

The background is a solid light red color with a pattern of faint, dark red musical notes and staves scattered across it. The notes include various symbols like eighth notes, quarter notes, and rests.

WOMEN IN THE WORD

A

# Psalm

for every season



WOMEN IN THE WORD

# A Psalm

for every season

*A Psalm*  
for every season

# 1

## Psalms for Worship

---

### Please read Psalm 95

1. a) What positive description of worship does this Psalmist give us in the first two verses?

---

---

---

- b) How would you define worship?

---

---

---

- c) Is there some way that this passage encourages you to alter your expressions of worship?

---

---

---

---

---

---

**2.** a) What are some of the reasons given that we should worship the Lord?

---

---

---

b) Why is it important to be thoughtful about what we worship?

---

---

---

**3.** Why do you think the warnings in 95:8-11 are included here?

---

---

---

## **Please read Psalm 136**

**4.** The structure of this Psalm is unique; what does it say to you that every verse repeats affirmation of God's love?

---

---

---

---

---

---

---

---

**5.** a) In the first 8 verses, what is the general category of thanksgiving?

---

---

---

b) In verses 10-22?

---

---

---

c) In verses 23-26?

---

---

---

---

**6.** Is there any lesson that you would apply to your own times of thanksgiving?

---

---

---

## **Please read Psalm 63**

**7.** a) What sort of circumstances is David experiencing when he writes this Psalm?

---

---

---

---

---







A Psalm  
for every season

# 2

## Psalms for Dealing with Sin

---

### Please read Psalm 51

1. a) We know that Nathan confronted David about this sin; how hard is it to have another person point out our wrongdoings?

---

---

---

b) How does this Psalm reveal David's heart response to Nathan's message?

---

---

---

2. a) How would you characterize David's confession in 51:1-4?

---

---

---

---

b) Is there a lesson you will take for yourself?

---

---

---

**3.** What are some of the verses in this Psalm that reflect his trust in God's willingness and ability to forgive?

---

---

---

**4. a)** What are some of the different aspects of what he wants the Lord to do for him?

---

---

---

b) Why do you think there is more than just, "Forgive me"?

---

---

---

## **Please read Psalm 32**

**5.** What joy is expressed in the first two verses?

---

---

---

---

**6.** a) When David resisted confession and repentance, what was the effect on him?

---

---

---

b) Have you ever resisted dealing with your sin? How did that work for you?

---

---

---

**7.** How does David encourage others to confess their sins?

---

---

---

**8.** Verses 8-9 seem to be words of God to David; is there something helpful to you in those words?

---

---

---

**9.** a) How have you deepened your understanding about God this week?

---

---

---

b) What have you learned about yourself this week?

---

---

---







# A Psalm

for every season

## 3

### Psalms for Ordinary Days

---

#### Please read Psalm 23

1. a) How does David use his ordinary work activities to deepen his understanding of how God has blessed him?

---

---

---

- b) Considering your own daily routine, how does it reveal God's blessing in your life?

---

---

---

2. Which of David's words especially resonate with you?

---

---

---

---

---

**3.** This is probably the most famous of the Psalms, and is frequently quoted; why do you think that is?

---

---

---

## **Please read Psalm 19**

**4.** a) How is David instructed by nature?

---

---

---

b) How is David instructed by the written word of God?

---

---

---

**5.** Which verse especially speaks to your heart?

---

---

## **Please read Psalm 29 and Psalm 133**

**6.** How does David take something common, like thunder (Psalm 29), and make it a celebration of God?

---

---

---

---

---





*A Psalm*  
for every season

# 4

## **Psalms for Lamenting Our Sorrows**

---

### **Please read Psalm 6 and Psalm 56**

- 1.** a) In 6:6, what are some of the specific phrases David uses to describe himself?

---

---

---

- b) Are there some with which you especially relate?

---

---

---

- 2.** a) In 6:1-4, what indications are there that God is not acting as he had hoped?

---

---

---

---

---

---

b) How would you characterize 6:8-10?

---

---

---

**3.** In Psalm 56, how do you see David dealing with his fear and his faith?

---

---

---

b) Have you ever encountered a situation when both fear and faith existed side by side?

---

---

---

**4.** What does 56:9b mean to you?

---

---

---

## **Please read Psalm 42**

**5.** a) In addition to his own suffering, how might the mocking of others (42:3, 10) add distress?

---

---

---

---

---

---

b) How does his language reveal the depth of his desire for God?

---

---

---

**6.** a) To whom is the question directed that is found in 42:5 and 11?

---

---

---

b) What response is made to the question?

---

---

---

c) Is there a lesson you can take for your own life?

---

---

---

## **Please read Psalm 34**

**7.** a) How does this Psalm reveal a time of victory over distress?

---

---

---

---

---

---







A Psalm  
for every season

5

**Psalms for Long-Lasting Despair**

---

**Please read Psalm 39**

1. a) What was David's initial response to his sorrow in 39:1-2 and how did that work out for him?

---

---

---

b) When he did speak to God, what was the gist of 39:3-6?

---

---

---

2. a) Whom does he blame for his circumstances?

---

---

---

---

---

---

b) Have you ever felt your pain was caused by God?  
Did you tell Him that?

---

---

---

**3.** a) How would you put 39:12 in your own words?

---

---

---

b) What is the stunning meaning of 39:13?

---

---

---

## **Please read Psalm 88**

**4.** a) Which phrases reveal that this writer is a follower of God?

---

---

---

b) Which phrases describe the state of his mind and heart?

---

---

---

---

---

---

---

**5.** a) Whom does he blame for these awful circumstances?

---

---

---

b) Which of his accusations take your breath away?

---

---

---

c) Have you ever thought that a person of faith was never supposed to say such things?

---

---

---

---

**6.** a) How do you imagine God feels about these words?

---

---

---

b) Why do you think He saw to it that Psalms 39 and 88 would be in our Bibles?

---

---

---

---

---

---

---







*A Psalm*  
for every season

# 6

## Psalms for Perspective on Our Future

---

### Please read Psalm 90

1. What are some lessons Moses has learned concerning;

a) God's sovereignty

---

---

b) Brevity of man's life

---

---

c) God's mercy

---

---

d) Which of these is especially meaningful to you?

---

---

---

**2.** Spend some time meditating on 90:12 and share what insights come to you.

---

---

---

**3.** What work of your hands would you ask the Lord to confirm?

---

---

---

## **Please read Psalm 139**

**4.** How does David marvel at:

a) God's knowledge of his personal routine?

---

---

---

b) God's presence in his life

---

---

c) God's intimate role in creating him

---

---

d) Which of these is especially meaningful to you?

---

---

---

**5.** How might the truth of 139:16 make a difference in the way you look at the future?

---

---

---

**6.** Can you see how the words of verses 23 and 24 could be a useful tool for spiritual growth?

---

---

---

**Please read Deuteronomy 32:46-47 and II Samuel 23:1-3**

**7.** These are some of the last words of Moses and David; how did each of them validate the importance of God's words in their own lives?

---

---

---

---

---

**8.** Considering both of these Psalms, what encouragement or instruction have you received that will help you make good life choices?

---

---

---

---

---







# A Psalm

for every season

## 7

### Psalms for Perspective on World Problems

---

#### Please read Psalm 2

1. Who are the parties in the conflict described in verses 1-3?

---

---

---

b) What seems to you to be the issue of conflict?

---

---

---

2. a) What is God's response to this situation?

---

---

---

b) Which verses mark this as a Messianic Psalm?

---

---

**3.** What warning is given?

---

---

---

## **Please read Psalm 10**

**4.** a) What is the psalmist's outlook in the beginning of this Psalm?

---

---

---

b) How does he describe the wickedness he observes in verses 3-11?

---

---

---

c) Write down any specific circumstances in our world today that can make you feel like this writer.

---

---

---

**5.** a) What are the requests made to God in verses 12-15?

---

---

---

---

b) How would you characterize the psalmist's outlook at the end?

---

---

---

## Please read Psalm 46

**6.** a) Which phrases depict physical disasters that can happen, and which point to political threats?

---

---

---

b) What does the writer focus on instead of the disasters?

---

---

---

**7.** What does 46:10 mean to you personally?

---

---

---

## Please read Psalm 46

**8.** a) How does this passage remind us of our true citizenship?

---

---

---

---







# 8

## Psalms for Resisting Arrogance

---

### Please read Psalm 8

1. a) What sentence of praise begins and ends this Psalm?

---

---

b) What does it mean to you?

---

---

---

2. a) When David thinks about God's creation, what question does he ask about man?

---

---

---

b) What is your understanding of the dignity of man?

---

---

---

## Please read Psalm 49

**3.** How is this Psalm a very different description of man, compared to Psalm 8?

---

---

---

**4.** a) According to verses 5-12, what are riches unable to accomplish?

---

---

---

b) What is the benefit of 'making a name' for yourself?

---

---

---

**5.** How does 49:20 reveal the essential element that every life needs?

---

---

---

---

---

---

---

---

---

## Please read Psalm 75

**6.** a) What does God condemn in verses 4-5?

---

---

---

b) Is there a lesson there you will apply to your own life?

---

---

---

**7.** a) From where does true exaltation come?

---

---

---

b) What other sorts of exaltation do people often seek?

---

---

---

## Please read Psalm 141

**8.** a) What are the particular prayer requests David makes in verses 1-4?

---

---

---

---

b) Can you imagine what might have prompted these requests?

---

---

---

c) In what way are your prayers linked to thoughtfulness about weak places that have been shown in your life?

---

---

---

**9.** a) Do you ever pray for reproof by others as David does in 141:5?

---

---

---

b) What do you think is the danger of believing you never need correction?

---

---

---

---

---

---

---

---

---

---





# 9

## Psalms for Praise

---

### Please read Psalm 145

1. Regarding praise, what does David say in verses 1-7 about:

a) The frequency and duration of his praise?

---

---

b) What produces this praise in him?

---

---

---

2. a) In 145:10, what do you think David means by, “All your works shall give praise to you, O Lord”?

---

---

---

b) What is one of the results of praise according to verse 12?

---

**3.** a) From the list of God's mercies in verses 14-21, what is especially meaningful to you?

---

---

---

b) Why do you think a reference to God's judgment on the wicked is a part of this praise?

---

---

---

## **Please read Psalm 148**

**4.** Who and what should be engaged in praising the Lord?

---

---

---

b) Spend some time imagining such a scene as 148:7-12 describes, and write down your impressions of what that would be like.

---

---

---

---

---

---

---

---

---

---

















