

Meditations on the Psalms



150 Readings 25 days

Lombard Bible Church
Autumn 2016

Meditating on the Psalms

This booklet divides reading all of the 150 Psalms into 25 daily readings, five days a week for five weeks. That's about six/day, though some are longer, some are shorter. So we tried to make each day's reading similar in length.

Read each psalm & meditate a few moments on it, before looking at the single question that is provided in this booklet for that psalm. Then you may want to go back and skim through the psalm using the question to focus your meditation.

The question is designed to draw out one principal theme or focus of that psalm. You may want to (but don't have to) write a couple of words on the page with the question, to help jog your memory when you are discussing the readings in your Life Group or Adult Ed group.

Admittedly many of the Psalms return to similar, familiar themes over and over. But each one has its own special character.

As your thoughts and feelings resonate with those expressed by David, Asaph, Moses, and other psalmists hopefully your heart's strings for praising and praying will be tuned up.

May your soul song be joyful and sweet.

Reading & Reflecting on the Psalms

Week One

Day One

Psalms 1 – 6

Ps 1 What is the principal difference between the ungodly and the righteous?

Ps 2 Who gets “the last laugh” and why?

Ps 3 Does “the majority” rule?

Ps 4 How can one be safe?

Ps 5 Is God indifferent to the evil in the world?

Ps 6 Is a believer ever sad?

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Day Two

Psalms 7 - 10

Ps 7 What can evildoers expect will come of their nefarious plots?

Ps 8 What is our place as human beings in the order of things God created?

Ps 9 In an unjust, unfair world, can the oppressed count on God?

Ps 10 (Same as Ps 9); what do evildoers think about God?

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Day Three

Psalms 11 – 16

Ps 11 Is God blind to evildoers?

Ps 12 Is God’s Word trustworthy?

Ps 13 Does it ever feel like God has forgotten you?

Ps 14 When God looks upon the earth, does He see righteous people?

Ps 15 What kind of person may dwell in God’s presence?

Ps 16 Where can one find hope of “the good life”?

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Day Four

Psalms 17 – 22

Ps 17 When accused and harassed by adversaries, what can we hope for?

Ps 18 Is God “strong enough” to take on our mortal enemies?

Ps 19 What are some advantages of God’s “directions” for our life?

Ps 20 Who wins?

Ps 21 What’s the good news?

Ps 22 Does this scene sound familiar?

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Day Five

Psalms 23 – 28

Ps 23 How does this Psalm sound, or read, differently to you from when you first learned it?

Ps 24 Wake up! Who’s coming?

Ps 25 Will God let you down?

Ps 26 How important is it that we disassociate ourselves from cheaters?

Ps 27 What does the psalmist want more than anything else?

Ps 28 Are evildoers more “clever” than naïve believers?

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Week Two

Day One

Psalm 29-33

Ps 29 How does a storm reveal God’s nature?

Ps 30 When God delivers, how do we respond?

Ps 31 How bad can it get, to drive us to God?

Ps 32 Is it better to conceal our failures, or to ‘fess up?

Ps 33 God made the world; does he thereafter just “let it go” ?

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Day Two

Psalms 34 – 38

Ps 34 When you’re desperate, what should you do?

Ps 35 Have you ever felt like someone is “out to get you”?

Ps 36 Despite the wicked plans of evildoers, what can believers hope for?

Ps 37 How are the outcomes of their respective ways of life different for evildoers and for the righteous?

Ps 38 How does it feel to be the object of God’s discipline?

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Day Three

Psalms 39 – 44

Ps 39 Is life long, or short?

Ps 40 What does God want, and not want, from us?

Ps 41 What are several kinds of afflictions that beset us in life?

Ps 42 How badly do you want God’s presence?

Ps 43 When God delivers, how do you respond?

Ps 44 Do the familiar, time-worn promises that “God will always come through for us” ever seem to ring hollow and empty?

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Day Four

Psalms 45 – 50

Ps 45 Do you ever visualize the Lord as your bridegroom, and you as his bride?

Ps 46 In times of geological, political, and social upheaval, what remains solid, reliable, and safe?

Ps 47 Why should we “praise” God?

Ps 48 Why should socio-political stability be a reason to praise God?

Ps 49 How does the psalmist argue his assertion that “both high and low, rich and poor, are alike”?

Ps 50 What sort of a Judge is God, and on what bases will he judge humankind?

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Day Five

Psalms 51 – 56

Ps 51 When you sin, what do you do? What does God do?

Ps 52 Who wins, the nasty or the innocent?

Ps 53 Is it the height of intelligence, or the height of folly, to aver that there is no God?

Ps 54 When enemies betray you, to whom do you turn?

Ps 55 Is there anything worse than being attacked by someone you *thought* was your friend?

Ps 56 What do you think it means when he says God has “put my tears in your bottle”?

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Week Three

Day One

Psalms 57 – 63

Ps 57 Have you ever felt like you were surrounded by people wishing you harm?

Ps 58 Is it okay to rejoice in the destruction of evildoers?

Ps 59 What does it feel like to be persecuted and judged guilty when you've done nothing wrong?

Ps 60 How is this like a "fight song" that athletes and their supporters sing?

Ps 61 How has God been "a refuge," "a tower of strength" for you?

Ps 62 Is waiting on God really the *only* answer?

Ps 63 Can you say "your lovingkindness is better than life," or "my soul is satisfied"?

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Day Two

Psalms 64 – 68

Ps 64 When people plot evil, thinking "I'm going to get away with this!", what do they overlook?

Ps 65 Why does the Creation itself, the earth with its full fruitfulness, praise God?

Ps 66 How do the trials we pass through, before God delivers us, make our subsequent praise more acute?

Ps 67 How is the praise of whole nations different from the praise of an individual?

Ps 68 Is God a God of the poor or the mighty? Or both?

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Day Three

Psalms 69 – 72

Ps 69 Have you ever felt like you were *drowning* in sorrow & difficulties? Did God rescue you?

Ps 70 Do you sometimes wish God would "hurry up!"?

Ps 71 What is the advantage, in old age, of having seen God work in your life in your youth?

Ps 72 How does "a good leader of God's people" act?

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Day Four

Psalms 73 – 77

Ps 73 How do you deal with disappointment when you note that the wicked actually *prosper* ?

Ps 74 The wicked are winning, even in the sanctuary of God; what's up, Lord?

Ps 75 Who puts down, and lifts up?

Ps 76 Is God soft and cuddly, innocuous and tolerant?

Ps 77 How does deliberately remembering aid us when we are downcast?

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Day Five

Psalms 78 - 85

Ps 78 What value is there in rehearsing/remembering what God has done in past generations?

Ps 79 What other motivation does God have to save us, even when we are unfaithful and don't deserve it?

Ps 80 If God starts a work with someone, and then has to let them be nearly destroyed with chastening, does that mean he is finished with them?

Ps 81 If the people of God stray from him, and then return, what will He do?

Ps 82 How does God feel about unjust judges?

Ps 83 When the enemies of God's people are a daunting majority of the population, what then?

Ps 84 Why is the psalmist envious of the bird who made her nest in the rafters inside the Temple?

Ps 85 What's the good word?

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Week Four

Day One

Psalms 86 – 91

Ps 86 Do you actually feel that God is "merciful and gracious, slow to anger and abundant in lovingkindness and truth"?

Ps 87 What must it be like to feel confident that God loves not only you, but your whole city?

Ps 88 How close have you ever come to feeling like you're right on the verge of death?

Ps 89 How do you deal with the simultaneous awareness of both "the unbreakable promises of God" and daily "evidence" that he sometimes lets us suffer?

Ps 90 How do you apply Moses' prayer to God, "Teach us to number our days," to your own life?

Ps 91 How is God your "shelter," your "refuge," your "fortress," your "protector"?

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Day Two

Psalms 92 – 98

Ps 92 Do you feel like you're "still full of sap" and "still yielding fruit"? If not-so-much, what will it take?

Ps 93 Is God's sovereignty threatened, in peril of being toppled?

Ps 94 Vengeance! Get even! Who's going to turn these arrogant, nasty, purveyors of evil upside down?

Ps 95 Why should we sing, and be joyful?

Ps 96 What should we tell the world about our God?

Ps 97 What is it like, around God?

Ps 98 When God answers your prayer, and shows how *good* he is to you, how should you respond?

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Day Three

Psalms 99 – 105

Ps 99 What is the relationship between a just God and a just leader?

Ps 100 Why should we serve the Lord with *gladness*?

Ps 101 How much is devoting ourselves to God a deliberate choice?

Ps 102 When you are so down and out that you can hardly lift your head to pray, does God hear anyway?

Ps 103 What are “His benefits” that we are urged not to forget?

Ps 104 What is the relationship between God and “his works,” or that which he created?

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Day Four

Psalms 105 – 111

Ps 105 What does God do for his people?

Ps 106 If we keep rebelling against God repeatedly after he liberates us from oppression, will he give up?

Ps 107 Can, and will, God deliver those who are captive to their stress and distress? Or must I first achieve optimism and confidence before I call on him?

Ps 108 Who would you rather have on your side going into battle: a great warrior, or a great God?

Ps 109 Has anyone ever hated you this much -- (or vice versa)? What does this Psalm suggest you do?

Ps 110 Who do you think are the “thee” and the “he” in this psalm?

Ps 111 What are “the works” of God; and how do they serve us?

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Day Five

Psalms 112 – 118

Ps 112 What advantages accrue to the one who fears the Lord?

Ps 113 Why should we praise the Lord?

Ps 114 What signs did God give Israel of his power, as they fled Egypt and became “his people”?

Ps 115 What’s the difference between our God and other so-called gods fabricated by men?

Ps 116 If you made promises to God when you desperately needed him, and he saved you, what now?

Ps 117 How broad is the company of those who should praise God?

Ps 118 Does your soul ever overflow with so much praise and thanksgiving that you almost *have to* sing?

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Week Five

Day One

Psalms 119 – 121

Ps 119 You've saturated yourself in God's Word for the past month: does this Psalm suggest any benefit?

Ps 120 Ever been surrounded by liars?

Ps 121 How reliable is God? Can you count on him?

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Day Two

Psalms 122 – 128

Ps 122 Are you glad when you go to be in the house of God?

Ps 123 Have you ever felt like you were an object of contempt, that others found you ridiculous?

Ps 124 How often can you say, "If it weren't for God, *this or that catastrophe* would have happened?"

Ps 125 Again, how does God treat evildoers differently from those who wish, and do, good?

Ps 126 Having "sown" in sorrow under God's chastening, what can you expect to reap?

Ps 127 Does your joy and success come from all the hard work and effort you supply, or from elsewhere?

Ps 128 Do you believe God *wants* to bless you?

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Day Three

Psalms 129 - 135

Ps 129 What has a lifetime of repeatedly being harassed by those who wish you ill taught you?

Ps 130 Deep in the depths, and realizing it is at least partly your fault, what do you wait for and hope for?

Ps 131 Are you willing to let go of your penchant for wanting to understand everything and to fix everything?

Ps 132 Does your love for "God's house" correspond to *his* love for where he dwells on earth?

Ps 133 Unity and harmony with your brothers and sisters in the Lord: is that your idea of a blessed life?

Ps 134 Do you love the house of God, as you love God himself?

Ps 135 God has made himself known through what he has made, through his actions, through his gifts; isn't the perfect response to his goodness that we bless him?

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Day Four

Psalms 136 – 142

Ps 136 How long will God's love last?

Ps 137 Do you have a hard time worshipping when you are "displaced," in an unfamiliar environment?

Ps 138 What gives the king confidence? What gives *you* confidence?

Ps 139 Is there *anywhere* where you can hide from God? Is there anything you can hide from God's sight?

Ps 140 What do you with liars, slanderers, people with evil plots against you?

Ps 141 How do you resist giving in to the enticements of those who urge us to join them in doing evil?

Ps 142 When you're caught in a trap, and no one will help, what will you do?

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Day Five

Psalms 143 – 150

Ps 143 How do the past, the present, and the future come together in our prayer to God?

Ps 144 What 'earthly good' comes from trusting God?

Ps 145 What is the best thing for believers to talk about together?

Ps 146 *Why* should we praise the Lord?

Ps 147 The psalmist makes a long list of things God does which elicit our praise. Pick two.

Ps 148 Who makes up the choir that is called upon to praise God in this psalm?

Ps 149 What do you think it means that God "takes pleasure in his people"?

Ps 150 Do you enjoy "loud" praise?