

- 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 MOSES, THE MAN OF GOD.

- 1 Lord, you have been our dwelling place in all generations.
- 2 Before the mountains were brought forth, or ever you had formed the earth and the world, from everlasting to everlasting you are God.
- 3 You return man to dust and say, "Return, O children of man!"
- 4 For a thousand years in your sight are but as yesterday when it is past, or as a watch in the night.
- 5 You sweep them away as with a flood; they are like a dream, like grass that is renewed in the morning:
- 6 in the morning it flourishes and is renewed; in the evening it fades and withers.
- 7 For we are brought to an end by your anger; by your wrath we are dismayed.
- 8 You have set our iniquities before you, our secret sins in the light of your presence.
- 9 For all our days pass away under your wrath; we bring our years to an end like a sigh.
- 10 The years of our life are seventy, or even by reason of strength eighty; yet their span is but toil and trouble; they are soon gone, and we fly away.
- 11 Who considers the power of your anger, and your wrath according to the fear of you?
- 12 So teach us to number our days that we may get a heart of wisdom.
- 13 Return, O LORD! How long? Have pity on your servants!
- 14 Satisfy us in the morning with your steadfast love, that we may rejoice and be glad all our days.
- 15 Make us glad for as many days as you have afflicted us, and for as many years as we have seen evil.
- 16 Let your work be shown to your servants, and your glorious power to their children.
- 17 Let the favor of the Lord our God be upon us, and establish the work of our hands upon us; yes, establish the work of our hands! (ESV)

Main point: _____

Make additional notes at left and below:

- 1 What is being proclaimed about God and about humans (90:1-4)?
- 2 What else is proclaimed about humanity? (90:5-9)?
- 3 What do we learn about our sins and God's wrath (90:5-9)?
- 4 What does humanity need to know and learn (90:10-12)?
- 5 What does the psalmist call for God to do in verses 13-17?

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 come and go, but the Lord's work abides. We are content to die so long as Jesus lives and his kingdom grows. Since the Lord abides for ever the same, we trust our work in his hands, and feel that since it is far more his work than ours he will secure it immortality."

- 1 He who dwells in the shelter of the Most High will abide in the shadow of the Almighty.
- 2 I will say to the LORD, “My refuge and my fortress, my God, in whom I trust.”
- 3 For he will deliver you from the snare of the fowler and from the deadly pestilence.
- 4 He will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler.
- 5 You will not fear the terror of the night, nor the arrow that flies by day,
- 6 nor the pestilence that stalks in darkness, nor the destruction that wastes at noonday.
- 7 A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.
- 8 You will only look with your eyes and see the recompense of the wicked.
- 9 Because you have made the LORD your dwelling place—the Most High, who is my refuge—
- 10 no evil shall be allowed to befall you, no plague come near your tent.
- 11 For he will command his angels concerning you to guard you in all your ways.
- 12 On their hands they will bear you up, lest you strike your foot against a stone.
- 13 You will tread on the lion and the adder; the young lion and the serpent you will trample underfoot.
- 14 “Because he holds fast to me in love, I will deliver him; I will protect him, because he knows my name.
- 15 When he calls to me, I will answer him; I will be with him in trouble; I will rescue him and honor him.
- 16 With long life I will satisfy him and show him my salvation.” (ESV)

Main point: _____

Make additional notes at left and below:

- 1 Explain the meaning of verse 1. What is the psalmist teaching?

- 2 What does the psalmist say God will do for his people (91:2-4)?

- 3 What else does the psalmist say God will do (91:5-8)?

- 4 What else does God do (91:9-13)? This is quoted during the temptations of Jesus. How does Satan use this text to tempt Jesus? What is Jesus' response?

5 What does God say he will do (91:14-16)? Why will God do this? What will be the result?

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 is always near in sympathy and in power to help his tried ones. I will deliver him, and honour him. The man honours God, and God honours him. Believers are not delivered or preserved in a way which lowers them, and makes them feel themselves degraded; far from it, the Lord's salvation bestows honour upon those it delivers. God first gives us conquering grace, and then rewards us for it."

A PSALM. A SONG FOR THE SABBATH.

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| <p>1 It is good to give thanks to the LORD, to sing praises to your name, O Most High;</p> <p>2 to declare your steadfast love in the morning, and your faithfulness by night,</p> <p>3 to the music of the lute and the harp, to the melody of the lyre.</p> <p>4 For you, O LORD, have made me glad by your work; at the works of your hands I sing for joy.</p> <p>5 How great are your works, O LORD! Your thoughts are very deep!</p> <p>6 The stupid man cannot know; the fool cannot understand this:</p> <p>7 that though the wicked sprout like grass and all evildoers flourish, they are doomed to destruction forever;</p> | <p>8 but you, O LORD, are on high forever.</p> <p>9 For behold, your enemies, O LORD, for behold, your enemies shall perish; all evildoers shall be scattered.</p> <p>10 But you have exalted my horn like that of the wild ox; you have poured over me fresh oil.</p> <p>11 My eyes have seen the downfall of my enemies; my ears have heard the doom of my evil assailants.</p> <p>12 The righteous flourish like the palm tree and grow like a cedar in Lebanon.</p> <p>13 They are planted in the house of the LORD; they flourish in the courts of our God.</p> <p>14 They still bear fruit in old age; they are ever full of sap and green,</p> <p>15 to declare that the LORD is upright; he is my rock, and there is no unrighteousness in him. (ESV)</p> |
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Main point: _____

Make additional notes at left and below:

- 1 What does the psalmist say to do (92:1-4)? Why?

- 2 What does the psalmist explain about God and the foolish (92:5-9)? What is the message?

- 3 What has God done for the psalmist (92:9-11)? What has the psalmist seen?

- 4 What is proclaimed about the righteous (92:12-15)?

- 5 What is the purpose of the righteous (92:15)?

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: "This mercy to the aged proves the faithfulness of their God, and leads them to shew that the Lord is upright, by their cheerful testimony to his ceaseless goodness. We do not serve a Master who will run back from his promise. Whoever else may defraud us, he never will. Every aged Christian is a letter of commendation to the immutable fidelity of Jehovah."

- 1 The LORD reigns; he is robed in majesty; the LORD is robed; he has put on strength as his belt. Yes, the world is established; it shall never be moved.
- 2 Your throne is established from of old; you are from everlasting.
- 3 The floods have lifted up, O LORD, the floods have lifted up their voice; the floods lift up their roaring.
- 4 Mightier than the thunders of many waters, mightier than the waves of the sea, the LORD on high is mighty!
- 5 Your decrees are very trustworthy; holiness befits your house, O LORD, forevermore. (ESV)

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

- 1 What does the psalmist proclaim about the Lord?

- 2 What has the Lord done?

- 3 How would this psalm be a benefit to its hearers?

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: "As the rocks remain unmoved amid the tumult of the sea, so does divine truth resist all the currents of man's opinion and the storms of human controversy; they are not only sure, but very sure."

- 1 O LORD, God of vengeance, O God of vengeance, shine forth!
- 2 Rise up, O judge of the earth; repay to the proud what they deserve!
- 3 O LORD, how long shall the wicked, how long shall the wicked exult?
- 4 They pour out their arrogant words; all the evildoers boast.
- 5 They crush your people, O LORD, and afflict your heritage.
- 6 They kill the widow and the sojourner, and murder the fatherless;
- 7 and they say, "The LORD does not see; the God of Jacob does not perceive."
- 8 Understand, O dullest of the people! Fools, when will you be wise?
- 9 He who planted the ear, does he not hear? He who formed the eye, does he not see?
- 10 He who disciplines the nations, does he not rebuke? He who teaches man knowledge—
- 11 the LORD—knows the thoughts of man, that they are but a breath.
- 12 Blessed is the man whom you discipline, O LORD, and whom you teach out of your law,
- 13 to give him rest from days of trouble, until a pit is dug for the wicked.
- 14 For the LORD will not forsake his people; he will not abandon his heritage;
- 15 for justice will return to the righteous, and all the upright in heart will follow it.
- 16 Who rises up for me against the wicked? Who stands up for me against evildoers?
- 17 If the LORD had not been my help, my soul would soon have lived in the land of silence.
- 18 When I thought, "My foot slips," your steadfast love, O LORD, held me up.
- 19 When the cares of my heart are many, your consolations cheer my soul.
- 20 Can wicked rulers be allied with you, those who frame injustice by statute?
- 21 They band together against the life of the righteous and condemn the innocent to death.
- 22 But the LORD has become my stronghold, and my God the rock of my refuge.
- 23 He will bring back on them their iniquity and wipe them out for their wickedness; the LORD our God will wipe them out. (ESV)

Main point: _____

Make additional notes at left and below:

- 1 How is God described at the beginning of this psalm (94:1-2)?

- 2 Why does the psalmist focus on this characteristic of God (94:3-7)?

- 3 What does everyone need to know (94:8-11)?

- 4 Who is blessed (94:12-15)? What is the hope for God's people?

5 Explain what the psalmist experienced and what God did for him (94:16-19)?

6 What are the wicked doing (94:20-23)? What will the psalmist do? What will God 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?

Spurgeon: "Let the wicked gather as they may, the psalmist is not afraid, but sweetly sings, The Lord is my defence, and my God is the rock of my refuge."

- 1 Oh come, let us sing to the LORD; let us make a joyful noise to the rock of our salvation!
- 2 Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!
- 3 For the LORD is a great God, and a great King above all gods.
- 4 In his hand are the depths of the earth; the heights of the mountains are his also.
- 5 The sea is his, for he made it, and his hands formed the dry land.
- 6 Oh come, let us worship and bow down; let us kneel before the LORD, our Maker!
- 7 For he is our God, and we are the people of his pasture, and the sheep of his hand. Today, if you hear his voice,
- 8 do not harden your hearts, as at Meribah, as on the day at Massah in the wilderness,
- 9 when your fathers put me to the test and put me to the proof, though they had seen my work.
- 10 For forty years I loathed that generation and said, "They are a people who go astray in their heart, and they have not known my ways."
- 11 Therefore I swore in my wrath, "They shall not enter my rest." (ESV)

Main point: _____

Make additional notes at left and below:

- 1 What are people called to do (95:1-3)? Why?
- 2 How does the psalmist describe God (95:4-5)?
- 3 What is the knowledge of God to lead people to do (95:6-7)?
- 4 What is the warning (95:7-11)? What is this referring to in Israel's history?
- 5 Where are verses 7-11 cited in the New Testament? What is the message there?

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: "It is clear that there is a rest of God, and that some must enter into it: but "they to whom it was first preached entered not in because of unbelief, there remaineth therefore a rest to the people of God." The unbelievers could not enter, but "we which have believed do enter into rest." Let us enjoy it, and praise the Lord for it for ever. Ours is the true Sabbath rest, it is ours to rest from our own works as God did from his. While we do so, let us "come into his presence with thanksgiving, and make a joyful noise unto him with psalms."

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| <p>1 Oh sing to the LORD a new song; sing to the LORD, all the earth!</p> <p>2 Sing to the LORD, bless his name; tell of his salvation from day to day.</p> <p>3 Declare his glory among the nations, his marvelous works among all the peoples!</p> <p>4 For great is the LORD, and greatly to be praised; he is to be feared above all gods.</p> <p>5 For all the gods of the peoples are worthless idols, but the LORD made the heavens.</p> <p>6 Splendor and majesty are before him; strength and beauty are in his sanctuary.</p> <p>7 Ascribe to the LORD, O families of the peoples, ascribe to the LORD glory and strength!</p> | <p>8 Ascribe to the LORD the glory due his name; bring an offering, and come into his courts!</p> <p>9 Worship the LORD in the splendor of holiness; tremble before him, all the earth!</p> <p>10 Say among the nations, “The LORD reigns! Yes, the world is established; it shall never be moved; he will judge the peoples with equity.”</p> <p>11 Let the heavens be glad, and let the earth rejoice; let the sea roar, and all that fills it;</p> <p>12 let the field exult, and everything in it! Then shall all the trees of the forest sing for joy</p> <p>13 before the LORD, for he comes, for he comes to judge the earth. He will judge the world in righteousness, and the peoples in his faithfulness. (ESV)</p> |
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Main point: _____

Make additional notes at left and below:

- 1 What are the people called to sing (96:1-5)? Why should they sing to the Lord?

- 2 What are people also called to do (96:6-9)? What would this look like?

- 3 What should all the peoples and nations say (96:10)? Why is this hopeful?

- 4 What does the psalmist call for the world to do (96:11-13)? What does this mean for the earth to do this?

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: “This is the gladdest news which can be carried to them, — the Lord Jehovah, in the person of his Son has assumed the throne, and taken to himself his great power.”

- 1 The LORD reigns, let the earth rejoice; let the many coastlands be glad!
- 2 Clouds and thick darkness are all around him; righteousness and justice are the foundation of his throne.
- 3 Fire goes before him and burns up his adversaries all around.
- 4 His lightnings light up the world; the earth sees and trembles.
- 5 The mountains melt like wax before the LORD, before the Lord of all the earth.
- 6 The heavens proclaim his righteousness, and all the peoples see his glory.
- 7 All worshipers of images are put to shame, who make their boast in worthless idols; worship him, all you gods!
- 8 Zion hears and is glad, and the daughters of Judah rejoice, because of your judgments, O LORD.
- 9 For you, O LORD, are most high over all the earth; you are exalted far above all gods.
- 10 O you who love the LORD, hate evil! He preserves the lives of his saints; he delivers them from the hand of the wicked.
- 11 Light is sown for the righteous, and joy for the upright in heart.
- 12 Rejoice in the LORD, O you righteous, and give thanks to his holy name! (ESV)

Main point: _____

Make additional notes at left and below:

- 1 Explain the imagery of the Lord reigning (97:1-6). What is the message to us?
- 2 What is the reign of the Lord to accomplish on earth (97:7)?
- 3 What is to be the response of God's people (97:8-12)?
- 4 What other descriptions and characteristics are proclaimed about 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?

A PSALM.

- 1 Oh sing to the LORD a new song, for he has done marvelous things! His right hand and his holy arm have worked salvation for him.
- 2 The LORD has made known his salvation; he has revealed his righteousness in the sight of the nations.
- 3 He has remembered his steadfast love and faithfulness to the house of Israel. All the ends of the earth have seen the salvation of our God.
- 4 Make a joyful noise to the LORD, all the earth; break forth into joyous song and sing praises!
- 5 Sing praises to the LORD with the lyre, with the lyre and the sound of melody!

- 6 With trumpets and the sound of the horn make a joyful noise before the King, the LORD!
- 7 Let the sea roar, and all that fills it; the world and those who dwell in it!
- 8 Let the rivers clap their hands; let the hills sing for joy together
- 9 before the LORD, for he comes to judge the earth. He will judge the world with righteousness, and the peoples with equity. (ESV)

Main point: _____

Make additional notes at left and below:

- 1 What has the Lord done (98:1-3)?
- 2 What is the call for the people to do (98:4-9)? What do we learn from this?
- 3 What will the Lord do (98:9)? Why is this praiseworthy to the earth?

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: "Every tongue must applaud, and that with the rigour which joy of heart alone can arouse to action. As men shout when they welcome a king, so must we. Loud hosannas, full of happiness, must be lifted up."

- 1 The LORD reigns; let the peoples tremble! He sits enthroned upon the cherubim; let the earth quake!
- 2 The LORD is great in Zion; he is exalted over all the peoples.
- 3 Let them praise your great and awesome name! Holy is he!
- 4 The King in his might loves justice. You have established equity; you have executed justice and righteousness in Jacob.
- 5 Exalt the LORD our God; worship at his footstool! Holy is he!
- 6 Moses and Aaron were among his priests, Samuel also was among those who called upon his name. They called to the LORD, and he answered them.
- 7 In the pillar of the cloud he spoke to them; they kept his testimonies and the statute that he gave them.
- 8 O LORD our God, you answered them; you were a forgiving God to them, but an avenger of their wrongdoings.
- 9 Exalt the LORD our God, and worship at his holy mountain; for the LORD our God is holy! (ESV)

Main point: _____

Make additional notes at left and below:

- 1 Since the Lord reigns, what should all the people do (99:1-5)? How is this a different response from prior psalms we studied?
- 2 What characteristics about God are described (99:1-5)?
- 3 What is the psalmist teaching in verses 6-9? What is the message to the people?

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: "If no others adore him, let his own people render to him the most ardent worship."

A PSALM FOR GIVING THANKS.

- 1 Make a joyful noise to the LORD, all the earth!
 2 Serve the LORD with gladness! Come into his presence with singing!
 3 Know that the LORD, he is God! It is he who made us, and we are his; we are his people, and the sheep of his pasture.
- 4 Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name!
 5 For the LORD is good; his steadfast love endures forever, and his faithfulness to all generations. (ESV)

Main point: _____

Make additional notes at left and below:

- 1 What is the call to the people?
- 2 What reasons are given for why the people should respond to 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: "This sums up his character and contains a mass of reasons for praise. He is good, gracious, kind, bountiful, loving; yea, God is love. He who does not praise the good is not good himself."

A PSALM OF DAVID.

- 1 I will sing of steadfast love and justice; to you, O LORD,
I will make music.
- 2 I will ponder the way that is blameless. Oh when will
you come to me? I will walk with integrity of heart
within my house;
- 3 I will not set before my eyes anything that is worthless.
I hate the work of those who fall away; it shall not
cling to me.
- 4 A perverse heart shall be far from me; I will know
nothing of evil.
- 5 Whoever slanders his neighbor secretly I will destroy.
Whoever has a haughty look and an arrogant heart
I will not endure.
- 6 I will look with favor on the faithful in the land, that
they may dwell with me; he who walks in the way
that is blameless shall minister to me.
- 7 No one who practices deceit shall dwell in my house;
no one who utters lies shall continue before my eyes.
- 8 Morning by morning I will destroy all the wicked in
the land, cutting off all the evildoers from the city of
the LORD. (ESV)

Main point: _____

Make additional notes at left and below:

- 1 What does the psalmist seek (101:1-2)? What will he do while he waits?

- 2 What does the psalmist determine to do (101:3-4)

- 3 What does David determine to do as king (101:5-8)? How does this foreshadow the reign of 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: "I will neither delight in it, aim at it or endure it. If I have wickedness brought before me by others I will turn away from it, I will not gaze upon it with pleasure."

A PSALM OF ONE AFFLICTED, WHEN HE IS FAINT AND POURS OUT HIS COMPLAINT BEFORE THE LORD.

- 1 Hear my prayer, O LORD; let my cry come to you!
- 2 Do not hide your face from me in the day of my distress!
Incline your ear to me; answer me speedily in the day when I call!
- 3 For my days pass away like smoke, and my bones burn like a furnace.
- 4 My heart is struck down like grass and has withered; I forget to eat my bread.
- 5 Because of my loud groaning my bones cling to my flesh.
- 6 I am like a desert owl of the wilderness, like an owl of the waste places;
- 7 I lie awake; I am like a lonely sparrow on the housetop.
- 8 All the day my enemies taunt me; those who deride me use my name for a curse.
- 9 For I eat ashes like bread and mingle tears with my drink,
- 10 because of your indignation and anger; for you have taken me up and thrown me down.
- 11 My days are like an evening shadow; I wither away like grass.
- 12 But you, O LORD, are enthroned forever; you are remembered throughout all generations.
- 13 You will arise and have pity on Zion; it is the time to favor her; the appointed time has come.
- 14 For your servants hold her stones dear and have pity on her dust.

- 15 Nations will fear the name of the LORD, and all the kings of the earth will fear your glory.
- 16 For the LORD builds up Zion; he appears in his glory;
- 17 he regards the prayer of the destitute and does not despise their prayer.
- 18 Let this be recorded for a generation to come, so that a people yet to be created may praise the LORD:
- 19 that he looked down from his holy height; from heaven the LORD looked at the earth,
- 20 to hear the groans of the prisoners, to set free those who were doomed to die,
- 21 that they may declare in Zion the name of the LORD, and in Jerusalem his praise,
- 22 when peoples gather together, and kingdoms, to worship the LORD.
- 23 He has broken my strength in midcourse; he has shortened my days.
- 24 “O my God,” I say, “take me not away in the midst of my days— you whose years endure throughout all generations!”
- 25 Of old you laid the foundation of the earth, and the heavens are the work of your hands.
- 26 They will perish, but you will remain; they will all wear out like a garment. You will change them like a robe, and they will pass away,
- 27 but you are the same, and your years have no end.
- 28 The children of your servants shall dwell secure; their offspring shall be established before you. (ESV)

Main point: _____

Make additional notes at left and below:

- 1 What does the psalmist desire (102:1-2)?
- 2 What is the situation of the psalmist (102:3-11)? What is he experiencing? How does he feel? Why is he suffering?
- 3 What will the Lord do (102:12-22)? What is the future hope for the psalmist and for Israel? What will people and leaders do?

- 4 What does the psalmist return to in verses 23-24? What is the psalmist crying to the Lord?

- 5 What is God praised for (102:25-28)?

- 6 These final verses are quoted in Hebrews 1:10. What is the New Testament explanation of this text?

- 7 What is the result for God's people after all their pain (102:25-28)? How does this give the people hope?

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: "Time impairs all things, the fashion becomes obsolete and passes away. The visible creation, which is like the garment of the invisible God, is waxing old and wearing out, and our great King is not so poor that he must always wear the same robes; he will ere long fold up the worlds and put them aside as worn out vestures, and he will array himself in new attire, making a new heaven and a new earth wherein dwelleth righteousness."

OF DAVID.

- 1 Bless the LORD, O my soul, and all that is within me, bless his holy name!
- 2 Bless the LORD, O my soul, and forget not all his benefits,
- 3 who forgives all your iniquity, who heals all your diseases,
- 4 who redeems your life from the pit, who crowns you with steadfast love and mercy,
- 5 who satisfies you with good so that your youth is renewed like the eagle's.
- 6 The LORD works righteousness and justice for all who are oppressed.
- 7 He made known his ways to Moses, his acts to the people of Israel.
- 8 The LORD is merciful and gracious, slow to anger and abounding in steadfast love.
- 9 He will not always chide, nor will he keep his anger forever.
- 10 He does not deal with us according to our sins, nor repay us according to our iniquities.
- 11 For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him;
- 12 as far as the east is from the west, so far does he remove our transgressions from us.

Main point: _____

Make additional notes at left and below:

- 13 As a father shows compassion to his children, so the LORD shows compassion to those who fear him.
- 14 For he knows our frame; he remembers that we are dust.
- 15 As for man, his days are like grass; he flourishes like a flower of the field;
- 16 for the wind passes over it, and it is gone, and its place knows it no more.
- 17 But the steadfast love of the LORD is from everlasting to everlasting on those who fear him, and his righteousness to children's children,
- 18 to those who keep his covenant and remember to do his commandments.
- 19 The LORD has established his throne in the heavens, and his kingdom rules over all.
- 20 Bless the LORD, O you his angels, you mighty ones who do his word, obeying the voice of his word!
- 21 Bless the LORD, all his hosts, his ministers, who do his will!
- 22 Bless the LORD, all his works, in all places of his dominion. Bless the LORD, O my soul! (ESV)

- 1 Why should everyone bless the Lord (103:1-5)? What does it mean to "bless the Lord?"
- 2 Write down all the characteristics of God that are proclaimed (103:6-14). What hope do you find in these verses? What descriptions give you encouragement?
- 3 What is our condition as humans (103:15-16)?

4 How is the Lord contrasted to our condition (103:17-22)?

5 What hope is found in these concluding words (103:17-22)?

6 Who else should be blessing 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: "Redeemed man is the voice of nature, the priest in the temple of creation, the precentor in the worship of the universe. O that all the Lord's works on earth were delivered from the vanity to which they were made subject, and brought into the glorious liberty of the children of God: the time is hastening on and will most surely come; then will all the Lord's works bless him indeed."

- 1 Bless the LORD, O my soul! O LORD my God, you are very great! You are clothed with splendor and majesty,
- 2 covering yourself with light as with a garment, stretching out the heavens like a tent.
- 3 He lays the beams of his chambers on the waters; he makes the clouds his chariot; he rides on the wings of the wind;
- 4 he makes his messengers winds, his ministers a flaming fire.
- 5 He set the earth on its foundations, so that it should never be moved.
- 6 You covered it with the deep as with a garment; the waters stood above the mountains.
- 7 At your rebuke they fled; at the sound of your thunder they took to flight.
- 8 The mountains rose, the valleys sank down to the place that you appointed for them.
- 9 You set a boundary that they may not pass, so that they might not again cover the earth.
- 10 You make springs gush forth in the valleys; they flow between the hills;
- 11 they give drink to every beast of the field; the wild donkeys quench their thirst.
- 12 Beside them the birds of the heavens dwell; they sing among the branches.
- 13 From your lofty abode you water the mountains; the earth is satisfied with the fruit of your work.
- 14 You cause the grass to grow for the livestock and plants for man to cultivate, that he may bring forth food from the earth
- 15 and wine to gladden the heart of man, oil to make his face shine and bread to strengthen man's heart.
- 16 The trees of the LORD are watered abundantly, the cedars of Lebanon that he planted.
- 17 In them the birds build their nests; the stork has her home in the fir trees.
- 18 The high mountains are for the wild goats; the rocks are a refuge for the rock badgers.
- 19 He made the moon to mark the seasons; the sun knows its time for setting.
- 20 You make darkness, and it is night, when all the beasts of the forest creep about.
- 21 The young lions roar for their prey, seeking their food from God.
- 22 When the sun rises, they steal away and lie down in their dens.
- 23 Man goes out to his work and to his labor until the evening.
- 24 O LORD, how manifold are your works! In wisdom have you made them all; the earth is full of your creatures.
- 25 Here is the sea, great and wide, which teems with creatures innumerable, living things both small and great.
- 26 There go the ships, and Leviathan, which you formed to play in it.
- 27 These all look to you, to give them their food in due season.
- 28 When you give it to them, they gather it up; when you open your hand, they are filled with good things.
- 29 When you hide your face, they are dismayed; when you take away their breath, they die and return to their dust.
- 30 When you send forth your Spirit, they are created, and you renew the face of the ground.
- 31 May the glory of the LORD endure forever; may the LORD rejoice in his works,
- 32 who looks on the earth and it trembles, who touches the mountains and they smoke!
- 33 I will sing to the LORD as long as I live; I will sing praise to my God while I have being.
- 34 May my meditation be pleasing to him, for I rejoice in the LORD.
- 35 Let sinners be consumed from the earth, and let the wicked be no more! Bless the LORD, O my soul! Praise the LORD! (ESV)

Main point: _____

Make additional notes at left and below:

- 1 What is the psalmist blessing the Lord (104:1-4)? What is being praised? How is this text used in Hebrews 1?

2 Write down all that the Lord has done (104:5-23)? Why is the psalmist proclaiming all of these actions of the Lord?

3 What is being proclaimed about the Lord in verses 24-30? What is the message to the people?

4 What does the psalmist proclaim (104:31-35)? What does the psalmist desire? What will happen?

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, therefore, both for our own good and for the Lord's honour to be much occupied with meditation, and that meditation should chiefly dwell upon the Lord himself: it should be meditation of him."

- 1 Oh give thanks to the LORD; call upon his name; make known his deeds among the peoples!
- 2 Sing to him, sing praises to him; tell of all his wondrous works!
- 3 Glory in his holy name; let the hearts of those who seek the LORD rejoice!
- 4 Seek the LORD and his strength; seek his presence continually!
- 5 Remember the wondrous works that he has done, his miracles, and the judgments he uttered,
- 6 O offspring of Abraham, his servant, children of Jacob, his chosen ones!
- 7 He is the LORD our God; his judgments are in all the earth.
- 8 He remembers his covenant forever, the word that he commanded, for a thousand generations,
- 9 the covenant that he made with Abraham, his sworn promise to Isaac,
- 10 which he confirmed to Jacob as a statute, to Israel as an everlasting covenant,
- 11 saying, "To you I will give the land of Canaan as your portion for an inheritance."
- 12 When they were few in number, of little account, and sojourners in it,
- 13 wandering from nation to nation, from one kingdom to another people,
- 14 he allowed no one to oppress them; he rebuked kings on their account,
- 15 saying, "Touch not my anointed ones, do my prophets no harm!"
- 16 When he summoned a famine on the land and broke all supply of bread,
- 17 he had sent a man ahead of them, Joseph, who was sold as a slave.
- 18 His feet were hurt with fetters; his neck was put in a collar of iron;
- 19 until what he had said came to pass, the word of the LORD tested him.
- 20 The king sent and released him; the ruler of the peoples set him free;
- 21 he made him lord of his house and ruler of all his possessions,
- 22 to bind his princes at his pleasure and to teach his elders wisdom.
- 23 Then Israel came to Egypt; Jacob sojourned in the land of Ham.
- 24 And the LORD made his people very fruitful and made them stronger than their foes.
- 25 He turned their hearts to hate his people, to deal craftily with his servants.
- 26 He sent Moses, his servant, and Aaron, whom he had chosen.
- 27 They performed his signs among them and miracles in the land of Ham.
- 28 He sent darkness, and made the land dark; they did not rebel against his words.
- 29 He turned their waters into blood and caused their fish to die.
- 30 Their land swarmed with frogs, even in the chambers of their kings.
- 31 He spoke, and there came swarms of flies, and gnats throughout their country.
- 32 He gave them hail for rain, and fiery lightning bolts through their land.
- 33 He struck down their vines and fig trees, and shattered the trees of their country.
- 34 He spoke, and the locusts came, young locusts without number,
- 35 which devoured all the vegetation in their land and ate up the fruit of their ground.
- 36 He struck down all the firstborn in their land, the firstfruits of all their strength.
- 37 Then he brought out Israel with silver and gold, and there was none among his tribes who stumbled.
- 38 Egypt was glad when they departed, for dread of them had fallen upon it.
- 39 He spread a cloud for a covering, and fire to give light by night.
- 40 They asked, and he brought quail, and gave them bread from heaven in abundance.
- 41 He opened the rock, and water gushed out; it flowed through the desert like a river.
- 42 For he remembered his holy promise, and Abraham, his servant.
- 43 So he brought his people out with joy, his chosen ones with singing.
- 44 And he gave them the lands of the nations, and they took possession of the fruit of the peoples' toil,
- 45 that they might keep his statutes and observe his laws. Praise the LORD! (ESV)

Main point: _____

Make additional notes at left and below:

- 1 What are the people called to do (105:1-6)?
- 2 What is praised about the Lord (105:7-11)?
- 3 What is the psalmist recalling that the Lord did in Israel's history (105:12-22)?
- 4 What is the psalmist recalling that the Lord did in Israel's history (105:23-38)?
- 5 What is the psalmist recalling that the Lord did in Israel's history (105:39-48)?
- 6 What is the message of the psalm? Why is this part of Israel's history recounted? What hope is the psalm giving to the people?

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: "This was the practical design of it all. The chosen nation was to be the conservator of truth, the exemplar of morality, the pattern of devotion: everything was so ordered as to place them in advantageous circumstances for fulfilling this trust. Theirs was a high calling and a glorious election. It involved great responsibilities, but it was in itself a distinguished blessing, and one for which the nation was bound to give thanks."

- 1 Praise the LORD! Oh give thanks to the LORD, for he is good, for his steadfast love endures forever!
- 2 Who can utter the mighty deeds of the LORD, or declare all his praise?
- 3 Blessed are they who observe justice, who do righteousness at all times!
- 4 Remember me, O LORD, when you show favor to your people; help me when you save them,
- 5 that I may look upon the prosperity of your chosen ones, that I may rejoice in the gladness of your nation, that I may glory with your inheritance.
- 6 Both we and our fathers have sinned; we have committed iniquity; we have done wickedness.
- 7 Our fathers, when they were in Egypt, did not consider your wondrous works; they did not remember the abundance of your steadfast love, but rebelled by the sea, at the Red Sea.
- 8 Yet he saved them for his name's sake, that he might make known his mighty power.
- 9 He rebuked the Red Sea, and it became dry, and he led them through the deep as through a desert.
- 10 So he saved them from the hand of the foe and redeemed them from the power of the enemy.
- 11 And the waters covered their adversaries; not one of them was left.
- 12 Then they believed his words; they sang his praise.
- 13 But they soon forgot his works; they did not wait for his counsel.
- 14 But they had a wanton craving in the wilderness, and put God to the test in the desert;
- 15 he gave them what they asked, but sent a wasting disease among them.
- 16 When men in the camp were jealous of Moses and Aaron, the holy one of the LORD,
- 17 the earth opened and swallowed up Dathan, and covered the company of Abiram.
- 18 Fire also broke out in their company; the flame burned up the wicked.
- 19 They made a calf in Horeb and worshiped a metal image.
- 20 They exchanged the glory of God for the image of an ox that eats grass.
- 21 They forgot God, their Savior, who had done great things in Egypt,
- 22 wondrous works in the land of Ham, and awesome deeds by the Red Sea.
- 23 Therefore he said he would destroy them— had not Moses, his chosen one, stood in the breach before him, to turn away his wrath from destroying them.
- 24 Then they despised the pleasant land, having no faith in his promise.
- 25 They murmured in their tents, and did not obey the voice of the LORD.
- 26 Therefore he raised his hand and swore to them that he would make them fall in the wilderness,
- 27 and would make their offspring fall among the nations, scattering them among the lands.
- 28 Then they yoked themselves to the Baal of Peor, and ate sacrifices offered to the dead;
- 29 they provoked the LORD to anger with their deeds, and a plague broke out among them.
- 30 Then Phinehas stood up and intervened, and the plague was stayed.
- 31 And that was counted to him as righteousness from generation to generation forever.
- 32 They angered him at the waters of Meribah, and it went ill with Moses on their account,
- 33 for they made his spirit bitter, and he spoke rashly with his lips.
- 34 They did not destroy the peoples, as the LORD commanded them,
- 35 but they mixed with the nations and learned to do as they did.
- 36 They served their idols, which became a snare to them.
- 37 They sacrificed their sons and their daughters to the demons;
- 38 they poured out innocent blood, the blood of their sons and daughters, whom they sacrificed to the idols of Canaan, and the land was polluted with blood.
- 39 Thus they became unclean by their acts, and played the whore in their deeds.
- 40 Then the anger of the LORD was kindled against his people, and he abhorred his heritage;
- 41 he gave them into the hand of the nations, so that those who hated them ruled over them.
- 42 Their enemies oppressed them, and they were brought into subjection under their power.
- 43 Many times he delivered them, but they were rebellious in their purposes and were brought low through their iniquity.
- 44 Nevertheless, he looked upon their distress, when he heard their cry.
- 45 For their sake he remembered his covenant, and relented according to the abundance of his steadfast love.

46 He caused them to be pitied by all those who held them captive.

47 Save us, O LORD our God, and gather us from among the nations, that we may give thanks to your holy name and glory in your praise.

48 Blessed be the LORD, the God of Israel, from everlasting to everlasting! And let all the people say, "Amen!" Praise the LORD! (ESV)

Main point: _____

Make additional notes at left and below:

- 1 What is to be praised of the Lord (106:1-3)?

- 2 What does the psalmist desire (106:4-5)?

- 3 What did God do for the people in spite of their sinning (106:6-12)?

- 4 How did the people respond to God's salvation (106:13-23)? Write down the sins described.

- 5 What other sins did the people commit (106:24-31)?

- 6 What other sins did the people commit (106:32-39)?

- 7 What was God's response (106:40-42)?

- 8 Then what was God's response toward his people (106:43-46)?

9 What does the psalmist request from the Lord (106:47)? Why should the Lord do this?

10 How does the psalm end? Why should the Lord be praised?

TRANSFORMATION:

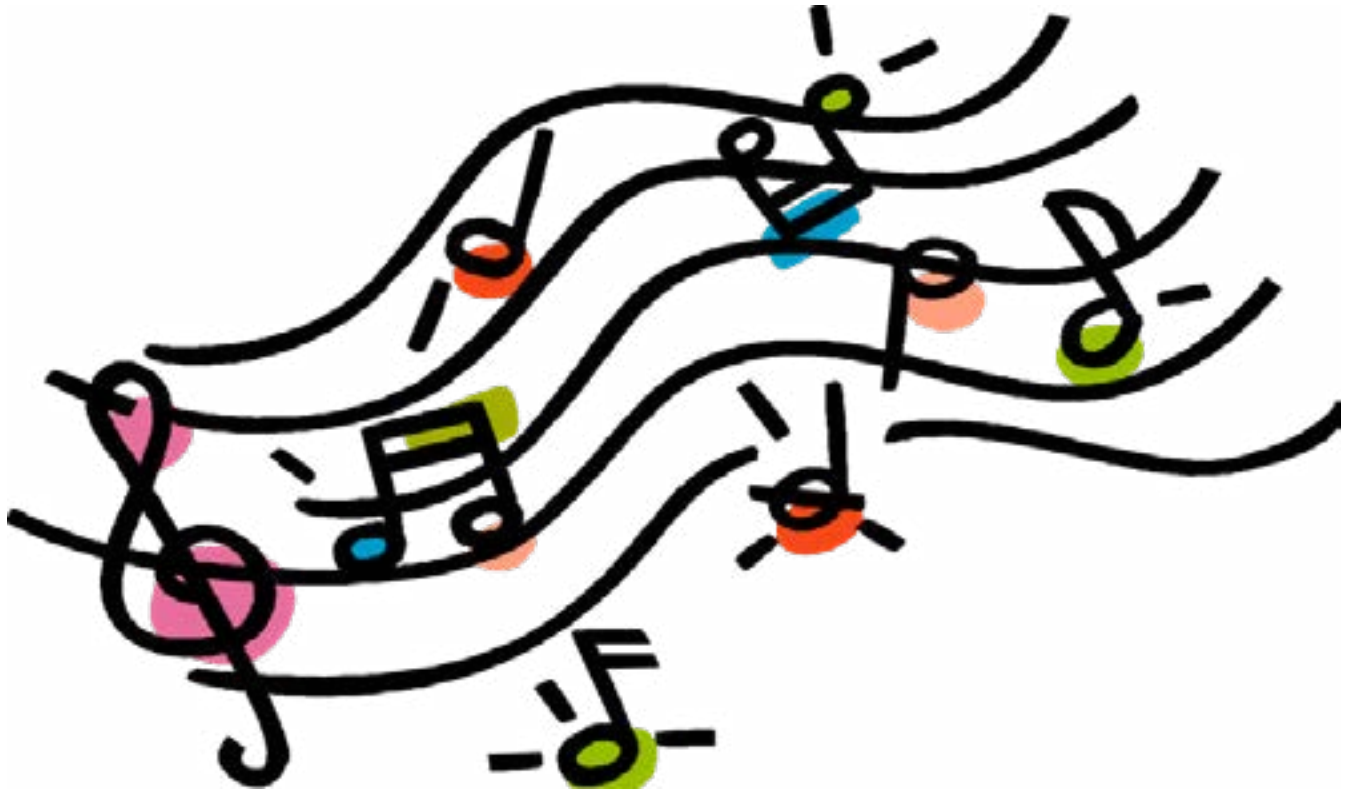
✎ What does this psalm teach you about God?

✎ 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: "Blessed be the LORD God of Israel from everlasting to everlasting. Has not his mercy endured for ever, and should not his praise be of like duration? Jehovah, the God of Israel, has blessed his people, should they not also bless him? And let all the people say, Amen. They have all seen spared by his grace, let them all join in the adoration with loud unanimous voice."

PSALMS



INSTRUCTIONS FROM ISRAEL'S BOOK OF SONGS

VOLUME 6 — PSALMS 90-106

SELF-STUDY WORKBOOK

by: Brent Kercheville