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**Snohomish Community Church Summer Series**

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# **THE PSALMS**

**healings for the heart**

# psalm 62

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## INTRODUCTION

God's people sang this psalm for encouragement as they were oppressed by powerful and wealthy people. In such a situation, it would be easy to despair and seek security in power and wealth rather than in God.

## FROM THE PSALM

1. Identify 2-3 ways the psalmist reflects on provision through God alone (vs 1, 6-8).
2. Take to heart vs 6 - What does it look like to pour your heart out to God? How does it relate to God being our only hope?

## FROM THE WORD

1. Consider 1 Corinthians 2:14. Why does the world's standard of life lead us away from God and why are we tempted to find hope in it?
2. Why is seeing God as our only Hope necessary to communication His plan of Salvation?

## FOR THE DISCIPLE

What does it look like to wait on the Lord for provision?

- Place our hope in the Lord alone (vs 2, 5)
- Trust God and His timing (vs 5 & 8)
- Remember the steadfast power and love of God (vs 11-12)

# psalm 7

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## INTRODUCTION

The first psalm serves as the gateway into the entire book of Psalms. Those who worship God genuinely must embrace His Law, His covenant instruction, and must see themselves as the heirs and stewards of its redemptive story.

## FROM THE PSALM

1. Identify 2-3 things that are true about the one who is considered blessed (vs 1-2).
2. What does it look like to delight and to meditate on God's Word (vs 2)?

## FROM THE WORD

1. Compare the tree in verses 3-4 with the branch bearing fruit in John 15:1-6. For the believer what leads to a fruit bearing life?
2. Why is seeing God as our Just Judge essential to sharing salvation with others?

## FOR THE DISCIPLE

What helps us live a vibrant life?

- Walking according to the counsel of God (vs 1-2)
- Thinking and delighting in the ways of the Lord (vs 2a)
- Believing and meditating on God's Word (vs 2b)

# psalm 116

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## INTRODUCTION

This is a hymn of personal thanksgiving for God's care. The specific circumstance is a narrow escape from death. The psalmist shows that giving thanks to God for personal blessings is properly offered in public worship.

## FROM THE PSALM

1. Identify 2-3 attributes of God's character reflected in His personal care of people (vs 1, 6, 8).
2. Discuss the psalmist's response to God in verses 12-19. Identify: public prayer, worship, commitments to serve, and sacrificial giving.

## FROM THE WORD

1. Compare Psalm 116 with Philippians 4:19. As a believer, how has God shown His personal care and provision for you?
2. Why is seeing God as our Personal Provider integral in communicating salvation?

## FOR THE DISCIPLE

What helps us know God personally?

- Believing He cares and is near (vs 1-2)
- Trusting that He provides and protects (vs 8-9)
- Abiding in and celebrating His presence (vs 19)

# psalm 40

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## INTRODUCTION

This psalm combines thanks for past mercies with a new request for God's help. The writer reflects on previous situations in which he called on God for help. These situations have reinforced the lesson, "Blessed is the man who makes the LORD his trust." The song also encourages believers to thank God publicly for His help (vs 3, 9–10).

## FROM THE PSALM

1. Identify 2-3 ways that God delivered the psalmist from distress (vs 2, 5, 11, 16).
2. How is our response of waiting on the Lord and His reply of deliverance interwoven?

## FROM THE WORD

1. Compare verses 12-13 with Romans 12:12. Why does God let us wait in our need before He delivers us?
2. Why is seeing God as our Help and Deliverer necessary to communication His plan of salvation?

## FOR THE DISCIPLE

What are key things to remember in personal distress?

- Present your need and wait on the Lord (vs 1)
- Trust the Lord and His timing (vs 4)
- Delight and rejoice in the Lord's will (vs 8 & 16)

# psalm 79

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## INTRODUCTION

In singing this psalm, God's people celebrate His law and revelation of himself. The psalm recounts the way that creation speaks of its Maker (vs 1–6), and the way the Mosaic law addresses the soul (vs 7–11). This calls for a humble response (vs 12–14).

## FROM THE PSALM

1. Identify 2-3 ways God communicates with and works in the lives of people.
2. How are the magnitude of God's creation (vs 1-6) and the power of His spoken word (vs 7-11) interwoven?

## FROM THE WORD

1. Compare verses 3-4 with Romans 1:19-20. What attributes of God are revealed in creation? How does considering God's creation and His word lead us to Himself and ultimately leave us without excuse?
2. Why is prioritizing God's Word essential to sharing salvation with others?

## FOR THE DISCIPLE

What are key things that help us prioritize God's Word?

- Consider who He is as the Creator (vs 1)
- Evaluate how intently you hear His Word (vs 7)
- Humbly and wholly worship the Lord (vs 14)

# psalm 147

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## INTRODUCTION

This psalm is focused on gratitude for God's work in rebuilding Jerusalem after the exile and for the Creator who sustains His creation. The psalm alternates between God's rule over all and how He has set His own people apart and cares for them.

## FROM THE PSALM

1. Identify 2-3 things the psalmist reveals about God's sovereignty (vs 2, 3, 4).
2. What is the significance of including the concepts of verses 3 & 4 in the same section?

## FROM THE WORD

1. Compare verse 5 with Isaiah 40:26-29. How does God's sovereignty which is beyond measure bring us strength in weakness? What does it mean that "God gives power to the faint"?
2. Why is seeing God as our strength vital when sharing the gospel?

## FOR THE DISCIPLE

How do we live with God as our strength?

- Humbly recognize our need for help (vs 6)
- Have a reverence and confidence in the Lord (vs 11)
- Trust that God's Word is sufficient (vs 18-19)

# psalm 33

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## INTRODUCTION

This is a hymn of praise to the God who made all things, who rules all things for His own purposes, and who has chosen a people to be His own. The psalm moves from a call to praise God, into several reasons for praise, and then closes with a peaceful hope. Many of its themes come from Genesis.

## FROM THE PSALM

1. Identify 2-3 different reasons that lead the psalmist to praise the Lord (vs 4-9).
2. How do verses 18-19 help us better understand God's heart for salvation (vs 10-17)?

## FROM THE WORD

1. Compare verses 6-9 with the creation story in Genesis 1. What is the significance of God creating the world by the power of His word?
2. Why is seeing God as our Creator integral in communicating salvation?

## FOR THE DISCIPLE

What helps us maintain a heart of gratitude?

- Recognizing the power of God's Word (vs 6-9)
- Relying solely on the Lord and His Word (vs 10-19)
- Resting and waiting on the Lord for His help (vs 20-22)



# psalm 73

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## INTRODUCTION

This is a wisdom psalm. God's people should trust Him even when it seems unbelievers do not suffer because of their sin. They should remember the contrasting outcomes of the lives of the arrogant and the faithful.

## FROM THE PSALM

1. Identify 2-3 reminders the psalmist gives us that the Lord alone is all we need (vs 23, 25, 28).
2. Why is there a temptation to think that the unredeemed life has little consequences (vs 3-5)? What conclusion does the psalmist end with (vs 18-20); and what helped him in his decision (vs 16-17)?

## FROM THE WORD

1. Compare verses 25 & 26 with 1 Timothy 6:17-19. What role does success have in the believers life?
2. Why is seeing God as our need necessary in sharing salvation with others?

## FOR THE DISCIPLE

What helps us live a content life?

- Remembering that the is Lord continually with us (vs 23)
- Asking God for His guidance (vs 24)
- Desiring the Lord more than anything else (vs 28)

# psalm 46

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## INTRODUCTION

This psalm makes it clear that trouble will strike the godly. The fact that God is our refuge and strength does not mean that we are immune to troubles and problems. The abundant life is not a trouble-free life, but the Word teaches that God is our help in trouble.

## FROM THE PSALM

1. Identify 2-3 truths that the psalmist reminds us of in times of difficulty?
2. Why do you think the psalmist used mountains and oceans to contrast the strength of God?

## FROM THE WORD

1. Compare verse 10 with Philippians 4:6. How does being still and taking our concerns to the Lord help us rely on God's sufficiency?
2. Why is seeing God as Sufficient essential to sharing salvation with others?

## FOR THE DISCIPLE

What truths do we need to remember in our difficulty?

- Consider that it is God's desire to help you (vs 1)
- Remember that God is present and always with you (vs 7)
- Reflect on God's work in your life (vs 8a)

# psalm 51



## INTRODUCTION

According to the title, David composed this psalm after being convicted of his sins, both in committing adultery with Bathsheba and in arranging the murder of Bathsheba's husband (2 Sam. 12:1–14). At the same time, this is more than David's personal prayer, it also encourages the worshiping congregation to confess their own sins (vs 16–19).

## FROM THE PSALM

1. Identify 2-3 truths the psalmist gives in finding forgiveness with God (vs 1, 4, 10, 12, 17).
2. What is the main thing David is asking for in verses 1-5? Why is our sin always ultimately against God? Why do some people struggle with asking for forgiveness?

## FROM THE WORD

1. Compare verses 10-12 with Romans 8:5-8. What changes when we acknowledge our sin and ask for forgiveness?
2. Why is finding forgiveness with God integral in communicating salvation?

## FOR THE DISCIPLE

What steps help us deal with personal sin?

- Appeal to the Lord for mercy and help (vs 1)
- Confess the despair of your sin and its consequence (vs 2, 9, 11)
- Remember that God alone cleanses us from sin (vs 2, 7, 10)
- Seek His deliverance and Rejoice in forgiveness (vs 12, 14-15, 19)

# psalm 743



## INTRODUCTION

This psalm falls into two halves, divided by the musical notation, “Selah” (pause and reflect). In the first half (1-6), David lays out his problem to the Lord, crying out to Him to hear and answer. In the second half (7-12), he presents his prayer, repeatedly crying out to God to answer him and to teach him to do His will.

## FROM THE PSALM

1. Identify 2-3 attributes of God expressed in this psalm; how would you define them in your own words?
2. What was David asking the Lord to do for him? Why do you think David asked for these specific things?

## FROM THE WORD

1. Compare verse 5 with Isaiah 46:9. How can remembering God’s past deeds help the believer deal with a present difficult situation?
2. Why is the Faithfulness of God vital to sharing the gospel?

## FOR THE DISCIPLE

What reminders help us have meaningful prayers?

- Time with God should be sincere and heartfelt (vs 1 & 6)
- Have an attitude of meekness and humility (vs 2 & 12)
- Be resolved to following God’s will (vs 8 & 10)

# psalm 66

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## INTRODUCTION

This is a psalm of thanksgiving for God's answer to prayer. The first half describes God's deeds in the context of His commitment to His people as a whole. The second half shifts from Israel as a whole to a particular worshiper.

## FROM THE PSALM

1. Identify 2-3 things that God did that lead the psalmist to worship Him.
2. What have you learned about God through this study in Psalms? What have you learned about yourself?

## FROM THE WORD

1. Compare verses 13-15 with Romans 12:1-2. What does it look like to be a living sacrifice for God? What does it mean to worship the Lord in spirit and in truth (John 4:23)?
2. Why is the worship of God necessary to communication his plan of salvation?

## FOR THE DISCIPLE

What helps us have sincere worship?

- Reflect on God amazing works (vs 5-7)
- Seeing God's provision in trials (vs 8-12)
- Sharing His praise with others (vs 16-20)









