

## **Bible Teaching Resources**

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# **A Practical Study of PSALMS: Meditations in Selected Psalms**

## **COLLECTION 2: PART 1**

### **STUDY NUMBER ONE - [PSALM 2:1-12](#)**

### **NOTES**

#### **QUESTIONS:**

1. Read Psalm 2 and in your own words pull out the main thought of this passage.

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2. How would you answer the psalmist's question in verse 1?

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3. Who do the "kings" and "rulers" take their "stand" against, according to verse 2?

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4. How does the Lord respond to the world's opposition, according to verse 4?

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5. What does the Lord do to those who oppose Him, according to verse 5?

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6. What does the Father invite the Son to do, according to verse 8?

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7. What does the Lord tell the “kings” and the “rulers of the earth” to do, according to verse 10?

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8. What three things does the Lord tell them to do in verses 11 & 12?

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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**LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: When I read the first three verses of Psalm 2 I think of Jeremiah 6:16: “This is what the Lord says: ‘Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls. But you said, “We will not walk in it.”’”

LESSON #2: The tragedy of Christmas is recorded in John 1:11: “He came to His own, and those who were His own did not receive Him.”

LESSON #3: Breaking the “chains” and throwing off the “fetters” is doing away with any restraints in the realm of marriage, family, morality, and values (verse 3).

LESSON #4: The Lord’s response to such rebellion is one of laughter, in view of man’s futile efforts (verse 4).

LESSON #5: The Father’s response to this rebellion is seen in the fact that “he rebukes them in his anger and terrifies them in his wrath” (verse 5).

LESSON #6: “The Lord saw how great man’s wickedness on the earth had become, and that every inclination of the thoughts of his heart was only evil all the time. The Lord was grieved that he had made man on the earth, and his heart was filled with pain. So the Lord said, ‘I will wipe mankind, whom I have created, from the face of the earth . . .’” (Genesis 6:5-7a).

LESSON #7: The faithfulness of God the Father in promising an eternal kingdom is brought to fulfillment in verse 6: “I have installed my King on Zion, my holy hill.”

LESSON #8: The Lord is in the business of answering KNEE-mail for He says in verse 8: “Ask of me . . .”

LESSON #9: In verses 10-12 the recommendation of the Holy Spirit is five-fold: (1) “be wise”; (2) “be warned”; (3) “serve with fear”; (4) “rejoice with trembling”; and (5) “Kiss the Son.”

LESSON #10: The blessing is ours for the taking in the final phrase: “Blessed are all who take refuge in him” (verse 12).

**ADDITIONAL NOTES:**

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**STUDY NUMBER TWO - [PSALM 3:1-8](#)**

**NOTES**

**QUESTIONS:**

1. Read Psalm 3 and in your own words pull out the main thought of this passage.

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2. Put in your own words what the psalmist is saying in verse 1.

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3. What is the majority saying about Him, according to verse 2?

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4. What three things does the Lord do for the psalmist, according to verse 3?

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5. How does the Lord respond to the psalmist, according to verse 4?

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6. What does the psalmist do because the Lord “sustains” him, according to verse 5?

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7. What does the psalmist say he will not do, according to verse 6?

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8. What comes from the Lord, according to verse 8?

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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**LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: This Psalm is a sobering reflection upon the consequences of sin and an eleven-year estrangement with one son.

LESSON #2: The Lord will never give up on you. The Lord will never leave you nor forsake you (Deuteronomy 31:8).

LESSON #3: Adversity, difficulty, and opposition just go with the territory.

LESSON #4: Trials present us with the chance to shrivel in self-pity or to shine in self-surrender.

LESSON #5: Lord, help me to maintain a continual contentedness under Your sovereign hand.

LESSON #6: Lord, help me to continue to act with maximum perseverance in spite of the absence of temporal effect.

LESSON #7: "Let the power of the Father shepherd me, the wisdom of the Son enlighten me, and the operation of the Spirit quicken me" (Lancelot Andrews).

LESSON #8: Lord, thank You that in the times of our difficulties You are a shield around us, You are a bestower of glory, and a lifter-up of our heads (verse 3).

LESSON #9: Thank You, Lord, that when we cry to You in prayer, You answer us (verse 4).

LESSON #10: Lord, because You are a shield, a sustainer, and a deliverer, I can lie down and sleep without fear (verses 3-7).

LESSON #11: Absalom had the numbers, but David had God.

LESSON #12: It is the Lord who sustains us through traumatic circumstances.

LESSON #13: The divine perspective on circumstances changes everything.

LESSON #14: "May your blessing be on [us]" (verse 8).

**ADDITIONAL NOTES:**

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**STUDY NUMBER THREE - PSALM 11:1-7****NOTES****QUESTIONS:**

1. Read Psalm 11 and in your own words pull out the main thought of this passage.

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2. What does the psalmist say that he is doing, according to verse 1?

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3. What do the “wicked” do against the “upright,” according to verse 2?

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4. Take some time to answer the question in verse 3, “When the foundations are being destroyed, what can the righteous do?” See how many things you can come up with.

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5. Where is the Lord and what is He doing, according to verse 4?

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6. How does the Lord respond to the “righteous” and to the “wicked,” according to verse 5?

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7. What is the Lord going to do to the “wicked,” according to verse 6?

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8. What three things are said about the Lord, according to verse 7?

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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### **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: "Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your toil is not *in vain* in the Lord" (1 Cor. 15:58).

LESSON #2: "He will have no fear of bad news; his heart is steadfast, trusting in the Lord. His heart is secure, he will have no fear; in the end he will look in triumph on his foes" (Psa. 112:7, 8).

LESSON #3: The Lord is always available and is a safe place to take refuge (verse 1).

LESSON #4: Sometimes the advice of concerned friends runs contrary to the Lord's purpose and plan for our lives.

LESSON #5: "When the foundations are being destroyed" the "righteous" can let their light shine (verse 3).

LESSON #6: "Do all things without grumbling or disputing; that you may prove yourselves to be blameless and innocent, children of God above reproach in the midst of a crooked and perverse generation, among whom you appear as lights in the world" (Phil. 2:14, 15).

LESSON #7: "The Lord is in his holy temple; the Lord is on his heavenly throne" and "the Lord is righteous" (verses 4 & 7).

LESSON #8: We are under the Lord's constant surveillance.

LESSON #9: "The Lord examines the righteous" (verse 5).

LESSON #10: There is an urgency for us, as His children, to prepare for the final exams.

LESSON #11: The judgment of the wicked is going to be swift.

LESSON #12: "This only have I found: God made mankind upright, but men have gone in search of many schemes" (Eccl. 7:29).

LESSON #13: "The Lord is righteous, he loves justice; upright men will see his face" (verse 7).

LESSON #14: How wonderful it will be for us to experience God's shining, smiling face.

LESSON #15: "Soon we shall be like him, for we shall see him as he is" (1 John 3:2 KJV).

**ADDITIONAL NOTES:**

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**STUDY NUMBER FOUR - [PSALM 17:1-15](#)**

**NOTES**

**QUESTIONS:**

1. Read Psalms 17 and in your own words pull out the main thought of this passage.

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2. What three things does the psalmist ask of the Lord in verse 1?

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3. What has the psalmist resolved to do, according to verse 3?

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4. What two things does the psalmist say about himself in verse 5?

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5. What two things does he ask of the Lord in verse 8?

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6. What have the wicked done to him, according to verse 11?

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7. What does the psalmist ask of the Lord in verse 13?

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8. What does the psalmist say of himself in verse 15?

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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**LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: The Lord is always available to hear our prayer.

LESSON #2: “Surely the arm of the Lord is not too short to save, nor his ear too dull to hear. But your iniquities have separated you from your God; your sins have hidden his face from you, so that he will not hear” (Isa. 59:1, 2).

LESSON #3: David makes it clear that as he prays, he is being totally honest.

LESSON #4: “‘No weapon forged against you will prevail, and you will refute every tongue that accuses you. This is the heritage of the servants of the Lord, and this is their vindication from me,’ declares the Lord” (Isa. 54:17).

LESSON #5: How important it is for us to invite the Lord to probe, to examine, and to test our hearts for anything that is not pleasing to Him.

LESSON #6: David resolved that his mouth will not sin, he kept himself from the ways of the violent, and he held to the Lord’s paths and his feet have not slipped (verses 3-5).

LESSON #7: Desire, discipline, and determination are vital components in an effective prayer life.

LESSON #8: David asked the Lord to do three things: (1) “show the wonder of your great love”; (2) “keep me as the apple of your eye”; and (3) “hide me in the shadow of your wings” (verses 7 & 8).

LESSON #9: The wicked are described as “closing up their calloused hearts.” For the believer, we can be guilty of the callous of coldness and the callous of compromise (verse 10).

LESSON #10: David prays that the Lord will “bring . . . down” the “wicked” with his “sword” and with His word (verse 13).

LESSON #11: The “reward” of the “men of this world” is “in this life” only (verse 14).

LESSON #12: If you are living for “this life” only, you better enjoy it because this is all you are going to get.

LESSON #13: What joy to know that whether we wake from a night of sleep or from the sleep of death, we shall look into His face.

LESSON #14: “I will be satisfied with seeing your likeness” (verse 15).

**ADDITIONAL NOTES:**

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**STUDY NUMBER FIVE - [PSALM 21:1-13](#)**

**NOTES**

**QUESTIONS:**

1. Read Psalm 21 and in your own words pull out the main thought of this passage.

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2. What two things cause the psalmist to be rejoicing, according to verse 1?

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3. What two things has the Lord done for the psalmist, according to verse 2?

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4. What has the Lord bestowed upon the Psalmist, according to verse 5?

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5. What two things have brought peace to the king's heart, according to verse 7?

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6. What is the Lord going to do to the wicked, according to verse 9?

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7. What is the outcome of the wicked plotting "evil" and devising "wicked schemes," according to verse 11?

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8. What is the psalmist's desire, according to verse 13?

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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**LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: "For he, the Mighty One, is holy, and he has done great things for me"  
(Luke 1:49 NLV).

LESSON #2: Do you find yourself rejoicing in the Lord’s “strength” and joyful in the “victories” that He is giving you? (verse 1).

LESSON #3: “Delight yourself in the Lord and he will give you the desires of your heart” (Psalm 37:4).

LESSON #4: The Lord delights to do two things for us in response to our prayers: (1) to grant us the “desire of our heart” and (2) to grant us the “request of our lips” (verse 2 paraphrased).

LESSON #5: The Lord is aware of both the spoken and the unspoken requests.

LESSON #6: When we come to the Lord, He is always there meeting us with “rich blessings” (verse 2).

LESSON #7: When we invite the Lord Jesus Christ into our hearts to become our Savior, He grants us “eternal blessings” and makes us “glad with the joy of His presence” (verse 6).

LESSON #8: There is strength, security, and stability for all of those who are trusting in the Lord.

LESSON #9: The Lord’s love for us is unconditional and unending.

LESSON #10: The judgment of God will be swift and severe.

LESSON #11: “In His wrath the Lord will swallow them up and his fire will consume them” (verse 9).

LESSON #12: It is impossible for anyone to thwart the full accomplishment of God’s purposes.

LESSON #13: “Be exalted, O Lord, in your strength” (verse 13).

LESSON #14: “We will sing and praise your might” (verse 13).

**ADDITIONAL NOTES:**

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**STUDY NUMBER SIX - PSALM 29:1-11****NOTES****QUESTIONS:**

1. Read Psalm 29 and in your own words pull out the main thought of this passage.

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2. What does the psalmist ask us to “ascribe to the Lord” in verses 1 & 2?

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3. In what two ways does the psalmist describe the voice of the Lord in verse 4?

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4. How would you describe what the psalmist is saying about the “voice of the Lord” in verse 5?

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5. How would you describe the “voice of the Lord,” according to what the psalmist says about it in verse 7?

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6. How would you describe the “voice of the Lord,” according to what the psalmist has to say in verse 8?

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7. Describe what the Psalmist says about the Lord in verse 10.

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8. What does the Lord do for His people, according to verse 11?

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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### **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: Experience the pure joy of giving praise to the Lord.

LESSON #2: "Ascribe to the Lord glory and strength" (verse 1).

LESSON #3: "Ascribe to the Lord the glory due his name" (verse 2).

LESSON #4: "Worship the Lord in the splendor of his holiness" (verse 2).

LESSON #5: You can count on the Lord's presence in the midst of any storm.

LESSON #6: The Lord often uses dramatic storms as the instruments of judgment.

LESSON #7: "The voice of the Lord is powerful" (verse 4).

LESSON #8: "The voice of the Lord is majestic" (verse 4).

LESSON #9: "The voice of the Lord strikes with flashes of lightning" (verse 7).

LESSON #10: The response to the storm in the temple is unanimous, they "all cry, 'Glory!'" (verse 9).

LESSON #11: The same Lord who was on the throne during the flood in Noah's day, is still on the throne in the midst of any storm that we might face.

LESSON #12: It is comforting to know that "the Lord is enthroned as King forever" (verse 10).

LESSON #13: "The Lord gives strength to his people" (verse 11).

LESSON #14: "The Lord blesses his people with peace" (verse 11).

LESSON #15: "Commit thy way unto the Lord; trust also in Him and He shall bring it to pass" (Psalm 37:5 KJV).

**ADDITIONAL NOTES:**

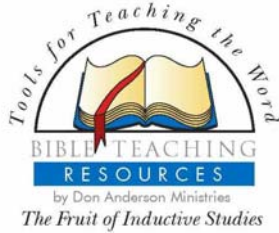
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# **A Practical Study of PSALMS: Meditations in Selected Psalms**

## **COLLECTION 2: PART 2**

**STUDY NUMBER SEVEN - [PSALM 30:1-12](#)**

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### **QUESTIONS:**

1. Read [Psalm 30](#) and in your own words pull out the main thought of this passage.

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2. What two reasons are given in [verse 1](#) for why the psalmist is exalting the Lord?

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3. What was the Lord's response to the psalmist's call for help, according to [verse 2](#)?

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4. What does the psalmist ask us to do in [verse 4](#)?

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5. What are the two contrasts in verse 5?

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6. What was the psalmist asking of the Lord, according to verse 8?

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7. What three questions does the psalmist ask of the Lord, according to verse 9?

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8. What three things did the Lord do for the psalmist, according to verse 11?

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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**LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: It is the Lord who gives the victory. "But thanks be to God, who gives us the victory through our Lord Jesus Christ" (1 Cor. 15:57).

LESSON #2: When we call upon the Lord out of a pure heart, we can be sure that He is going to respond.

LESSON #3: David is rejoicing in the Lord because the Lord has done two things for him: (1) He has "brought me up from the grave" and (2) He "spared me from going down into the pit" (verse 3).

LESSON #4: David commands us to do two things: (1) "sing to the Lord" and (2) "praise his holy name" (verse 4).

LESSON #5: The Lord’s “anger lasts only a moment, but his favor lasts a lifetime” (verse 5).

LESSON #6: “Weeping may remain for a night, but rejoicing comes in the morning” (verse 5).

LESSON #7: When we have been favored and blessed by the Lord, it is easy for us to get our eyes off of the Lord and upon the blessings.

LESSON #8: “And I will say to my soul, ‘Soul, you have many goods laid up for many years to come; take your ease, eat, drink and be merry.’ But God said to him, ‘You fool! This very night your soul is required of you; and now who will own what you have prepared?’” (Luke 12:19, 20).

LESSON #9: David was aware that he had made a mistake when the Lord “hid” His face from him (verse 7).

LESSON #10: David’s three questions about death in verse 9 remind us of how important it is for us to number our days and apply our hearts to wisdom.

LESSON #11: David’s prayer in verse 10 is: “[Lord] hear . . . be merciful . . . be my help.”

LESSON #12: Lord, You responded to my prayer by turning “my wailing into dancing . . . removing my sackcloth . . and clothing me with joy” (verse 11 paraphrased).

LESSON #13: Lord, I want to do two things: (1) I want to “sing to you and not be silent” and (2) “give you thanks forever” (verse 12).

**ADDITIONAL NOTES:**

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**STUDY NUMBER EIGHT – [PSALM 31:1-24](#)**

**NOTES**

**QUESTIONS:**

1. Read Psalm 31 and in your own words pull out the main thought of this passage.

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2. What does the psalmist ask the Lord to do, according to verse 3?

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3. What has the Lord done for the psalmist, according to verse 8?

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4. Describe the condition of the psalmist, according to verse 9?

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5. What is the psalmist's testimony, according to verse 14?

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6. What does the psalmist ask of the Lord, according to verse 16?

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7. Why is the psalmist praising the Lord, according to verse 21?

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8. What does the psalmist ask us to do, according to verses 23 & 24?

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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**LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: It is good to have the Lord for your “Rock,” your “Fortress,” and your “Refuge” (verses 3 & 4).

LESSON #2: The psalmist asks the Lord to “lead” him, to “guide” him, to “free” him, and to “redeem” him (verses 3-5).

LESSON #3: You are in good hands when you commit yourself to the Lord.

LESSON #4: It is good for us to often make the statement, “I trust in the Lord” (verse 6).

LESSON #5: The psalmist says, “I will be glad and rejoice in your love” (verse 7).

LESSON #6: The Lord sees and He knows the “affliction” and “anguish” that we are going through (verse 7).

LESSON #7: We should be thankful that God always turns out to be bigger than we thought.

LESSON #8: David’s testimony is “I trust in You, O Lord, You are my God” (verse 14).

LESSON #9: Can you tell the Lord that your “times are in [His] hands”? (verse 15).

LESSON #10: What a joy to ask the Lord to let His “face shine” upon us and to “save” us in His “unfailing love” (verse 16).

LESSON #11: “Let me not be put to shame, O Lord, for I have cried out to you” (verse 17).

LESSON #12: With a heart filled with gratitude it is so good to say to the Lord, “How great is your goodness” (verse 19).

LESSON #13: “In the shelter of your presence you hide them [and] in your dwelling you keep them safe” (verse 20).

LESSON #14: These final four commands are the key to being faithful, fruitful, and a finisher for our Lord: (1) “Praise be to the Lord” (verse 21); (2) “Love the Lord” (verse 23); (3) “Be strong” (verse 24); and (4) “take heart” (verse 24).

**ADDITIONAL NOTES:**


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**STUDY NUMBER NINE – PSALM 33:1-22****NOTES****QUESTIONS:**

1. Read Psalm 33 and in your own words pull out the main thought of this passage.

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2. What does the psalmist ask us to do, according to verse 1?

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3. What are the things the Lord loves, according to verse 5?

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4. What does the psalmist ask us to do, according to verse 8?

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5. How does the psalmist characterize the plans and the purposes, according to verse 11?

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6. What is the Lord doing, according to verse 13?

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7. Who is the Lord keeping His eyes on, according to verse 18?

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8. What is the psalmist saying that we should be doing, according to verse 20?

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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### **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: Are we being daily obedient to the first command of the psalm? “Sing joyfully to the Lord” (verse 1).

LESSON #2: Genuine praise comes only from the lips of the “righteous” and the “upright” (verse 1).

LESSON #3: Are you daily enjoying His faithfulness so that you can sing to Him a new song in the morning?

LESSON #4: “The word of the Lord is right and true” (verse 4).

LESSON #5: The Lord is “faithful in all he does” (verse 4).

LESSON #6: “The Lord loves righteousness and justice” (verse 5).

LESSON #7: We are commanded to do two things in verse 8: (1) “fear the Lord” and (2) “revere him.”

LESSON #8: The Lord “spoke, and it came to be; he commanded, and it stood firm” (verse 9).

LESSON #9: The Lord is in the business of foiling plans and thwarting purposes of the wicked (verse 10).

LESSON #10: The Lord’s “plans” and “purposes” will be accomplished no matter what (verse 11).

LESSON #11: “Blessed is the nation whose God is the Lord” (verse 12).

LESSON #12: “The Lord looks down and sees . . . he watches . . . [and He] considers everything” that is happening on the earth (verses 13-15).

LESSON #13: “The eyes of the Lord” are constantly upon “those who fear him” and on “those whose hope is in his unfailing love” (verse 18).

LESSON #14: "We wait in hope for the Lord" (verse 20).

LESSON #15: "In him our hearts rejoice, for we trust in his holy name" (verse 21).

LESSON #16: "[Lord] may your unfailing love rest upon us" (verse 22).

**ADDITIONAL NOTES:**

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**STUDY NUMBER TEN – [PSALM 38:1-22](#)**

**NOTES**

**QUESTIONS:**

1. Read Psalm 38 and in your own words pull out the main thought of this passage.

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2. What is the psalmist asking the Lord not to do, according to verse 1?

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3. How does the psalmist describe himself in verses 4-6?

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4. How does the psalmist describe himself in verse 8?

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5. How does the psalmist describe himself in verse 9?

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6. What is the psalmist doing, according to verse 15?

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7. What does the psalmist say he is doing, according to verse 18?

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8. What does the psalmist ask of the Lord, according to verses 21 & 22?

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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### **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: It is Satan's plan to never show us the consequences of sin.

LESSON #2: "Rebuke" and "discipline" are a part of the process of recovery for a sinning saint (verse 1).

LESSON #3: The process of discipline is painful and His hand is heavy (verse 2).

LESSON #4: Our physical bodies can be affected by sin (verse 3).

LESSON #5: The guilt of David's sin has "overwhelmed" him and is "a burden too heavy to bear" (verse 4).

LESSON #6: The reason David is in such dire straits is because of his "sinful folly" (verse 5).

LESSON #7: Can you say with David, "All my longings lie open before you, O Lord" (verse 9)?

LESSON #8: David has made a painful discovery that many of his "friends and companions" have left him at this time of his need (verse 11).



LESSON #9: There are those who want to seek to use the situation as an opportunity to take David's life (verse 12).

LESSON #10: Do you say in your difficulty, "I wait for you, O Lord; you will answer, O Lord my God" (verse 15)?

LESSON #11: The key to David's recovery is, "I confess my iniquity; I am troubled by my sin" (verse 18).

LESSON #12: "Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake. Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you" (Matt. 5:11, 12 KJV).

LESSON #13: David's final three petitions are: (1) "O Lord, do not forsake me"; (2) "O Lord . . . be not far from me"; and (3) "Come quickly to help me, O Lord" (verses 21 & 22).

LESSON #14: Can you call the Lord your "Savior" like David did (verse 22)?

**ADDITIONAL NOTES:**

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**STUDY NUMBER ELEVEN – [Psalm 56:1-13](#)**

**NOTES**

**QUESTIONS:**

1. Read Psalm 56 and in your own words pull out the main thought of this passage.

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2. Why does the psalmist ask the Lord to be merciful to him, according to verse 1?

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3. When the psalmist is afraid, what is he going to do, according to verse 3?

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4. What are his enemies doing, according to verses 5 & 6?

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5. What does the psalmist ask the Lord to do, according to verse 8?

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6. What are his enemies going to do when he calls to the Lord for help, according to verse 9?

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7. How is the psalmist responding to the Lord in verses 10 & 11?

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8. What are the reasons for the psalmist presenting his “thank offerings,” according verses 12 & 13?

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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**LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: “God, be merciful to me” is a prayer that gets through to heaven.

LESSON #2: There will be times in your Christian life and experience that you will get kicked around and stomped on.

LESSON #3: There will be times when stressful circumstances will last “all day long” and continue for several days and weeks.

LESSON #4: Fear properly responded to will lead us to faith.

LESSON #5: Can you say with David, “In God I trust; I will not be afraid. What can mortal man do to me?” (verse 4).

LESSON #6: The Lord is fully aware of all that is going on in our lives.

LESSON #7: David’s principle of operation is: “When I am afraid, I will trust in you” (verse 3).

LESSON #8: David’s plan is, “I will praise,” “I will trust,” and “I will not be afraid” (verses 4).

LESSON #9: “But the very hairs of your head are all numbered” (Matt. 10:30).

LESSON #10: David makes a commitment in verse 12 to say “Thank You” as a result of the Father’s intervention in answer to his prayers. Have you learned to do the same?

LESSON #11: There are two reasons for his thanksgiving: (1) “you have delivered me from death” and (2) “you have delivered . . . my feet from stumbling” (verse 13).

LESSON #12: Are you walking “before God in the light of life”? (verse 13).

**ADDITIONAL NOTES:**

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**STUDY NUMBER TWELVE – [PSALM 66:1-20](#)**

**NOTES**

**QUESTIONS:**

1. Read Psalm 66 and in your own words pull out the main thought of this passage.

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2. What does the psalmist ask us to do in verses 1 & 2?

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3. What are we supposed to be saying, according to verses 3 & 4?

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4. What does the psalmist invite us to come and see, according to verse 5?

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5. According to the psalmist, what has the Lord been doing, according to verse 10?

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6. Where did the Lord bring them after all their difficulties, according to verse 12?

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7. What does the psalmist want the people to do, according to verse 16?

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8. What would have happened to the psalmist's prayer if he had "cherished sin" in his heart, according to verse 18?

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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**LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: It delights the heart of God when we make praise a priority.

LESSON #2: We are to “sing the glory of his name” and “make his praise glorious!” (verse 2).

LESSON #3: The psalmist praises the Lord’s works and His “power” (verse 3).

LESSON #4: “Come and see what God has done, how awesome his works in man’s behalf!” (verse 5).

LESSON #5: “Come, let us rejoice in him” (verse 6).

LESSON #6: The psalmist says the Lord “has preserved our lives and kept our feet from slipping” (verse 9).

LESSON #7: God’s curriculum for Christlikeness is given to us in verses 10-12: (1) He “tested us”; (2) He “refined us like silver”; (3) He “brought us into prison”; (4) He “laid burdens on our backs”; (5) He “let men ride over our heads”; (6) “we went through fire and water”; and (7) He “brought us to a place of abundance.”

LESSON #8: The Lord truly does “work all things together for good to them that love Him” (Romans 8:28 paraphrase).

LESSON #9: “I will thank you, Lord, with all my heart; I will tell of all the marvelous things you have done” (Psalm 9:1 NLT).

LESSON #10: It is good for us to bear witness to God’s faithfulness.

LESSON #11: Sin can break fellowship and therefore, the Lord will not listen to our prayers (verse 18).

LESSON #12: “Praise be to God, who has not rejected my prayer or withheld his love from me!” (verse 20).

**ADDITIONAL NOTES:**

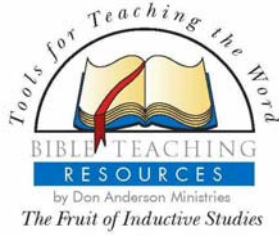
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# **A Practical Study of PSALMS: Meditations in Selected Psalms**

## **COLLECTION 2: PART 3**

**STUDY NUMBER THIRTEEN - [PSALM 71:1-24](#)**

**NOTES**

### **QUESTIONS:**

1. Read Psalm 71 and in your own words pull out the main thought of this passage.

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2. What four things does the Psalmist ask the Lord to do for him in verse 2?

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3. What two things has the Lord been to the Psalmist, according to verse 5?

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4. How does the Psalmist describe himself, according to verse 7?

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5. What two things does the Psalmist ask of the Lord in verse 9?

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6. What two things does the Psalmist ask of the Lord in verse 12?

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7. Summarize the Psalmist's praise in verse 19.

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8. What is the Lord going to do for the Psalmist, according to verse 21.

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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**LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: The Lord is a place of safety and security where we can always go in the time of our need.

LESSON #2: The Lord is always available to be our hope and our confidence.

LESSON #3: The Psalmist declares that he has been in a dependent relationship all of his life.

LESSON #4: It is at the time of our blessings or buffetings that the Lord is able to bear maximum fruit through our lives and witness.

LESSON #5: Can you say with the Psalmist: "My mouth is filled with your praise, declaring your splendor all day long"? (verse 8).

LESSON #6: The Lord will never cast us away or forsake us in our final years.

LESSON #7: In the hour of our need, it is perfectly acceptable to pray for His presence and for His protection.

LESSON #8: The Psalmist tells us there are two things he is going to do as he is approaching the final phases of his life: (1) "I will always have hope" and (2) "I will praise you more and more" (verse 14).

LESSON #9: There are two things that the Psalmist is going to continue to proclaim: (1) "I will . . . proclaim your mighty acts" and (2) "I will proclaim your righteousness" (verse 16).

LESSON #10: The Psalmist proclaims that God has been the teacher and he has been the student since his "youth" (verse 17).

LESSON #11: The Psalmist wants to do two things before he is finished: (1) "I declare your power to the next generation" and (2) "I declare . . . your might to all who are to come" (verse 18).

LESSON #12: The Psalmist has seen "troubles, many and bitter" but the prospects for the future are bright (verse 20).

LESSON #13: The Lord is always there to "honor and comfort" us when we properly respond to the curriculum which he has designed for us (verse 21).

LESSON #14: The Psalmist says: "I will praise you . . . for your faithfulness" (verse 22).

**ADDITIONAL NOTES:**

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**STUDY NUMBER FOURTEEN - [PSALM 80:1-19](#)**

**NOTES**

**QUESTIONS:**

1. Read Psalm 80 and in your own words pull out the main thought of this passage.

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2. What does the Psalmist ask of the Lord in verse 3?

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3. State in your own words what the Psalmist is asking of the Lord in verse 4.

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4. State in your own words what the Psalmist asks of the Lord in verse 12.

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5. What does the Psalmist ask of the Lord in verse 14?

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6. In what two ways does the Psalmist describe the nation Israel, according to verse 15?

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7. How is the nation described, according to verse 16?

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8. What promise does the Psalmist make to the Lord, according to verse 18?

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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**LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: Lord, thank You that You do hear us when we pray. In fact, many times before we call You'll answer when our hearts are right with You.

LESSON #2: "My sheep hear My voice, and I know them, and they follow Me; and I give eternal life to them; and they shall never perish, and no one shall snatch them out of My hand. My Father, who has given them to Me, is greater than all; and no one is able to snatch them out of the Father's hand" (John 10:27-29 NASB).

LESSON #3: "Hear us," "shine forth," "awaken your might," "come," "save us," "restore us," "make your face shine upon us." These are the seven opening petitions of the Psalmist (verses 1-3).

LESSON #4: Lord I want to cooperate fully with Your restoration process so that "your face shine[s] upon" me (verse 3).

LESSON #5: The answers to "how long?" and "why?" are found in a spirit of repentance.

LESSON #6: "Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, so neither can you, unless you abide in Me" (John 15:4 NASB).

LESSON #7: "By this is My Father glorified, that you bear much fruit, and so prove to be My disciples" (John 15:8 NASB).

LESSON #8: Lord, teach us how to respond quickly in repentance to Your heavy hand of discipline upon us.

LESSON #9: For You, O Lord, to "return," "revive," and "restore," You must first see within us repentance (verses 14, 18 & 19).

LESSON #10: "Restore us, O God," "Restore us, O God Almighty," and "Restore us, O Lord God Almighty" (verses 3, 7 & 19).

**ADDITIONAL NOTES:**

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**STUDY NUMBER FIFTEEN - PSALM 103:1-22****NOTES****QUESTIONS:**

1. Read Psalm 103 and in your own words pull out the main thought of this passage.

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2. As the Psalmist is praising the Lord, what does he command himself not to forget in verse 2?

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3. What are the five things the Lord does for us, according to verses 3-5?

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4. What two things does the Lord do for the oppressed, according to verse 6?

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5. In what four ways is the Lord described by the Psalmist in verse 8?

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6. How is the Lord's love described by the Psalmist in verses 11 & 12?

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7. How is man described by the Psalmist in verses 15 & 16?

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8. What has the Lord done, according to verse 19?

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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### **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: The praise that delights the heart of God is the praise that is genuine from the depths of our heart.

LESSON #2: When we praise His holy name, we are praising His attributes, His person, and His works.

LESSON #3: Help me, O Lord, not to forget the bountiful blessings You shower upon us daily.

LESSON #4: Lord, I am praising You today as the One “who forgives all our sins” (verse 3).

LESSON #5: Lord, thank You that so much of my life is characterized by being crowned with Your “love and compassion” (verse 4).

LESSON #6: Lord, thank You that You are satisfying the “desires” of my heart with “good things” (verse 5).

LESSON #7: The Lord is constantly working to protect His own.

LESSON #8: “The Lord is compassionate and gracious, slow to anger, abounding in love” (verse 8).

LESSON #9: O God of grace, thank You that You do “not treat us as our sins deserve or repay us according to our iniquities” (verse 10).

LESSON #10: Lord, the greatness of Your love is beyond human comprehension.

LESSON #11: Thank You for removing “our transgressions . . . as far as the east is from the west” (verse 12).

LESSON #12: It is good for us to be reminded that we are mortal and God is immortal.

LESSON #13: “We must work the works of Him who sent Me, as long as it is day; night is coming, when no man can work “ (John 9:4 NASB).

LESSON #14: The Lord loves those who: 1) “fear him”; 2) “keep his covenant”; and 3) “obey his precepts” (verses 17 & 18).

LESSON #15: Lord, thank You that Your “throne” has been “established” and that Your “kingdom rules over all” (verse 19).

**ADDITIONAL NOTES:**

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**STUDY NUMBER SIXTEEN - [PSALM 115:1-18](#)**

**NOTES**

**QUESTIONS:**

1. Read Psalm 115 and in your own words pull out the main thought of this passage.

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2. What two reasons does the Psalmist give in verse 1 for the Lord to be receiving the glory?

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3. What two things are said about God in verse 3?

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4. How are idols described by the Psalmist in verses 4-8?

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5. What two things will the Lord do for us, according to the Psalmist in verse 12?

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6. What two things does the Psalmist pray for in verses 14 & 15?

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7. What belongs to the Lord, according to verse 16?

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8. Who are the ones who praise the Lord, according to verse 18?

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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**LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: Lord, You are always there to meet all of our needs and You will.

LESSON #2: Our number one priority should be to glorify the name of the Lord.

LESSON #3: “Our God is in heaven; he does whatever pleases him” (verse 3).

LESSON #4: Those who worship idols become more and more like them (verse 8).

LESSON #5: Those who are worshipping the Lord on a daily basis are becoming more and more like Him.

LESSON #6: Trusting in the Lord is the key that unlocks the Lord’s blessings.

LESSON #7: For those who “trust in the Lord,” He is four things to them: 1) “help”; 2) “shield”; 3) He “remembers” them; and 4) “[He] will bless” them (verses 11 & 12).

LESSON #8: “For surely, O Lord, you bless the righteous; you surround them with your favor as with a shield” (Psalm 5:12).

LESSON #9: "But the plans of the Lord stand firm forever, the purposes of his heart through all generations" (Psalm 33:11).

LESSON #10: The Lord is in the business of "increasing" and "blessing" His children (verses 14 & 15).

LESSON #11: "The highest heavens belong to the Lord, but the earth he has given to man" (verse 16).

LESSON #12: "It is we who extol the Lord, both now and forevermore" (verse 18).

**ADDITIONAL NOTES:**

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**STUDY NUMBER SEVENTEEN - [PSALM 116:1-19](#)**

**NOTES**

**QUESTIONS:**

1. Read Psalm 116 and in your own words pull out the main thought of this passage.

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2. Why does the Psalmist love the Lord, according to verse 1?

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3. What commitment does the Psalmist make in verse 2?

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4. In what three ways is the Lord described in verse 5?

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5. What does the Psalmist tell himself to do in verse 7? What is the reason for it?

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6. What three things has the Lord done for the Psalmist, according to verse 8?

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7. What is precious to the Lord, according to verse 15?

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8. What does the Psalmist promise the Lord in verses 14 & 18?

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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**LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: It delights the heart of God to hear us say “I love you Lord” (verse 1).

LESSON #2: Because the Lord has answered our prayers, it is good for us to tell Him that we “will call on him as long as we live” (verse 2).

LESSON #3: There will be times in our Christian experience when we will be literally “overcome by trouble and sorrow” (verse 3).

LESSON #4: The best thing for us to do in the midst of “trouble and sorrow” is to call “on the name of the Lord” (verse 4).

LESSON #5: “The Lord is gracious and righteous” and “full of compassion” (verse 5).



LESSON #6: "The Lord protects the simplehearted" (verse 6).

LESSON #7: The reason we are to "be at rest" is because "the Lord has been good" to us (verse 7).

LESSON #8: We can each testify that the Lord has "delivered my soul from death, my eyes from tears, my feet from stumbling" (verse 8).

LESSON #9: "How can I repay the Lord for all his goodness to me?" (verse 12).

LESSON #10: "I will lift up the cup of salvation and call on the name of the Lord" (verse 13).

LESSON #11: "I will fulfill my vows to the Lord in the presence of all his people" (verses 14 & 18).

LESSON #12: "Precious in the sight of the Lord is the death of his saints" (verse 15).

LESSON #13: It delights the heart of God for us say "I am your servant" (verse 16).

LESSON #14: We must never lose our attitude of gratitude. It delights the heart of God for us to say "Praise the Lord" (verse 19).

**ADDITIONAL NOTES:**

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**STUDY NUMBER EIGHTEEN - [PSALM 126:1-6](#)**

**NOTES**

**QUESTIONS:**

1. Read Psalm 126 and in your own words pull out the main thought of this passage.

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2. How does the Psalmist characterize the returning captives, according to verse 1?

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3. How were the captives characterized in verse 2?

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4. What is their testimony in verse 2?

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5. How do they respond to the great things the Lord has done for them in verse 3?

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6. What does the Psalmist ask of the Lord, according to verse 4?

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7. What is the promise to those who “sow in tears,” according to verse 5?

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8. What is the promise to those who “[go] out weeping, carrying seed to sow,” according to verse 6?

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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**LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: He brings us out from slavery to sin. He brings us in to the family. He brings us back from the far country.

LESSON #2: Some of the wonderful things the Lord does for us make us feel like we are dreaming.

LESSON #3: It delights the heart of God to have our mouths “filled with laughter” and “our tongues with songs of joy” (verse 2).

LESSON #4: Are people talking about you and saying, “The Lord has done great things” for him or her? (verse 2).

LESSON #5: “Laughter” and “songs” produce a witness (verse 2).

LESSON #6: The Psalmist’s witness is given for us in verse 3: “The Lord has done great things for us, and we are filled with joy.”

LESSON #7: Lord, we come to You in repentance, asking You to revive and to “restore” us (verse 4).

LESSON #8: “Those who sow in tears will reap with songs of joy” (verse 5).

LESSON #9: Faithful sowing will issue in sheaves of grain at harvest time.

LESSON #10: Freedom comes by filling your mind with God’s thoughts.

LESSON #11: “The world has more winnable people than ever before . . . but it is possible to come out of a ripe field empty-handed” (Donald McGavran).

LESSON #12: “. . . instruct me to do what things are pleasing in thy sight, for Thou art my God: let thy loving Spirit lead me forth into the land of righteousness” (Lancelot Andrewes).

**ADDITIONAL NOTES:**

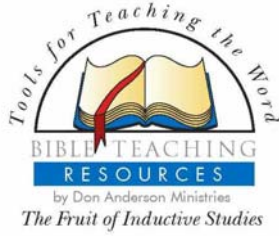
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# A Practical Study of PSALMS: Meditations in Selected Psalms

## COLLECTION 2: PART 4

**STUDY NUMBER NINETEEN - [PSALM 141:1-10](#)**

**NOTES**

### **QUESTIONS:**

1. Read [Psalm 141](#) and in your own words pull out the main thought of this passage.

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2. What two petitions does the Psalmist make of the Lord in [verse 1](#)?

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3. What two requests does he make of the Lord in [verse 3](#)?

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4. What three requests does he ask of the Lord in [verse 4](#)?

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5. Describe the attitude of the Psalmist toward the discipline of a righteous man, according to verse 5.

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6. What two things does the Psalmist say about his relationship to the Lord in verse 8?

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7. Outline the three final requests of the Psalmist in the last part of verse 8, verse 9, and verse 10.

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8. Can you think of several “snares” and “traps” that the devil is continually setting in your path?

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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**LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: It is all right when we pray to ask the Lord to do two things: (1) “come quickly” and (2) “hear [our] voice” (verse 1).

LESSON #2: “Set a guard over my mouth, O Lord; keep watch over the door of my lips” (verse 3).

LESSON #3: Our conversation, our conduct, and our companionships are critical concerns on the road to victory.

LESSON #4: The psalmist asks for three things: (1) “Let not my heart be drawn to what is evil”; (2) “Let not my heart . . . take part in wicked deeds”; and (3) “let me not eat of their delicacies” (verse 4).

LESSON #5: My response to the righteous man’s rebuke reveals the level of my maturity (verse 5).

LESSON #6: “To Thee, O Lord, belongeth righteousness, and to me confusion of face: my destruction cometh to me of myself” (Lancelot Andrewes).

LESSON #7: “For those whom the Lord loves He disciplines, and He scourges every son whom He receives” (Hebrews 12:6).

LESSON #8: “All discipline for the moment seems not to be joyful, but sorrowful; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness” (Hebrews 12:11).

LESSON #9: “My eyes are fixed on you, O Sovereign Lord” (verse 8).

LESSON #10: “In you I take refuge” (verse 8).

LESSON #11: “Do not give me over to death” and “Keep me from the snares they have laid for me” (verses 8 and 9).

**ADDITIONAL NOTES:**

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**STUDY NUMBER TWENTY - [PSALM 143:1-12](#)**

**NOTES**

**QUESTIONS:**

1. Read Psalm 143 and in your own words pull out the main thought of this passage.

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2. Outline the three requests of the Psalmist in verse 1.

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3. Why does the psalmist ask the Lord not to bring him “into judgment,” according to verse 2?

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4. In what two ways does the Psalmist describe himself in verse 4?

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5. Outline the Psalmist three-point plan in verse 5 for overcoming his adversity.

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6. What two things does the Psalmist ask for in verse 8?

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7. What two things does the Psalmist ask of the Lord in verse 10?

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8. What two things does the Psalmist ask of the Lord in verse 11?

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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**LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: We really learn how to lay hold of God with earnestness in this psalm: “hear my prayer, listen to my cry for mercy . . . come to my relief” and “answer me quickly” (verses 1 & 7).

LESSON #2: The foundation for David’s intense prayer requests is found in the faithfulness and righteousness of God.

LESSON #3: David does not want to be brought into judgment because “no one living is righteous before” Him (verse 2).

LESSON #4: David says his “spirit grows faint” and his “heart . . . is dismayed” (verse 4).

LESSON #5: David’s three-point plan for handling this crisis is: (1) “I remember the days of long ago”; (2) “I meditate on all your works”; and (3) “[I] consider what your hands have done” (verse 5).

LESSON #6: David tells the Lord two things: (1) “I spread out my hands to you” and (2) “my soul thirsts for you like a parched land” (verse 6).

LESSON #7: David asks two things of the Lord: (1) “Answer me quickly” and (2) “Do not hide your face” (verse 7).

LESSON #8: In verse 4 David says, “my spirit grows faint” and in verse 7 he says, “my spirit faints.”

LESSON #9: Tell me you love me and “show me the way I should go” (verse 8).

LESSON #10: David asks the Lord to do two things in verse 10: (1) “teach me to do your will” and (2) “may your good Spirit lead me on level ground.”

LESSON #11: David asks two things of the Lord in verse 11: (1) “preserve my life” and (2) “bring me out of trouble.”

LESSON #12: David asks for two things in verse 12: (1) “silence my enemies” and (2) “destroy all my foes.”

LESSON #13: David concludes the psalm acknowledging that he is the Lord’s servant.

**ADDITIONAL NOTES:**

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**STUDY NUMBER TWENTY-ONE - [PSALM 144:1-15](#)****NOTES****QUESTIONS:**

1. Read Psalm 144 and in your own words pull out the main thought of this passage.

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2. Outline the five ways the Psalmist describes the Lord in verse 2.

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3. How is man described in verse 4?

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4. What does the Psalmist ask of the Lord in verse 7?

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5. How does the Psalmist describe the wicked in verse 8?

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6. What two things does the Lord do for His own, according to verse 10?

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7. Describe the sons and daughters from the Psalmist's perspective in verse 12.

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8. Outline the six-fold blessing that the Psalmist gives us in verses 13 & 14.

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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### **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: "Holy! Holy! Holy! Lord! Let us with the angels cry, Hallelujah! to the Lamb! Let our worship sound on High!" (source unknown).

LESSON #2: Lord, thank You that You train us for warfare by giving us a military manual to prepare and armament to protect us in conflict.

LESSON #3: Lord, You are "my Rock," "my loving God," "my fortress, my stronghold and my deliver," and "my shield" (verses 1 & 2).

LESSON #4: "You are my refuge and my shield; I have put my hope in your word" (Psalm 119:114).

LESSON #5: The Lord is constantly caring and thinking of us.

LESSON #6: Our lives are "like a breath" and "a fleeting shadow" (verse 4).

LESSON #7: Lord it would be wonderful if You would part the heavens and come down and call Your church home.

LESSON #8: "The Lord lives! Praise be to my Rock! Exalted be God my Savior!" (Psalm 18:46).

LESSON #9: Lord, I cannot wait until we sing the new song of redemption story in the corridors of glory!

LESSON #10: It is the Lord who gives victory and delivers His own.

LESSON #11: The Lord is in the business of blessing the nation "whose God is the Lord" (verse 15).

LESSON #12: The Lord is the in the business of blessing the obedient heart.

**ADDITIONAL NOTES:**

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**STUDY NUMBER TWENTY-TWO - [PSALM 147:1-20](#)**

**NOTES**

**QUESTIONS:**

1. Read [Psalm 147](#) and in your own words pull out the main thought of this passage.

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2. In what three ways does the Psalmist describe the experience of praising the Lord, according to [verse 1](#)?

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3. What two things does the Lord do for His own, according to [verse 3](#)?

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4. What two things are said about the Lord, according to [verse 5](#)?

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5. Who does the Lord delight in, according to [verse 11](#)?

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6. What two things does the Psalmist ask of us, according to [verse 12](#)?

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7. What two things are said about the Lord, according to verse 15?

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8. What two things has the Lord done for Israel, according to verse 19?

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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### **LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: Praise is good, fitting, and pleasant.

LESSON #2: The Lord “heals the brokenhearted and binds up their wounds” (verse 3).

LESSON #3: “He heals the brokenhearted,” He “sustains the humble,” and He “casts the wicked to the ground” (verses 3 & 6).

LESSON #4: As the Creator-God, “He determines the number of the stars and calls them each by name” (verse 4).

LESSON #5: Our God is “great . . . and mighty in power” and “his understanding has no limit” (verse 5).

LESSON #6: He is sovereign, omnipotent, and omniscient.

LESSON #7: “The Lord sustains the humble but casts the wicked to the ground” (verse 6).

LESSON #8: Our God is Jehovah-Jireh. He is our provider.

LESSON #9: “The Lord delights in those who fear him, [those] who put their hope in his unfailing love” (verse 11).

LESSON #10: The Lord “strengthens,” “blesses,” “grants peace,” and “satisfies” His children (verses 13 & 14).

LESSON #11: “He sends his command to the earth; his word runs swiftly” (verse 15).

LESSON #12: Jacob and Israel are special. They are His people.

**ADDITIONAL NOTES:**

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**STUDY NUMBER TWENTY-THREE - [PSALM 149:1-9](#)**

**NOTES**

**QUESTIONS:**

1. Read Psalm 149 and in your own words pull out the main thought of this passage.

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2. What two things does the Psalmist ask us to do, according to verse 1?

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3. What two things does the Psalmist ask the people to do, according to verse 2?

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4. What two things does the Lord do, according to verse 4?

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5. What two things does the Psalmist ask of the people in verse 5?

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6. What two things are the people to do, according to verse 6?

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7. What four things are the people to do, according to verses 7 & 8?

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8. What is the “glory of all his saints,” according to verse 9?

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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**LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: Are you spending quality time praising the Lord for His goodness and for His grace?

LESSON #2: Are you singing to the Lord “a new song” on a regular basis because His mercies are new every morning? (verse 1).

LESSON #3: Lord, I am rejoicing in my “Maker” and I am “glad in [my] King” (verse 2).

LESSON #4: Lord, thank You that because of the death of Your Son, we are going to have a “new song” to sing throughout all eternity—the song of the redeemed.

LESSON #5: Do you find yourself delighting in the Lord as the Lord is delighting in you?

LESSON #6: “The Lord your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing” (Zephaniah 3:17).

LESSON #7: Have you taken time to humble yourself before the Lord and to receive the wonderful gift of salvation that He has provided through the death of His Son?

LESSON #8: When was the last time you found yourself singing as you were preparing to retire?

LESSON #9: Do you begin each day with a “praise” on your lips and a “sword” in your hand? (verse 6).

LESSON #10: Do you daily consult the sword of the Spirit, which is the Word of God?

LESSON #11: Lord, what joy it is to my heart to know that You are soon coming to set up Your kingdom.

**ADDITIONAL NOTES:**

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**STUDY NUMBER TWENTY-FOUR - [PSALM 150:1-6](#)**

**NOTES**

**QUESTIONS:**

1. Read Psalm 150 and in your own words pull out the main thought of this passage.

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2. What three things does the Psalmist tell us to do, according to verse 1?

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3. What two things are we to praise him for, according to verse 2?

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4. How are we supposed to praise him, according to verse 3?

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5. How are we supposed to praise him, according to verse 4?

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6. How are we supposed to praise him, according to verse 5?

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7. Who is supposed to praise the Lord, according to verse 6?

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8. How many times does the word “praise” occur in these six verses?

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9. What verse in the Psalm has meant the most to you?

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10. What lesson have you learned from this Psalm?

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**LESSONS FROM THE PASSAGE:**

What are some of the lessons we can learn from this particular study?

LESSON #1: Praise is the language of sinners set free.

LESSON #2: Praise is inward delight turned into outward demonstration.

LESSON #3: We learn from this psalm that praise is a high priority with our Lord.

LESSON #4: We are to “Praise the Lord . . . in his sanctuary.” We are to “praise him in his mighty heavens” (verse 1).

LESSON #5: We are to “Praise him for his acts of power” and we are to “praise him for his surpassing greatness” (verse 2).

LESSON #6: We are to praise him for what He does and who He is.



LESSON #7: We are to praise him with everything that we can get our hands upon.

LESSON #8: “If you have no joy in your religion, there is a leak in your Christianity somewhere” (Billy Sunday).

LESSON #9: It is a poor heart that never rejoices.

LESSON #10: Every living creature singing the hallelujah chorus is the picture described in verse 6.

LESSON #11: “Joy is magnified when shared” (Tim Hansel).

LESSON #12: “Joy is that deep settled confidence that God is in control in every area of my life” (Paul Sailhamer).

LESSON #13: “Joy is the great note all through the Bible” (Oswald Chambers).

LESSON #14: “Joy is the serious business of heaven” (C. S. Lewis).

**ADDITIONAL NOTES:**

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