

STUDY GUIDE

SUMMER IN THE
PSALMS

Summer in the Psalms

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August 9	Psalm 104

INTRODUCTION

The longer I live, the more the Psalms become one of my dearest companions.

These songs give expression to the feelings common to life: joy and sadness, loneliness and belonging, friendship and betrayal, pleasure and loss, anticipation and disappointment, thanksgiving and confusion. The Psalms are the cries of God's people in a fallen world.

These Psalms are a collection of songs. Many of them were written by the great King David, but not all of them. These songs are meant to engage us in all of life. Though there is no exact science to categorizing them, the Psalms are traditionally thought to include at least:

- **Songs of praise** – These Psalms give language to our rejoicing in God, thanking Him for who He is, for what He has done, and for what He provides.
- **Songs of lament** – These Psalms give language to our deepest heart cries, expressing the pain of loss, isolation, confusion, and rejection, all while keeping our hopes anchored on God.
- **Songs of royalty** – These Psalms give language to Israel's praise to their king, which for the believer in Jesus help us direct our thoughts to the true King above all kings, Jesus Christ.
- **Songs of wisdom** – These Psalms give language to teachings often found in other wisdom books (Proverbs, Ecclesiastes, Song of Songs, Job) and put

them to lyrical verse, helping us remember and embrace God's calling on our lives.

What this means is that no matter what we are feeling and facing, the Psalms can help give language to our thoughts, give confidence to our hearts, and give praise to our God.

Two years ago, we spent the summer going through 13 treasured Psalms, and I was encouraged by how the Lord used this series in our church. We are returning to the Psalms this summer, with 13 more Psalms, which I pray will strengthen you to hold fast to Jesus and praise Him with all of your heart, soul, mind, and strength, in every season of life.

HOW TO USE THIS STUDY GUIDE

Our prayer is that the Lord will use this study in the life of our church to stir our hearts to rejoice in Christ today, anchored in looking back and looking forward.

In the pages that follow, you will find a series of questions accompanying each week of our sermon series. There will be questions for you to answer based on your own personal study of the text, and further questions to reflect on and discuss in groups.

In order for you to get the most out of this series, we encourage you to read the text and write down your observations before listening to the sermon each Sunday. Devote time in the week leading up to Sunday morning to explore the text for yourself.

You will notice that each week asks the same basic questions:

- What is one thing this passage teaches you about God?
- What is one thing this passage teaches you about the gospel?
- What is one thing this passage teaches you about yourself?
- What is one thing this passage teaches you about how God commands you to live?
- What is one question you have about this passage?

These questions form a good introductory tactic to studying the Bible. We often rush to application (what it means for my life) without considering what the text really says, and we often read the Bible as if it is primarily about us when it is really about God. So we want you to begin each week by learning about God and the gospel, then by considering what the text says about us, before then moving to what the text calls us to. Remember: application is not simply what we do; application of the Bible is holistic: it is about what we do, say, think, believe, and love.

There will also be opportunities for you to write, and ask, questions that arise during your study. We encourage you to write down these questions, and then share them.

Finally, there are a handful of questions designed to be reflected on and discussed with others. Perhaps your Grace Group will consider discussing them, or maybe you can talk about them with your family, or pull together a small group of trusted friends to walk through this series together with. However it happens, we must remember that Bible study is meant to be done in community.

After each section, you will then find blank pages for additional notes, particularly for note-taking during the sermons. This would allow all of your notes throughout this series, both in personal study and in sermon content, to be together in the same place. If this would be useful, it is there for your benefit.

We pray that this study guide, going along with our weekly sermon series, helps you to grow deeper in understanding and applying the words we will read in Scripture, and that the words you read and the truths you learn will fuel a delight in Jesus Christ that gives you strength to live where the Lord has called you today.

**Week 1: May 17, 2026
Rebellion, or Refuge?**

READ: Psalm 2

What is one thing this passage teaches you about God?

What is one thing this passage teaches you about the gospel?

What is one thing this passage teaches you about yourself?

What is one thing this passage teaches you about how God commands you to live?

What is one question you have about this passage?

Questions for Further Reflection and Discussion:

- What attitudes do you see in the nations/rulers in verses 1-3? How is this way contrasted with the way of the Christian?
- Where do you tend to turn for counsel? Whose advice are you seeking on how to live? Are these good places to go, or not?
- If you truly believed that Jesus reigns over every nation, leader, and circumstance, how would that change the way you live this week? How would that affect your fears, priorities, discussions, etc.?
- How does this Psalm call us to practically submit our lives to King Jesus every day?

Sermon Notes:

Text:

Title:

Preacher:

Week 2: May 24, 2026
Our Lord's Prayer

READ: Psalm 22

What is one thing this passage teaches you about God?

What is one thing this passage teaches you about the gospel?

What is one thing this passage teaches you about yourself?

What is one thing this passage teaches you about how God commands you to live?

What is one question you have about this passage?

Questions for Further Reflection and Discussion:

- Have you experienced a time where God felt distant from you? What was this like? What truths about God helped you in that season?
- Why does the tone of this Psalm change dramatically in verse 22? How could understanding this flow help us better grasp the point of this song?
- Why do you think Jesus quoted from this Psalm on the cross (Matthew 27:46)? How can that help us rightly interpret this passage?
- What truths does this Psalm call us to remember in times of suffering and hardship and doubt?

Sermon Notes:

Text:

Title:

Preacher:

Week 3: May 31, 2026
The Never-Ending Love of God

READ: Psalm 52

What is one thing this passage teaches you about God?

What is one thing this passage teaches you about the gospel?

What is one thing this passage teaches you about yourself?

What is one thing this passage teaches you about how God commands you to live?

What is one question you have about this passage?

Questions for Further Reflection and Discussion:

- This Psalm was written by David as a response to a very real, and very evil, experience. Read about that in 1 Samuel 21: 1-9 and 22:5-23. Then re-read Psalm 52 a few times. How does knowing this background help you better understand this Psalm?
- In this Psalm, David compares the wicked and the righteous. What does he say about them?
- What attitudes should we adopt toward God based on this Psalm? Toward the godless? Toward the righteous?

Sermon Notes:

Text:

Title:

Preacher:

Week 4: June 7, 2026
Waiting on the Lord

READ: Psalm 40

What is one thing this passage teaches you about God?

What is one thing this passage teaches you about the gospel?

What is one thing this passage teaches you about yourself?

What is one thing this passage teaches you about how God commands you to live?

What is one question you have about this passage?

Questions for Further Reflection and Discussion:

- What does it mean to wait patiently for the Lord (v.1)? Why is this so difficult to do?
- Do you tend to focus more on outward activity or heartfelt obedience? Why does religion that honors God have to begin from the heart?
- How can joy (v.16) and longing (v.13) fit together at the same time?
- When you are in trouble, why does it help to remember what God has done for you? What does this Psalm call you to remember? What evidences in your life can you call to mind of God's faithfulness and help?

Sermon Notes:

Text:

Title:

Preacher:

Week 5: June 14, 2026
A Joyful Noise for All the Earth

READ: Psalm 98

What is one thing this passage teaches you about God?

What is one thing this passage teaches you about the gospel?

What is one thing this passage teaches you about yourself?

What is one thing this passage teaches you about how God commands you to live?

What is one question you have about this passage?

Questions for Further Reflection and Discussion:

- What reasons does this Psalm give for why we should praise God? What should we celebrate?
- What does it mean to make a joyful noise to the Lord? How do we do this?
- Why is it significant that His salvation be made known among the nations (v.2)? What does this teach us about the global scope of God's kingdom?
- How does this Psalm shape the way you think about evangelism and missions?
- Who can you tell this week about God and all He has done for you?

Sermon Notes:

Text:

Title:

Preacher:

Week 6: June 21, 2026
What a God-Honoring Life Looks Like

READ: Psalm 127

What is one thing this passage teaches you about God?

What is one thing this passage teaches you about the gospel?

What is one thing this passage teaches you about yourself?

What is one thing this passage teaches you about how God commands you to live?

What is one question you have about this passage?

Questions for Further Reflection and Discussion:

- Why is work vanity (empty) apart from God? Does this seem to fit your experiences of work, or not?
- How does God comfort us in our anxieties? Why is sleep portrayed as an evidence of trust?
- Why are children described as a blessing from the Lord?
- How does this Psalm help us to re-define our ideas of success?
- Where are you most tempted to rely on your own strength rather than God's strength?

Sermon Notes:

Text:

Title:

Preacher:

Week 7: June 28, 2026
The Continual Rock of Refuge

READ: Psalm 71

What is one thing this passage teaches you about God?

What is one thing this passage teaches you about the gospel?

What is one thing this passage teaches you about yourself?

What is one thing this passage teaches you about how God commands you to live?

What is one question you have about this passage?

Questions for Further Reflection and Discussion:

- What does it look like for God to be a rock of refuge (v.3)? Why do we need to continually come?
- How does God sustain us in every season of life? How does this Psalm speak to some particular fears as we age?
- What reminder from this Psalm about God do you most need to remember today?
- How can you intentionally invest your life in the next generation? What do you want them to remember you for?

Sermon Notes:

Text:

Title:

Preacher:

Week 8: July 5, 2026
In God We Trust

READ: Psalm 33

What is one thing this passage teaches you about God?

What is one thing this passage teaches you about the gospel?

What is one thing this passage teaches you about yourself?

What is one thing this passage teaches you about how God commands you to live?

What is one question you have about this passage?

Questions for Further Reflection and Discussion:

- What does this Psalm teach us about God's authority over nations and rulers?
- In what ways is human strength contrasted with God's strength?
- Verses 18-22 call believers to fear God, wait on God, be glad in God, trust in God, and hope in God. Which of these do you most need reminded of today?
- What are some ways you tend to rely on human strength more than God? How can this passage help you develop greater trust in God?

Sermon Notes:

Text:

Title:

Preacher:

Week 9: July 12, 2026
“Remember the Deeds of the LORD”

READ: Psalm 77

What is one thing this passage teaches you about God?

What is one thing this passage teaches you about the gospel?

What is one thing this passage teaches you about yourself?

What is one thing this passage teaches you about how God commands you to live?

What is one question you have about this passage?

Questions for Further Reflection and Discussion:

- What questions does the Psalmist express in verses 7-9? Have you had similar questions? What was that experience like?
- How does remembering God's past faithfulness help strengthen your faith in the present?
- What does the Psalmist remember in this passage? What habits can help you to remember God's faithfulness?
- How does this Psalm help us to faithfully navigate seasons of doubt and discouragement?

Sermon Notes:

Text:

Title:

Preacher:

Week 10: July 19, 2026
Listen Up!

READ: Psalm 81

What is one thing this passage teaches you about God?

What is one thing this passage teaches you about the gospel?

What is one thing this passage teaches you about yourself?

What is one thing this passage teaches you about how God commands you to live?

What is one question you have about this passage?

Questions for Further Reflection and Discussion:

- What does it mean to listen to God's voice? What practices can help us hear Him more clearly?
- What are some common ways people today can refuse to listen to God's voice? Where do you see this temptation in your life?
- Why is following our own counsel so destructive? Why are God's ways better than our own ways?
- What does this Psalm teach you about God's heart toward His people? Which of these truths do you most need to remember this week?

Sermon Notes:

Text:

Title:

Preacher:

Week 11: July 26, 2026
“His Steadfast Love Endures Forever”

READ: Psalm 136

What is one thing this passage teaches you about God?

What is one thing this passage teaches you about the gospel?

What is one thing this passage teaches you about yourself?

What is one thing this passage teaches you about how God commands you to live?

What is one question you have about this passage?

Questions for Further Reflection and Discussion:

- Why is the phrase “his steadfast love endures forever” repeated every verse? How can repetition help us?
- Israel’s story is a story of God’s steadfast love, just like ours is. If you were to re-tell your story in this format, what events would you call to mind to remember that “his steadfast love endures forever”?
- What stands in the way of you believing in God’s steadfast love and giving thanks to God?
- Why is gratitude the response to what God has done? How can you practice giving thanks this week?

Sermon Notes:

Text:

Title:

Preacher:

Week 12: August 2, 2026
King Jesus Reigns

READ: Psalm 110

What is one thing this passage teaches you about God?

What is one thing this passage teaches you about the gospel?

What is one thing this passage teaches you about yourself?

What is one thing this passage teaches you about how God commands you to live?

What is one question you have about this passage?

Questions for Further Reflection and Discussion:

- Psalm 110 is the Old Testament passage most quoted in the New Testament. Read the following passages which quote sections of this Psalm. Can you describe in one sentence what point the New Testament authors were making in each circumstance?
 - o Matthew 22:41-46
 - o Hebrews 1:1-4, 13
 - o Hebrews 5:5-6
 - o Hebrews 7:11-22
 - o Hebrews 10:11-14

- What is this Psalm meant to teach us as Christians about the reign of Jesus the King?

Sermon Notes:

Text:

Title:

Preacher:

Week 13: August 9, 2026
The Glory of God With Us

READ: Psalm 104

What is one thing this passage teaches you about God?

What is one thing this passage teaches you about the gospel?

What is one thing this passage teaches you about yourself?

What is one thing this passage teaches you about how God commands you to live?

What is one question you have about this passage?

Questions for Further Reflection and Discussion:

- How does this Psalm describe God’s relationship to creation? How does it describe creation’s relationship to God?
- Why is it important for us to remember God’s direct and ongoing involvement in our world? How does that shape our understanding of Him?
- What does this passage teach us about our own dependence upon God?
- When we see God’s greatness and provision through creation, what responses does this passage give that we should embrace?

Sermon Notes:

Text:

Title:

Preacher:

Notes:

Bible Memorization:

This summer, I would like to memorize the following verses:

1.

2.

3.

4.

5.

6.



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