



*Summer*

# REFLECTIONS

JOURNEY THROUGH PSALMS

**DISCUSSION GUIDE**

*Sessions 6-10*

## Session 6 - Psalm 34

### To Begin

In Psalm 34, David is giving us glimpses into the ways of God. We are encouraged by David to live a life that brings honour to God in all circumstances. During difficult times, a lot of the problems we deal with are issues of our heart. We can see where our heart is at by asking a few simple questions like what do we do when the hard times come? What do we do when we are hurt or broken? What do we do when we feel like God has left us and we are feeling alone? Psalm 34 contains a lot of answers to these questions.

Take a moment and list a few questions that you have for God either on a piece of paper, make a note in your phone, or keep it in your head. Don't tell him what to do, just ask. Then sit quietly for a while and then read through Psalm 34 together.

*Together read Psalm 34.*

### Digging Deeper

Psalm 34, like Psalm 33, has twenty-two verses, and is connected to the Hebrew alphabet which has twenty-two letters. Psalm 34 is what they call an acrostic psalm that follows each letter of the Hebrew alphabet. It's a poem!

In verses 1-3, David begins with praise to God. The psalm is continued in verses 4-7 by expressing David's personal story of deliverance and confidence in God. The rest of the psalm, verses 8-22 is a series of familiar instruction encouraging faithful dependence on God.

- **What words does David use in verses 1-10 to express his feelings toward God?**
- **What benefits are mentioned in verses 1-10 that come to those who seek God's help?**
- **What do you think David means by inviting us to “taste and see that the Lord is good?”**
- **What words of comfort do followers of Jesus have during their difficult times?**
- **What advice does David have for his 'children' in verses 11-14? Which parts of this advice resonates with your heart?**

It can be hard for a lot of us to acknowledge that we don't have the answers or that there are problems we can't overcome. As followers of Jesus, we can learn to stop trying to do everything ourselves and learn to receive the help that God gives us. We should be fully dependent on God for all things, trusting in Him always.

- **How can the goodness of God be a means of strength in the problems that you face?**
- **What Scripture resonated with your heart and how can you apply it to your life this week?**

### **Praise & Prayer Points**

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# Session 7 - Psalm 51

## To Begin

Do you remember a time getting caught with your “hand in the cook jar” as a child? As an adult?

As Christians, we know we are sinful. Why then is it so painful to be confronted with a specific sin?

*Together read Psalm 51.*

## Digging Deeper

Psalm 51 contains David’s intense and deep prayer to God for forgiveness. David openly acknowledges the sin he has committed and recognizes that it has separated him from God. Psalm 51 helps us understand how sinful we are and the damage that it can cause to our spirit.

- **What was David broken over?**
- **Have you ever come to a place of being completely broken and undone? What did you do? How do you deal with your sadness?**
- **Has covering up sin ever backfired in your life?**
- **How have you seen God’s mercy when you owned up to your sin?**

God cares deeply about the condition of our heart. In our brokenness and sorrow, God is there to heal, restore and redeem our relationship with him through Jesus Christ.

- **What does it mean to have a “broken and repentant heart”?**
- **In light of all that’s happening in David’s life, what does he**



## Session 8 - Psalm 73

### To Begin

What are some of your favourite summer activities?

*Together read Psalm 73.*

### Digging Deeper

At one time or another we all will come face to face with doubt. The psalmist shows us how to express doubts, questions, or even anger towards God. We face situations that challenge us and doubt can often creep up unexpectedly. It's important to recognize the times when we are facing doubt because it allows us to be honest with ourselves and with where we are at in our journey.

- **Was there a time in your life when you experienced doubt? How did you get through?**
- **Do you think God expects us to doubt sometimes? Is it possible not to doubt? Can doubt be a good thing?**

The psalms are helpful in teaching us how to pray through our feelings, particularly when life doesn't seem to be going so well. Psalm 73 is a prayer for those times when doubt seems to be creeping up. Doubt can either draw us away from God or push us closer to Him. When facing doubt, we have the opportunity to develop and deepen our relationship with Him. This psalmist is honestly admitting that he is struggling with doubt and he gives us practical ways to pray through it.

- **Do you think that the world can be unfair? What does the psalmist say in verse 3?**
- **Re-read verses 13-14, when have you experienced**

### **something similar in thought? Why?**

The psalmist spends the first part of the psalm talking about the prosperity of the wicked but shifts gears and talks about the presence of God in verses 17-28.

- **What's more real to you, the wicked or God? How come?**

In verse 17, the psalmist writes about entering into God's sanctuary and finding peace. The psalmist continues by helping us understand that even through the pain, God is holding his hand. This leads us to worship God in all circumstances and in all things every day of the week.

- **How have you experienced God's peace in the past?**
- **How can we stay close to God even through the trouble times?**
- **In what ways can worship become a significant part of your life?**
- **What Scripture resonated with your heart and how can you apply it to your life this week?**

### **Praise & Prayer Points**

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## Session 9 - Psalm 27

### To Begin

In what kinds of situations do you find it the hardest to wait?

*Together read Psalm 27.*

### Digging Deeper

The Bible is a message of hope to the world. When we feel overwhelmed and ready to give up, Psalm 27 encourages us to wait patient for God. We are to be brave and courageous. The Psalmist is confident that he will see God's goodness while he is alive. Even when there is trouble all around us, we can seek God and He meets us where we are. He is the one who rescues and saves. We can have confidence in Him knowing that he cares for us. Because of this, we can journey through life with hope.

- **Why is David able to be fearless in the face of evil people, armies, or war?**
- **What images of safety does David give us?**
- **How has God been like a "light" or a "stronghold in your life the past month? What situations have driven you to Him to find shelter?**

God is sovereign over all, and He alone is good. The goodness of His grace overwhelms fear to the point of making us joyful in every situation. Knowing that He is in control can give us peace that surpassing understanding.

God's presence brings comfort to the abandoned, defends those who were falsely accused, and makes us brave.

- **Why must your hope not only be brave but also patient?**





# Session 10 – Psalm 5

## To Begin

Who gave you the most comfort growing up? Mom? Dad? Grandparent? Sibling? Stuffed animal? Why?

*Together read Psalm 5.*

## Digging Deeper

Have you ever felt betrayed? Have you ever felt persecuted? Have you ever felt fear? These are all common experiences that we go through. Even as followers of Jesus, we will encounter many of these experiences. Instead of allowing fear or anger to take control, we need to keep our focus on God.

- **What happens to your relationship with God when you find yourself facing opposition or persecution?**

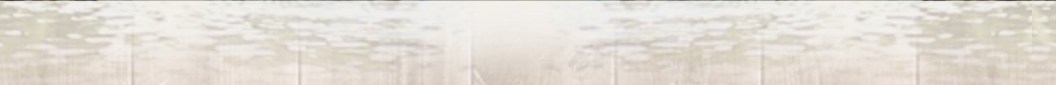
Psalm 5 is a plea for deliverance and might even be one of David's morning prayers. This psalm is grounded David's unshakeable confidence in God. This psalm contains contrasting images of those who take refuge in God and those who oppose David and God.

- **Why is it important to start our day with prayer? Why can it be so easy to overlook this important spiritual practice?**
- **What is David's strategy for dealing with opposition?**

The psalm gives us a clear picture of how God opposes the wicked and deals with them. David appears confident that God is hearing his prayer and shielding him from his enemies.

- **Why do you think David has such confidence?**
- **How can our confidence in God help with opposition or**





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