



Bible Study: The Book of Psalms

Week Three: October 6, 2021

1. Honorable Welcome

- a. Did you memorize a verse from a Psalm from last week? Did you use it? Notice anything?
- b. What is ONE NEED (in your own personal life; not a societal problem) that you would like God to take care of for you?
- c. Our Opening Prayer: Psalm 91 (A Prayer for Protection)
- d. SING: Lead Me, Guide Me...

2. GROUP THREE: Psalms of Personal Petition: Give us this day our daily bread

- a. Recall the ACTS Model of Prayer: Adoration, Contrition, Thanksgiving & Supplication
- b. Supplication: asking for stuff. Like what? SHARE. Ultimately, we desire the will of God be manifest each day in our life and we live in right relationship with him (more than just having stuff)
- c. There are many Psalms that are supplications from individuals (not prayed communally); the setting is likely personal prayer and not always in the Temple or Synagogue. See Psalm 10, 14 to see how people speak to God in a down to earth manner with radical honesty!
- d. Read Psalms 5 & 6 (on your own) KNOWING THAT THESE PEOPLE ARE IN TROUBLE BUT NOT IN DENIAL!
 - i. What is the problem the one praying is dealing with?
 - ii. Why does God answer their request for help?
 - iii. Do you see the turning point in each Psalm?
 - iv. What if...the actual problems of the psalmist are kept vague so that all those who have prayed them through the centuries could fill in their suffering and their needs as they pray these words? Much like the way we do not know who the "beloved" is in John's Gospel or the other disciple on the Road to Emmaus.
- e. PSALM 5: A Psalm for Divine Help (from David)
 - i. V1-2 Is God not listening? Is God deaf? No but they need to get God's attention from a human perspective. Do we do this? The appeal to God!
 - ii. V3-6 A way of praising God (sweet talking before the ask); as the person offers their "lament"; asking for help in the morning is a sign of trust (not today but when you can)
 - iii. V7 Humility
 - iv. V8-9 The need for the Lord to lead us from our enemies (who are lying about them; perhaps lying in court or even spreading rumors to others based on original language). The psalmist can be in the Temple but the evildoer is not permitted
 - v. V10 A desire for enemies to be punished (THE TURNING POINT); they want them destroyed. Why? Sin is the enemy and they want it to be destroyed!
 1. How ought Christians respond to this in light of "forgive those who hurt you"?
 2. Perhaps we pray not against "human enemies" but against the spiritual powers that try to destroy us?

3. Perhaps we join St Jerome who said God opposes those who are DOING EVIL (not those who have repented for whom we pray that they may have the grace of conversion – “destroy their pride and attachment to sin”)
4. Perhaps it is to destroy our OWN tendency to sin: *God strike down my sinful ways and crush my bad habits* (5, 8-10).
- vi. V11-12 The one praying takes refuge in God and will know favor
 1. There is value in admitting our anger towards others and speaking that honestly to God
 2. Since we may struggle with the right words – God gives us the words.
 3. Note that the evildoer’s rebellion stands in contrast to God’s abundant kindness;
- f. PSALM 6: A Psalm in Distress (also from David)
 - i. The 1st of the 7 Penitential Psalms (others are 32, 38, 51, 102, 130, 143). THEY FOLLOW A STRUCTURE: lament – prayer – lament - thanksgiving
 - ii. V1 Fear of the Lord
 - iii. V2-4 The Need for deliverance (possibly from a disease); my bones is biblical for soul; “how long” is common in laments
 - iv. V5 If I die, I cannot praise you! Admitting that the praise of God is our first duty! I want to be right with God and know peace (shalom)
 - v. V6-7 Why the weeping? Perhaps they are not physically sick as we thought from v4 but are depressed and anxious about the cruelty of those who are against them; the absence of God is common theme in laments; the weeping causes us to be blinded (“dimming of the eyes”)
 - vi. V8 The Lord delivered me from the evil ones
 - vii. V9-10 The Lord accepts my prayer and my enemies will be struck with terror (THE TURNING POINT) – destruction is desired once again! The psalmist praises God!
 1. God’s will be done – not just in their life but in mine
 2. I trust God to deliver it – on his own time!
 - viii. V11 All will fall! Let them again be ashamed!
- g. Thoughts – reactions – comments - ?

3. Honorable Closure

- a. HOMEWORK: Pray the Psalms (5 & 6): be quiet, breathe deeply, imagine God, pray the words. Pay attention to what is happening in your heart. Additional Psalms with this theme are 10, 22, 54 & 109
- b. Pray for the family from Afghanistan who arrive on Saturday!
- c. Join us next week and try to invite a friend to join you too!
- d. Join Virtual Small Group Discussion as well...stay where you are folks on ZOOM (other can join Zoom link from website)

4. DISCUSSION QUESTIONS

- a. Is there a verse from Psalms 5 or 6 that you will try to memorize this week and recite often throughout the day?
- b. The psalmists express their pain to God freely. They are very honest. They give their pain to God and seem to leave it there – trusting God will handle it in His way. Do you pray this way? Why or why not?
- c. Psalm 5 is a cry against an injustice – especially through hurtful speech. Was there a time in your life when someone may have prayed this against you? How do you try to “manage your tongue” today in ways that most honor God and others?
- d. Close with the Lord’s Prayer