98 Your commandment makes me wiser than my enemies, for it is ever with me.

99 I have more understanding than all my teachers, for your testimonies are my meditation.

100 I understand more than the aged, for I keep your precepts.

101 I hold back my feet from every evil way, in order to keep your word.

102 I do not turn aside from your rules, for you have taught me.

103 How sweet are your words to my taste, sweeter than honey to my mouth!

104 Through your precepts I get understanding; therefore I hate every false way. (ESV)

Main point: _____

Make additional notes at left and below:

1 What does the psalmist proclaim about God and his word?

2 Why does the psalmist think these things about God's law? What do we learn?

TRANSFORMATION:

✍ What does this psalm teach you about God?

✍ How does this change how you will think about God and approach God?

✍ How will this psalm change how you live your life today?

105 Your word is a lamp to my feet and a light to my path.
106 I have sworn an oath and confirmed it, to keep your righteous rules.
107 I am severely afflicted; give me life, O LORD, according to your word!
108 Accept my freewill offerings of praise, O LORD, and teach me your rules.
109 I hold my life in my hand continually, but I do not forget your law.

110 The wicked have laid a snare for me, but I do not stray from your precepts.
111 Your testimonies are my heritage forever, for they are the joy of my heart.
112 I incline my heart to perform your statutes forever, to the end. (ESV)

Main point: _____
Make additional notes at left and below:

- 1 What does the psalmist say about God and his word?
- 2 What is the psalmist experiencing?

TRANSFORMATION:

➤ What does this psalm teach you about God?

➤ How does this change how you will think about God and approach God?

➤ How will this psalm change how you live your life today?

113 I hate the double-minded, but I love your law.
 114 You are my hiding place and my shield; I hope in your word.
 115 Depart from me, you evildoers, that I may keep the commandments of my God.
 116 Uphold me according to your promise, that I may live, and let me not be put to shame in my hope!
 117 Hold me up, that I may be safe and have regard for your statutes continually!

118 You spurn all who go astray from your statutes, for their cunning is in vain.
 119 All the wicked of the earth you discard like dross, therefore I love your testimonies.
 120 My flesh trembles for fear of you, and I am afraid of your judgments. (ESV)

Main point: _____
 Make additional notes at left and below:

- 1 What does the psalmist pray for?

- 2 What is the psalmist teaching?

TRANSFORMATION:

- ✍ What does this psalm teach you about God?

- ✍ How does this change how you will think about God and approach God?

- ✍ How will this psalm change how you live your life today?

121 I have done what is just and right; do not leave me to my oppressors.

122 Give your servant a pledge of good; let not the insolent oppress me.

123 My eyes long for your salvation and for the fulfillment of your righteous promise.

124 Deal with your servant according to your steadfast love, and teach me your statutes.

125 I am your servant; give me understanding, that I may know your testimonies!

126 It is time for the LORD to act, for your law has been broken.

127 Therefore I love your commandments above gold, above fine gold.

128 Therefore I consider all your precepts to be right; I hate every false way. (ESV)

Main point: _____

Make additional notes at left and below:

1 What does the psalmist pray for?

2 What does the psalmist proclaim about God?

TRANSFORMATION:

☞ What does this psalm teach you about God?

☞ How does this change how you will think about God and approach God?

☞ How will this psalm change how you live your life today?

129 Your testimonies are wonderful; therefore my soul keeps them.

130 The unfolding of your words gives light; it imparts understanding to the simple.

131 I open my mouth and pant, because I long for your commandments.

132 Turn to me and be gracious to me, as is your way with those who love your name.

133 Keep steady my steps according to your promise, and let no iniquity get dominion over me.

134 Redeem me from man's oppression, that I may keep your precepts.

135 Make your face shine upon your servant, and teach me your statutes.

136 My eyes shed streams of tears, because people do not keep your law. (ESV)

Main point: _____

Make additional notes at left and below:

1 What does the psalmist proclaim?

2 What does the psalmist pray for? What do we learn?

TRANSFORMATION:

☞ What does this psalm teach you about God?

☞ How does this change how you will think about God and approach God?

☞ How will this psalm change how you live your life today?

137 Righteous are you, O LORD, and right are your rules.

138 You have appointed your testimonies in righteousness and in all faithfulness.

139 My zeal consumes me, because my foes forget your words.

140 Your promise is well tried, and your servant loves it.

141 I am small and despised, yet I do not forget your precepts.

142 Your righteousness is righteous forever, and your law is true.

143 Trouble and anguish have found me out, but your commandments are my delight.

144 Your testimonies are righteous forever; give me understanding that I may live. (ESV)

Main point: _____

Make additional notes at left and below:

1 What does the psalmist proclaim about God?

2 What does the psalmist say about himself? What do we learn?

TRANSFORMATION:

☞ What does this psalm teach you about God?

☞ How does this change how you will think about God and approach God?

☞ How will this psalm change how you live your life today?

- 145 With my whole heart I cry; answer me, O LORD! I will keep your statutes.
- 146 I call to you; save me, that I may observe your testimonies.
- 147 I rise before dawn and cry for help; I hope in your words.
- 148 My eyes are awake before the watches of the night, that I may meditate on your promise.
- 149 Hear my voice according to your steadfast love; O LORD, according to your justice give me life.
- 150 They draw near who persecute me with evil purpose; they are far from your law.
- 151 But you are near, O LORD, and all your commandments are true.
- 152 Long have I known from your testimonies that you have founded them forever. (ESV)

Main point: _____
 Make additional notes at left and below:

- 1 What does the psalmist say he will do? What do we learn?

- 2 What is the psalmist experiencing?

TRANSFORMATION:

- ✍ What does this psalm teach you about God?

- ✍ How does this change how you will think about God and approach God?

- ✍ How will this psalm change how you live your life today?

153 Look on my affliction and deliver me, for I do not forget your law.

154 Plead my cause and redeem me; give me life according to your promise!

155 Salvation is far from the wicked, for they do not seek your statutes.

156 Great is your mercy, O LORD; give me life according to your rules.

157 Many are my persecutors and my adversaries, but I do not swerve from your testimonies.

158 I look at the faithless with disgust, because they do not keep your commands.

159 Consider how I love your precepts! Give me life according to your steadfast love.

160 The sum of your word is truth, and every one of your righteous rules endures forever. (ESV)

Main point: _____

Make additional notes at left and below:

1 What does the psalmist pray for?

2 What does the psalmist say he will do? What do we learn?

TRANSFORMATION:

✍ What does this psalm teach you about God?

✍ How does this change how you will think about God and approach God?

✍ How will this psalm change how you live your life today?

161 Princes persecute me without cause, but my heart stands in awe of your words.

162 I rejoice at your word like one who finds great spoil.

163 I hate and abhor falsehood, but I love your law.

164 Seven times a day I praise you for your righteous rules.

165 Great peace have those who love your law; nothing can make them stumble.

166 I hope for your salvation, O LORD, and I do your commandments.

167 My soul keeps your testimonies; I love them exceedingly.

168 I keep your precepts and testimonies, for all my ways are before you. (ESV)

Main point: _____

Make additional notes at left and below:

1 What is the psalmist experiencing?

2 What does the psalmist say he will do? What do we learn?

TRANSFORMATION:

✍ What does this psalm teach you about God?

✍ How does this change how you will think about God and approach God?

✍ How will this psalm change how you live your life today?

169 Let my cry come before you, O LORD; give me understanding according to your word!

170 Let my plea come before you; deliver me according to your word.

171 My lips will pour forth praise, for you teach me your statutes.

172 My tongue will sing of your word, for all your commandments are right.

173 Let your hand be ready to help me, for I have chosen your precepts.

174 I long for your salvation, O LORD, and your law is my delight.

175 Let my soul live and praise you, and let your rules help me.

176 I have gone astray like a lost sheep; seek your servant, for I do not forget your commandments. (ESV)

Main point: _____

Make additional notes at left and below:

1 What does the psalmist pray for?

2 What does the psalmist say he will do? What do we learn?

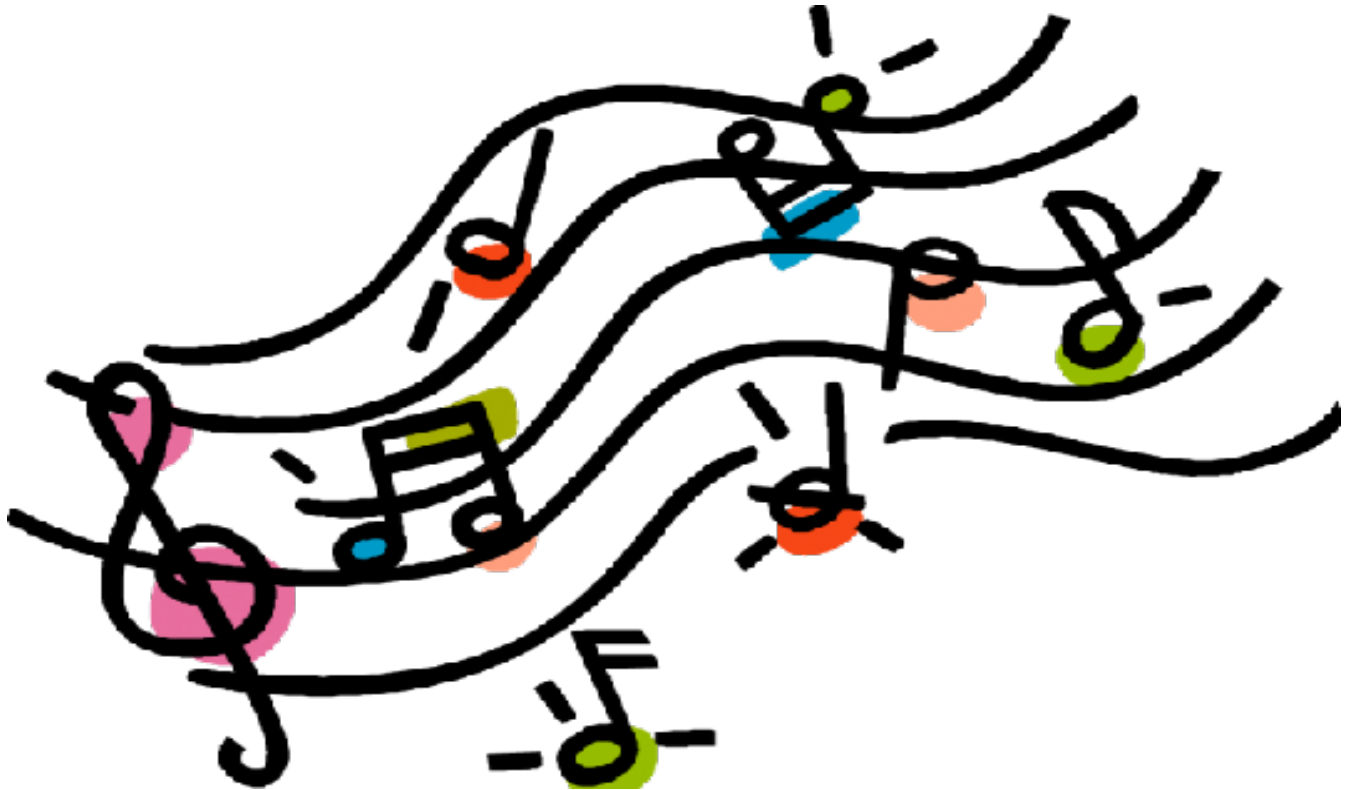
TRANSFORMATION:

✍ What does this psalm teach you about God?

✍ How does this change how you will think about God and approach God?

✍ How will this psalm change how you live your life today?

PSALMS



INSTRUCTIONS FROM ISRAEL'S BOOK OF SONGS

VOLUME 7 — PSALMS 107-119

SELF-STUDY WORKBOOK

by: Brent Kercheville