

- 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 your 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.

At the end of each psalm is a devotional quotation from Charles Spurgeon as a stimulus for further thinking about the impact and application of God's word in your life.

A PSALM OF DAVID.

- 1 The LORD is my shepherd; I shall not want.
- 2 He makes me lie down in green pastures. He leads me beside still waters.
- 3 He restores my soul. He leads me in paths of righteousness for his name's sake.
- 4 Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

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

6 Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD forever. (ESV)

Main point: _____

Make additional notes at left and below:

- 1 Explain verse 1. What does David mean that he needs nothing?

- 2 Explain verse 2. What is the Lord doing for us?

- 3 Explain verse 3. What is the Lord doing for us?

- 4 What is David walking through in verse 4? What does this mean? Do you ever feel this way?

- 5 What does David do in verse 4? Why? How is he able to do this?

- 6 Explain verse 5. What is the Lord doing for us? Explain the imagery.

7 Explain verse 6. What are the results of the Lord being one's shepherd?

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?

Spurgeon: "No one can trust providence till he distrusts himself; and no one can say, "The Lord is my Shepherd," until he has given up every idle notion that he can control himself or manage his own interests."

A PSALM OF DAVID.

- 1 The earth is the LORD's and the fullness thereof, the world and those who dwell therein,
- 2 for he has founded it upon the seas and established it upon the rivers.
- 3 Who shall ascend the hill of the LORD? And who shall stand in his holy place?
- 4 He who has clean hands and a pure heart, who does not lift up his soul to what is false and does not swear deceitfully.

- 5 He will receive blessing from the LORD and righteousness from the God of his salvation.
- 6 Such is the generation of those who seek him, who seek the face of the God of Jacob. *Selah*
- 7 Lift up your heads, O gates! And be lifted up, O 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, O gates! And lift them up, O ancient doors, that the King of glory may come in.
- 10 Who is this King of glory? The LORD of hosts, he is the King of glory! *Selah* (ESV)

Main point: _____

Make additional notes at left and below:

- 1 What is the point of verses 1-2? What is this supposed to mean for us?
- 2 Describe who can be in God's presence (24:3-4). What does this look like in our lives? How can we do these things?
- 3 What is the result of being in God's presence (24:5-6)?
- 4 Explain verses 7-10. What is being seen? What is the message?

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?

Spurgeon: "All true glory is concentrated upon the true God, for all other glory is but a passing pageant, the painted pomp of an hour."

OF DAVID.

- 1 To you, O LORD, I lift up my soul.
- 2 O my God, in you I trust; let me not be put to shame; let not my enemies exult over me.
- 3 Indeed, none who wait for you shall be put to shame; they shall be ashamed who are wantonly treacherous.
- 4 Make me to know your ways, O LORD; teach me your paths.
- 5 Lead me in your truth and teach me, for you are the God of my salvation; for you I wait all the day long.
- 6 Remember your mercy, O LORD, and your steadfast love, for they have been from of old.
- 7 Remember not the sins of my youth or my transgressions; according to your steadfast love remember me, for the sake of your goodness, O LORD!
- 8 Good and upright is the LORD; therefore he instructs sinners in the way.
- 9 He leads the humble in what is right, and teaches the humble his way.
- 10 All the paths of the LORD are steadfast love and faithfulness, for those who keep his covenant and his testimonies.
- 11 For your name's sake, O LORD, pardon my guilt, for it is great.
- 12 Who is the man who fears the LORD? Him will he instruct in the way that he should choose.
- 13 His soul shall abide in well-being, and his offspring shall inherit the land.
- 14 The friendship of the LORD is for those who fear him, and he makes known to them his covenant.
- 15 My eyes are ever toward the LORD, for he will pluck my feet out of the net.
- 16 Turn to me and be gracious to me, for I am lonely and afflicted.
- 17 The troubles of my heart are enlarged; bring me out of my distresses.
- 18 Consider my affliction and my trouble, and forgive all my sins.
- 19 Consider how many are my foes, and with what violent hatred they hate me.
- 20 Oh, guard my soul, and deliver me! Let me not be put to shame, for I take refuge in you.
- 21 May integrity and uprightness preserve me, for I wait for you.
- 22 Redeem Israel, O God, out of all his troubles. (ESV)

Main point: _____

Make additional notes at left and below:

- 1 How does David begin this psalm (25:1-3)? What are his declarations?
- 2 Look at verses 4-7. Write down each request David has for the Lord and explain what David is asking. How can we incorporate these requests into our prayer life?
- 3 What does David declare about the Lord in verses 8-10?

- 4 What is the basis for David's prayer for forgiveness in verse 11? What do we learn from this?

- 5 What is the importance of fearing the Lord (25:12-15)? What will God do? What are the benefits?

- 6 What is David praying for in verses 16-22? Write down each request and explain what David is desiring.

- 7 What do we learn about prayer based on David's requests at the end of this 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?

Spurgeon: "To pretend to wait on God without holiness of life is religious hypocrisy, and to trust to our own integrity without calling upon God is presumptuous atheism."

OF DAVID.

- 1 Vindicate me, O LORD, for I have walked in my integrity, and I have trusted in the LORD without wavering.
- 2 Prove me, O LORD, and try me; test my heart and my mind.
- 3 For your steadfast love is before my eyes, and I walk in your faithfulness.
- 4 I do not sit with men of falsehood, nor do I consort with hypocrites.
- 5 I hate the assembly of evildoers, and I will not sit with the wicked.
- 6 I wash my hands in innocence and go around your altar, O LORD,

- 7 proclaiming thanksgiving aloud, and telling all your wondrous deeds.
- 8 O LORD, I love the habitation of your house and the place where your glory dwells.
- 9 Do not sweep my soul away with sinners, nor my life with bloodthirsty men,
- 10 in whose hands are evil devices, and whose right hands are full of bribes.
- 11 But as for me, I shall walk in my integrity; redeem me, and be gracious to me.
- 12 My foot stands on level ground; in the great assembly I will bless the LORD. (ESV)

Main point: _____

Make additional notes at left and below:

- 1 What does David want (26:1)? What is the basis for his request?
- 2 What does David tell God to do to him (26:2-3)? Could we ask God to do the same to us?
- 3 What does David say he does (26:3-7)? Explain each element of what David says he does. Why does he tell these things to God?
- 4 What does David mean in verse 8?

5 What does David request in verses 9-10? What seems to be happening to David?

6 With all that is going on in David's life, what does he say he will do (26:11-12)? What do we learn from this? How can we do the same?

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?

Spurgeon: "Established in Christ Jesus, by being vitally united to him, we have nothing left to occupy our thoughts but the praises of our God."

OF DAVID.

- 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 evildoers assail me to eat up my flesh, my adversaries and foes, it is they who stumble and fall.
- 3 Though an army encamp against me, my heart shall not fear; though war arise against me, yet I will be confident.
- 4 One thing have I asked of the LORD, that will I seek after: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to inquire in his temple.
- 5 For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent; he will lift me high upon a rock.
- 6 And now my head shall be lifted up above my enemies all around me, and I will offer in his tent sacrifices with shouts of joy; I will sing and make melody to

the LORD.

- 7 Hear, O LORD, when I cry aloud; be gracious to me and answer me!
- 8 You have said, "Seek my face." My heart says to you, "Your face, LORD, do I seek."
- 9 Hide not your face from me. Turn not your servant away in anger, O you who have been my help. Cast me not off; forsake me not, O God of my salvation!
- 10 For my father and my mother have forsaken me, but the LORD will take me in.
- 11 Teach me your way, O LORD, and lead me on a level path because of my enemies.
- 12 Give me not up to the will of my adversaries; for false witnesses have risen against me, and they breathe out violence.
- 13 I believe that I shall look upon the goodness of the LORD in the land of the living!
- 14 Wait for the LORD; be strong, and let your heart take courage; wait for the LORD! (ESV)

Main point: _____

Make additional notes at left and below:

- 1 What is the Lord to David (27:1)? What does this mean? Can we say the same about the Lord in our lives? What needs to change so that is the case?

- 2 Where does David's confidence come from (27:2-3)?

- 3 What is the one thing that David wants (27:4)? What does this mean? What is the one thing you want?

4 What is David's confident expectation (27:5-6)?

5 What does David express about God and himself in verses 7-10?

6 What does David request of the Lord (27:11-14)? What is his confidence? What does he hope in? What do we learn from these things?

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?

Spurgeon: "Salvation finds us in the dark, but it does not leave us there; it gives light to those who sit in the valley of the shadow of death."

OF DAVID.

- 1 To you, O LORD, I call; my rock, be not deaf to me, lest, if you be silent to me, I become like those who go down to the pit.
- 2 Hear the voice of my pleas for mercy, when I cry to you for help, when I lift up my hands toward your most holy sanctuary.
- 3 Do not drag me off with the wicked, with the workers of evil, who speak peace with their neighbors while evil is in their hearts.
- 4 Give to them according to their work and according to the evil of their deeds; give to them according to the work of their hands; render them their due reward.

- 5 Because they do not regard the works of the LORD or the work of his hands, he will tear them down and build them up no more.
- 6 Blessed be the LORD! For he has heard the voice of my pleas for mercy.
- 7 The LORD is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to him.
- 8 The LORD is the strength of his people; he is the saving refuge of his anointed.
- 9 Oh, save your people and bless your heritage! Be their shepherd and carry them forever. (ESV)

Main point: _____

Make additional notes at left and below:

- 1 What does David first pray for (28:1-2)? What does he call the Lord? What does this mean? What do we learn?
- 2 What does David believe will happen if God does not answer him (28:1-3)?
- 3 What does David ask God to do (28:4-5)? Why does David pray this? What do we learn?
- 4 What happens in verse 6?
- 5 What does David say about the Lord in verses 7-8?

6 Can we say the same thing about the Lord that David says in verses 7-8?

7 What is David's prayer in verse 9? What does he desire? 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?

Spurgeon: "Answered prayers should be acknowledged. Do we not often fail in this duty? Would it not greatly encourage others, and strengthen ourselves, if we faithfully recorded divine goodness, and made a point of extolling it with our tongue?"

A PSALM OF DAVID.

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| <p>1 Ascribe to the LORD, O heavenly beings, ascribe to the LORD glory and strength.</p> <p>2 Ascribe to the LORD the glory due his name; worship the LORD in the splendor of holiness.</p> <p>3 The voice of the LORD is over the waters; the God of glory thunders, the LORD, over many waters.</p> <p>4 The voice of the LORD is powerful; the voice of the LORD is full of majesty.</p> <p>5 The voice of the LORD breaks the cedars; the LORD breaks the cedars of Lebanon.</p> <p>6 He makes Lebanon to skip like a calf, and Sirion like a young wild ox.</p> | <p>7 The voice of the LORD flashes forth flames of fire.</p> <p>8 The voice of the LORD shakes the wilderness; the LORD shakes the wilderness of Kadesh.</p> <p>9 The voice of the LORD makes the deer give birth and strips the forests bare, and in his temple all cry, "Glory!"</p> <p>10 The LORD sits enthroned over the flood; the LORD sits enthroned as king forever.</p> <p>11 May the LORD give strength to his people! May the LORD bless his people with peace! (ESV)</p> |
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Main point: _____

Make additional notes at left and below:

- 1 What is David calling to have happen (29:1-2)? Why is this important? What do we learn?

- 2 What does David describe about the Lord in verses 3-9? Write down a description and explanation from each verse:
 - Verse 3:

 - Verse 4:

 - Verse 5:

 - Verse 6:

 - Verse 7:

 - Verse 8:

 - Verse 9:

3 What is David's point in verses 10-11? What are we to understand?

4 How is this psalm trying to change our view of God? How will this change our lives?

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?

Spurgeon: "No deluge can undermine the foundation of his throne. He is calm and unmoved, however much the deep may roar and be troubled: his government rules the most unstable and boisterous of created things."

A PSALM OF DAVID. A SONG AT THE DEDICATION OF THE TEMPLE.

- 1 I will extol you, O LORD, for you have drawn me up and have not let my foes rejoice over me.
- 2 O LORD my God, I cried to you for help, and you have healed me.
- 3 O LORD, you have brought up my soul from Sheol; you restored me to life from among those who go down to the pit.
- 4 Sing praises to the LORD, O you his saints, and give thanks to his holy name.
- 5 For his anger is but for a moment, and his favor is for a lifetime. Weeping may tarry for the night, but joy comes with the morning.
- 6 As for me, I said in my prosperity, "I shall never be moved."

- 7 By your favor, O LORD, you made my mountain stand strong; you hid your face; I was dismayed.
- 8 To you, O LORD, I cry, and to the Lord I plead for mercy:
- 9 "What profit is there in my death, if I go down to the pit? Will the dust praise you? Will it tell of your faithfulness?"
- 10 Hear, O LORD, and be merciful to me! O LORD, be my helper!"
- 11 You have turned for me my mourning into dancing; you have loosed my sackcloth and clothed me with gladness,
- 12 that my glory may sing your praise and not be silent. O LORD my God, I will give thanks to you forever! (ESV)

Main point: _____

Make additional notes at left and below:

- 1 Why is David praising the Lord (30:1-3)? What has happened? What do we learn from David's response?

- 2 What does David tell God's people to do (30:4-5)? What is the basis? Explain what this means.

- 3 Explain verses 6-7? What seems to have happened to David? What do we learn?

4 What did David cry to the Lord (30:9-10)? What does this mean? What is David saying?

5 What did God do (30:11-12)?

6 What is David's response? 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?

Spurgeon: "Prayer is the unfailing resource of God's people. If they are driven to their wit's end, they may still go to the mercys seat."

- 3 What does David hate (31:6-8)? What does David hope in and rejoice in? Explain what David is teaching.

- 4 What is David's prayer (31:9-10)? What has been happening to David? How does he feel? Have you felt this way? What do we learn?

- 5 What is happening to David (31:11-13)?

- 6 What does David do even though he is experiencing suffering (31:14-20)? How does David get through his difficulties? How is David able to continue during this time?

- 7 Why does David bless the Lord (31:21-22)? What do we learn?

- 8 What does David tell God's people to do (31:23-24)?

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?

Spurgeon: "When the Lord blesses us we cannot do less than bless him in return."

A MASKIL OF DAVID.

- 1 Blessed is the one whose transgression is forgiven, whose sin is covered.
- 2 Blessed is the man against whom the LORD counts no iniquity, and in whose spirit there is no deceit.
- 3 For when I kept silent, my bones wasted away through my groaning all day long.
- 4 For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. *Selah*
- 5 I acknowledged my sin to you, and I did not cover my iniquity; I said, "I will confess my transgressions to the LORD," and you forgave the iniquity of my sin. *Selah*
- 6 Therefore let everyone who is godly offer prayer to you at a time when you may be found; surely in the rush of great waters, they shall not reach him.

- 7 You are a hiding place for me; you preserve me from trouble; you surround me with shouts of deliverance. *Selah*
- 8 I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you.
- 9 Be not like a horse or a mule, without understanding, which must be curbed with bit and bridle, or it will not stay near you.
- 10 Many are the sorrows of the wicked, but steadfast love surrounds the one who trusts in the LORD.
- 11 Be glad in the LORD, and rejoice, O righteous, and shout for joy, all you upright in heart! (ESV)

Main point: _____

Make additional notes at left and below:

- 1 Who is the blessed person (4:1-2)? Where is this quoted in the New Testament? What is the message?
- 2 Explain the circumstance that David is experiencing (32:3-5)? What has he done and what is his response?
- 3 What are the godly to do (32:6)? What should be their expectation?
- 4 What is God to David (32:7)? What do we learn from this?

5 What will David do (32:8-9)? Who is David talking to?

6 Explain how the psalm ends. What does David want everyone to know and do (32:10-11)?

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?

*Spurgeon: "God's pardons are deep and thorough:
the knife of mercy cuts at the roots of the ill weed of sin."*

- 1 Shout for joy in the LORD, O you righteous! Praise befits the upright.
- 2 Give thanks to the LORD with the lyre; make melody to him with the harp of ten strings!
- 3 Sing to him a new song; play skillfully on the strings, with loud shouts.
- 4 For the word of the LORD is upright, and all his work is done in faithfulness.
- 5 He loves righteousness and justice; the earth is full of the steadfast love of the LORD.
- 6 By the word of the LORD the heavens were made, and by the breath of his mouth all their host.
- 7 He gathers the waters of the sea as a heap; he puts the deeps in storehouses.
- 8 Let all the earth fear the LORD; let all the inhabitants of the world stand in awe of him!
- 9 For he spoke, and it came to be; he commanded, and it stood firm.
- 10 The LORD brings the counsel of the nations to nothing; he frustrates the plans of the peoples.
- 11 The counsel of the LORD stands forever, the plans of his heart to all generations.
- 12 Blessed is the nation whose God is the LORD, the people whom he has chosen as his heritage!
- 13 The LORD looks down from heaven; he sees all the children of man;
- 14 from where he sits enthroned he looks out on all the inhabitants of the earth,
- 15 he who fashions the hearts of them all and observes all their deeds.
- 16 The king is not saved by his great army; a warrior is not delivered by his great strength.
- 17 The war horse is a false hope for salvation, and by its great might it cannot rescue.
- 18 Behold, the eye of the LORD is on those who fear him, on those who hope in his steadfast love,
- 19 that he may deliver their soul from death and keep them alive in famine.
- 20 Our soul waits for the LORD; he is our help and our shield.
- 21 For our heart is glad in him, because we trust in his holy name.
- 22 Let your steadfast love, O LORD, be upon us, even as we hope in you. (ESV)

Main point: _____

Make additional notes at left and below:

- 1 What does David instruct the righteous to do (33:1-3)?

- 2 What are the reasons given for the righteous in verses 4-11? Write the reasons of each verse below and explain them.
 - Verse 4

 - Verse 5

 - Verse 6

 - Verse 7

OF DAVID, WHEN HE CHANGED HIS BEHAVIOR BEFORE ABIMELECH, SO THAT HE DROVE HIM OUT, AND HE WENT AWAY.

- 1 I will bless the LORD at all times; his praise shall continually be in my mouth.
- 2 My soul makes its boast in the LORD; let the humble hear and be glad.
- 3 Oh, magnify the LORD with me, and let us exalt his name together!
- 4 I sought the LORD, and he answered me and delivered me from all my fears.
- 5 Those who look to him are radiant, and their faces shall never be ashamed.
- 6 This poor man cried, and the LORD heard him and saved him out of all his troubles.
- 7 The angel of the LORD encamps around those who fear him, and delivers them.
- 8 Oh, taste and see that the LORD is good! Blessed is the man who takes refuge in him!
- 9 Oh, fear the LORD, you his saints, for those who fear him have no lack!
- 10 The young lions suffer want and hunger; but those who seek the LORD lack no good thing.

- 11 Come, O children, listen to me; I will teach you the fear of the LORD.
- 12 What man is there who desires life and loves many days, that he may see good?
- 13 Keep your tongue from evil and your lips from speaking deceit.
- 14 Turn away from evil and do good; seek peace and pursue it.
- 15 The eyes of the LORD are toward the righteous and his ears toward their cry.
- 16 The face of the LORD is against those who do evil, to cut off the memory of them from the earth.
- 17 When the righteous cry for help, the LORD hears and delivers them out of all their troubles.
- 18 The LORD is near to the brokenhearted and saves the crushed in spirit.
- 19 Many are the afflictions of the righteous, but the LORD delivers him out of them all.
- 20 He keeps all his bones; not one of them is broken.
- 21 Affliction will slay the wicked, and those who hate the righteous will be condemned.
- 22 The LORD redeems the life of his servants; none of those who take refuge in him will be condemned. (ESV)

Main point: _____

Make additional notes at left and below:

- 1 What does David say he is doing (34:1-3)? Think about this in light of the heading given to this psalm.
- 2 How does David praise the Lord in verses 4-7?
- 3 What does David call for people to do (34:8-10)? What does this look like? How would we do this? Who is the blessed person?

- 4 How does David teach people to fear the Lord (34:11-18)? What are the benefits that are expressed?

- 5 What does David say fearing the Lord looks like (34:11-18)?

- 6 What happens to righteous people in verses 19-22? What will God do?

- 7 Explain what it means that the righteous does not have their bones broken (34:20)? How is this applied to Jesus in John 19:36? What was the message about Jesus?

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?

Spurgeon: "We ought to talk of the Lord's goodness on purpose that others may be confirmed in their trust in a faithful God."

OF DAVID.

- 1 Contend, O LORD, with those who contend with me; fight against those who fight against me!
- 2 Take hold of shield and buckler and rise for my help!
- 3 Draw the spear and javelin against my pursuers! Say to my soul, "I am your salvation!"
- 4 Let them be put to shame and dishonor who seek after my life! Let them be turned back and disappointed who devise evil against me!
- 5 Let them be like chaff before the wind, with the angel of the LORD driving them away!
- 6 Let their way be dark and slippery, with the angel of the LORD pursuing them!
- 7 For without cause they hid their net for me; without cause they dug a pit for my life.
- 8 Let destruction come upon him when he does not know it! And let the net that he hid ensnare him; let him fall into it—to his destruction!
- 9 Then my soul will rejoice in the LORD, exulting in his salvation.
- 10 All my bones shall say, "O LORD, who is like you, delivering the poor from him who is too strong for him, the poor and needy from him who robs him?"
- 11 Malicious witnesses rise up; they ask me of things that I do not know.
- 12 They repay me evil for good; my soul is bereft.
- 13 But I, when they were sick— I wore sackcloth; I afflicted myself with fasting; I prayed with head bowed on my chest.
- 14 I went about as though I grieved for my friend or my brother; as one who laments his mother, I bowed down in mourning.
- 15 But at my stumbling they rejoiced and gathered; they gathered together against me; wretches whom I did not know tore at me without ceasing;
- 16 like profane mockers at a feast, they gnash at me with their teeth.
- 17 How long, O Lord, will you look on? Rescue me from their destruction, my precious life from the lions!
- 18 I will thank you in the great congregation; in the mighty throng I will praise you.
- 19 Let not those rejoice over me who are wrongfully my foes, and let not those wink the eye who hate me without cause.
- 20 For they do not speak peace, but against those who are quiet in the land they devise words of deceit.
- 21 They open wide their mouths against me; they say, "Aha, Aha! Our eyes have seen it!"
- 22 You have seen, O LORD; be not silent! O Lord, be not far from me!
- 23 Awake and rouse yourself for my vindication, for my cause, my God and my Lord!
- 24 Vindicate me, O LORD, my God, according to your righteousness, and let them not rejoice over me!
- 25 Let them not say in their hearts, "Aha, our heart's desire!" Let them not say, "We have swallowed him up."
- 26 Let them be put to shame and disappointed altogether who rejoice at my calamity! Let them be clothed with shame and dishonor who magnify themselves against me!
- 27 Let those who delight in my righteousness shout for joy and be glad and say evermore, "Great is the LORD, who delights in the welfare of his servant!"
- 28 Then my tongue shall tell of your righteousness and of your praise all the day long. (ESV)

Main point: _____

Make additional notes at left and below:

- 1 What is David's prayer (35:1-3)?

- 2 What does David desire (35:4-6)?

- 3 Why is David praying for this request (35:7-8)?

- 4 What will David do if the Lord listens (35:9-14)? What else is happening against David?

- 5 What are the people doing against David (35:15-18)? What is David's cry?

- 6 What else does David ask of the Lord (35:19-21)? Why does he request this?

- 7 What does David call for the Lord to do (35:22-28)?

- 8 What should the righteous proclaim?

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?

Spurgeon: "Unceasing praise is here vowed to the just and gracious God. From morning till evening the grateful tongue would talk and sing, and glorify the Lord. O for such a resolve carried out by us all!"

4 Who enjoys God's steadfast love (36:10)?

5 What does David pray for as he ends the psalm (36:11-12)?

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?

Spurgeon: "Light is the glory of life. Life in the dark is misery, and rather death than life. The Lord alone can give natural, intellectual, and spiritual life; he alone can make life bright and lustrous."

OF DAVID.

- 1 Fret not yourself because of evildoers; be not envious of wrongdoers!
- 2 For they will soon fade like the grass and wither like the green herb.
- 3 Trust in the LORD, and do good; dwell in the land and befriend faithfulness.
- 4 Delight yourself in the LORD, and he will give you the desires of your heart.
- 5 Commit your way to the LORD; trust in him, and he will act.
- 6 He will bring forth your righteousness as the light, and your justice as the noonday.
- 7 Be still before the LORD and wait patiently for him; fret not yourself over the one who prospers in his way, over the man who carries out evil devices!
- 8 Refrain from anger, and forsake wrath! Fret not yourself; it tends only to evil.
- 9 For the evildoers shall be cut off, but those who wait for the LORD shall inherit the land.
- 10 In just a little while, the wicked will be no more; though you look carefully at his place, he will not be there.
- 11 But the meek shall inherit the land and delight themselves in abundant peace.
- 12 The wicked plots against the righteous and gnashes his teeth at him,
- 13 but the Lord laughs at the wicked, for he sees that his day is coming.
- 14 The wicked draw the sword and bend their bows to bring down the poor and needy, to slay those whose way is upright;
- 15 their sword shall enter their own heart, and their bows shall be broken.
- 16 Better is the little that the righteous has than the abundance of many wicked.
- 17 For the arms of the wicked shall be broken, but the LORD upholds the righteous.
- 18 The LORD knows the days of the blameless, and their heritage will remain forever;
- 19 they are not put to shame in evil times; in the days of famine they have abundance.
- 20 But the wicked will perish; the enemies of the LORD are like the glory of the pastures; they vanish—like smoke they vanish away.
- 21 The wicked borrows but does not pay back, but the righteous is generous and gives;
- 22 for those blessed by the LORD shall inherit the land, but those cursed by him shall be cut off.
- 23 The steps of a man are established by the LORD, when he delights in his way;
- 24 though he fall, he shall not be cast headlong, for the LORD upholds his hand.
- 25 I have been young, and now am old, yet I have not seen the righteous forsaken or his children begging for bread.
- 26 He is ever lending generously, and his children become a blessing.
- 27 Turn away from evil and do good; so shall you dwell forever.
- 28 For the LORD loves justice; he will not forsake his saints. They are preserved forever, but the children of the wicked shall be cut off.
- 29 The righteous shall inherit the land and dwell upon it forever.
- 30 The mouth of the righteous utters wisdom, and his tongue speaks justice.
- 31 The law of his God is in his heart; his steps do not slip.
- 32 The wicked watches for the righteous and seeks to put him to death.
- 33 The LORD will not abandon him to his power or let him be condemned when he is brought to trial.
- 34 Wait for the LORD and keep his way, and he will exalt you to inherit the land; you will look on when the wicked are cut off.
- 35 I have seen a wicked, ruthless man, spreading himself like a green laurel tree.
- 36 But he passed away, and behold, he was no more; though I sought him, he could not be found.
- 37 Mark the blameless and behold the upright, for there is a future for the man of peace.
- 38 But transgressors shall be altogether destroyed; the future of the wicked shall be cut off.
- 39 The salvation of the righteous is from the LORD; he is their stronghold in the time of trouble.
- 40 The LORD helps them and delivers them; he delivers them from the wicked and saves them, because they take refuge in him. (ESV)

Main point: _____

Make additional notes at left and below:

- 1 What does David teach in verses 1-6? How do we do this? What do we learn?
- 2 Explain verse 7. What will that look like in our lives?
- 3 What does David teach in verses 8-13? How do we do this? What do we learn?
- 4 What do the wicked do (37:14-15)? Is it worth following their ways?
- 5 What hopes do the righteous have (37:16-20)?
- 6 What is the contrast between the wicked and the righteous (37:21-22)?
- 7 Whose way is established (37:23-24)? What will this look like in our lives?
- 8 What point does David make in verses 25-29? What do we learn?
- 9 What is the character of the righteous (37:30-34)? What should the righteous do?
- 10 What is the contrast between the righteous and the wicked (37:35-40)?

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, FOR THE MEMORIAL OFFERING.

- 1 O LORD, rebuke me not in your anger, nor discipline me in your wrath!
- 2 For your arrows have sunk into me, and your hand has come down on me.
- 3 There is no soundness in my flesh because of your indignation; there is no health in my bones because of my sin.
- 4 For my iniquities have gone over my head; like a heavy burden, they are too heavy for me.
- 5 My wounds stink and fester because of my foolishness,
- 6 I am utterly bowed down and prostrate; all the day I go about mourning.
- 7 For my sides are filled with burning, and there is no soundness in my flesh.
- 8 I am feeble and crushed; I groan because of the tumult of my heart.
- 9 O Lord, all my longing is before you; my sighing is not hidden from you.
- 10 My heart throbs; my strength fails me, and the light of my eyes—it also has gone from me.

- 11 My friends and companions stand aloof from my plague, and my nearest kin stand far off.
- 12 Those who seek my life lay their snares; those who seek my hurt speak of ruin and meditate treachery all day long.
- 13 But I am like a deaf man; I do not hear, like a mute man who does not open his mouth.
- 14 I have become like a man who does not hear, and in whose mouth are no rebukes.
- 15 But for you, O LORD, do I wait; it is you, O Lord my God, who will answer.
- 16 For I said, “Only let them not rejoice over me, who boast against me when my foot slips!”
- 17 For I am ready to fall, and my pain is ever before me.
- 18 I confess my iniquity; I am sorry for my sin.
- 19 But my foes are vigorous, they are mighty, and many are those who hate me wrongfully.
- 20 Those who render me evil for good accuse me because I follow after good.
- 21 Do not forsake me, O LORD! O my God, be not far from me!
- 22 Make haste to help me, O Lord, my salvation! (ESV)

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

- 1 What is David experiencing (38:1-4)? What is his prayer? Can you relate to how David feels?
- 2 How does David feel (38:5-8)?
- 3 What is happening to David (38:9-14)?
- 4 In spite of his situation, what is David doing (38:15-16)?

5 What does David exhibit (38:17-20)? Why is this important? What else is David experiencing?

6 What is David's cry (38:21-22)?

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?

Spurgeon: "Faith foresees the blessed issue of all her pleas, and in this verse begins to ascribe to God the glory of the expected mercy. We shall not be left of the Lord."

TO THE CHOIRMASTER: TO JEDUTHUN. A PSALM OF DAVID.

- 1 I said, "I will guard my ways, that I may not sin with my tongue; I will guard my mouth with a muzzle, so long as the wicked are in my presence."
- 2 I was mute and silent; I held my peace to no avail, and my distress grew worse.
- 3 My heart became hot within me. As I mused, the fire burned; then I spoke with my tongue:
- 4 "O LORD, make me know my end and what is the measure of my days; let me know how fleeting I am!
- 5 Behold, you have made my days a few handbreadths, and my lifetime is as nothing before you. Surely all mankind stands as a mere breath! *Selah*
- 6 Surely a man goes about as a shadow! Surely for nothing they are in turmoil; man heaps up wealth and does not know who will gather!

- 7 "And now, O Lord, for what do I wait? My hope is in you.
- 8 Deliver me from all my transgressions. Do not make me the scorn of the fool!
- 9 I am mute; I do not open my mouth, for it is you who have done it.
- 10 Remove your stroke from me; I am spent by the hostility of your hand.
- 11 When you discipline a man with rebukes for sin, you consume like a moth what is dear to him; surely all mankind is a mere breath! *Selah*
- 12 "Hear my prayer, O LORD, and give ear to my cry; hold not your peace at my tears! For I am a sojourner with you, a guest, like all my fathers.
- 13 Look away from me, that I may smile again, before I depart and am no more!" (ESV)

Main point: _____

Make additional notes at left and below:

- 1 What is David doing (39:1-3)? Explain.
- 2 What is David's request (39:4)?
- 3 What does David observe (39:5-6)? What do we learn?
- 4 What is David doing (39:7-11)? What does he express? What is his desire? What does he understand?

5 What does David cry (39:12-13)? What is he experiencing? Explain.

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?

Spurgeon: "David uses the fleeting nature of our life as an argument for the Lord's mercy, and it is such a one as God will regard. We show pity to poor pilgrims, and so will the Lord."

- 3 What does David declare about the Lord (40:6-8)?

- 4 Where are verses 6-8 quoted in the New Testament? What is the New Testament message?

- 5 What does David proclaim (40:9-10)? What do we learn?

- 6 What does David proclaim about the Lord (40:11-12)?

- 7 How does David end his psalm (40:13-17)? What does he desire of the Lord?

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?

Spurgeon: "Lord Jesus, grant that in all our adversities we may possess like precious faith, and be found like thee, more than conquerors."

4 What else has happened to David (41:9)? Where is this quoted in the New Testament? How is it applied? What is the message?

5 What does David pray for in this situation (41:10)?

6 How will David know that the Lord delights in him (41:11-12)? What do we learn? What is the message?

TRANSFORMATION:

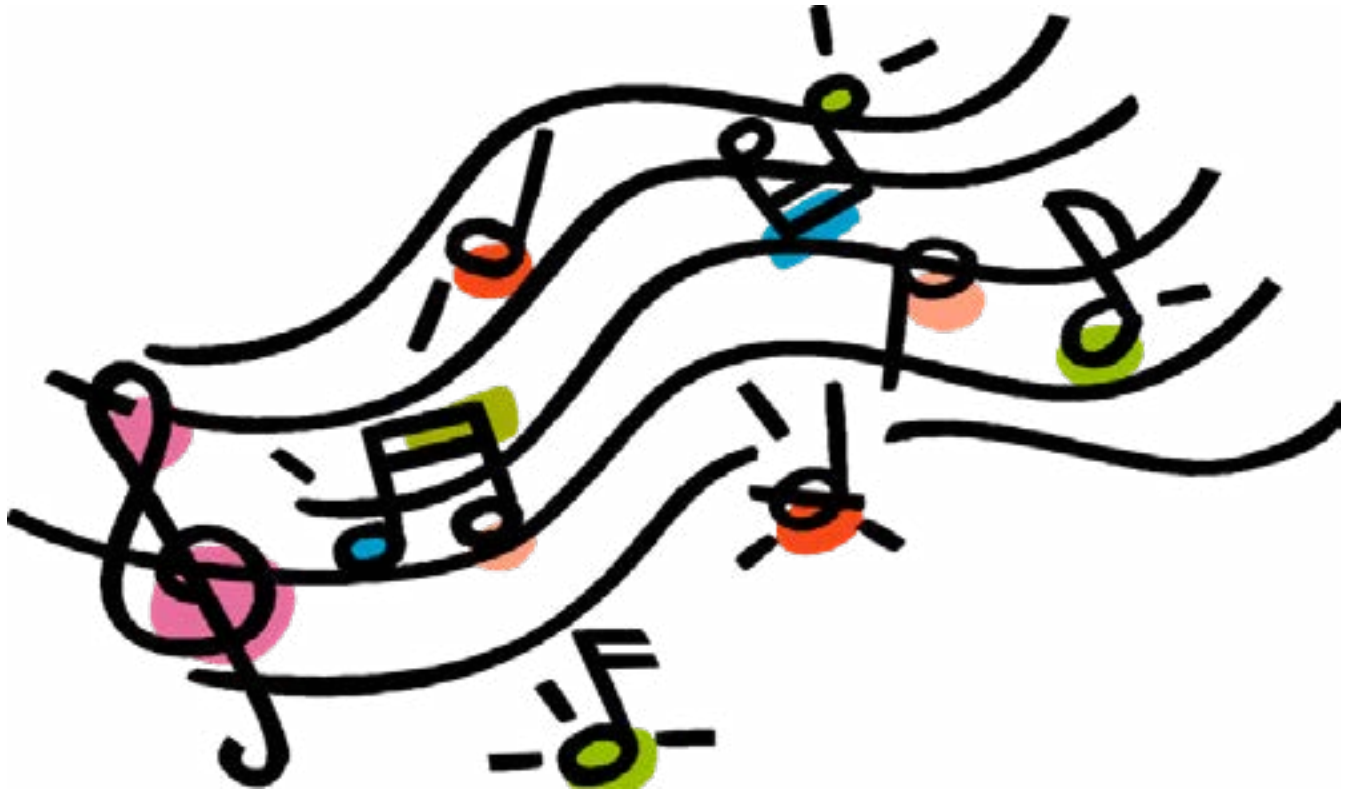
✍ What does this psalm teach you about God?

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

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

Spurgeon: "From everlasting and to everlasting. The strongest way of expressing endless duration. We die, but the glory of God goes on and on without pause."

PSALMS



INSTRUCTIONS FROM ISRAEL'S BOOK OF SONGS

VOLUME 2 — PSALMS 23-41

SELF-STUDY WORKBOOK

by: Brent Kercheville