

# PSALMS

*Honest To God*



Psalm  
Honest to

1-41 | 42-72 | 73-89 | 90-

5BK  
1-150

How blessed is the man who does not  
Nor stand in the council of sinners  
But his delight is in the law of the LORD  
and in his law he meditates  
He will be like a tree firmly planted  
Which yields its fruit in its season  
And is whatever he desires

The wicked  
But they are like chaff  
Therefore the wicked will not stand  
Nor sinners in the council of the LORD  
For the LORD shall sweep them away  
But the way of the righteous is peace





**We want to encourage each other to be on mission to our non-Christian friends, and family.**

Who are you on mission to?

Make a list and start praying for them (and yourself).

**Pray for 3 friends, once a week, for 1 minute (3-1-1).**

List the name of your family/friends here.

- 1.
- 2.
- 3.

## **WHY DAILY READING NOTES?**

**THE BIBLE IS GOD'S WORD** ... written by His Spirit, for His people, about His Son, for His glory. These words are completely true, useful, and all we need to be saved and to follow God in our lives (2 Timothy 3:16).

Daily Reading Notes are a daily tour guide to help you dig into the Bible for yourself.

**LOVE GOD** ... spend time with him every day! We get to hear him speak to us by reading the Bible. We also get to talk to him in prayer. How good is that!

## **HOW TO USE DAILY READING NOTES?**

**ASK** God to help you understand this part of the Bible.

**READ** the part of the Bible for that day.

**THINK** about the passage and have a go at the questions.

**PRAY** by thanking God and asking him to help you obey what you learned.

**APPLY** what you've learned by putting it into practice in your life.

## WHAT ARE WE LOOKING AT THIS TERM?

This term we're going to be digging into two series - the first is called EV Grow. EV Grow will be trying to help us do 3 things:

- Turn to the Bible and be reminded of the purpose and the mission that Jesus has given us.
- Spend some time considering church and its place in God's purposes for the world.
- Take the opportunity to consider the place of our church buildings and property in our mission and life together as a church family and think about how we could help contribute to paying the loans for them off.

The second series we'll be looking at is the Book of Psalms! Continue reading below to learn a bit about the Book of Psalms.

### Structure, Authorship and Date of the Book of Psalms

The Book of Psalms is actually split up into 5 books:

- Book 1: Psalms 1-41
- Book 2: Psalms 42-72
- Book 3: Psalms 73-89
- Book 4: 90-106
- Book 5: Psalms 107-150

There seems to be a sort of storyline across the five books, tracing the history of Israel and their hopes for a Messiah.

The Psalms are also written over a long period of time, which tells us that probably several different people wrote them. Sometimes there is a title given to a psalm that will tell us who wrote it, such as David, Moses, Solomon or the sons of Korah.

### Purpose and Audience of the Book of Psalms

For at least 3000 years God's people have worshipped Him through songs. The word 'psalm' is a Greek word meaning 'song'. So, the Psalms are pretty much an ancient song book! But it's also a prayer book. Lots of times in the Psalms you see people talking to God. Because of this, we get to see how some of God's people in the past spoke to God. Sometimes in the Psalms people pray because they're upset, joyful, scared or angry. We get to see lots of emotions coming through in the Psalms. God has been so kind to us to give us the Psalms with all its songs and prayers to showcase others expressing their hearts to God. We can learn from the Psalms how to do this ourselves. The Psalms

speaking into lots of different life situations and they help us trust God in every one of those situations.

The Book of Psalms would have been used by the ancient Israelites both publicly and privately. When they got together they would have read, sung or recited some psalms, and they also would have read or sung them when they were alone.

In the Psalms we get to see a God who is absolutely amazing. And we get to see that a relationship with the amazing God is far from boring. It's alive and real. It's an amazing mix of intimacy, awe, love, delight, confidence, purpose, hope and joy.

### **Something to Note**

One thing that's important to note as you read the Book of Psalms is that they are the songs of the people of the Old Covenant. These people had a particular set of promises from God, and experienced a particular history of God's dealings with them. Ultimately, the Psalms lead us to Jesus, as we will soon see.

Christians today are people of the New Covenant. But we can still learn loads from the Psalms! Sometimes it will be easy just to repeat word for word some of the Psalms as prayers to God. But other times we will need to do some 'tweaking' of them in order to make the Psalms true of us and true of our place in the New Covenant. For example, the promise of financial success in Psalm 128, references to the Law of the Lord, etc. need to be put into the context of the story of the Bible, and we need to consider the difference that Jesus makes to what the Psalms talk about. But with that in mind, let's dive in and let the Psalms teach us!



# Week 1: The Church - Its Nature & Purpose

## DAY 1

*In Matthew 16:18 Jesus declares that He is determined to build His church and that the gates of Hades will not overcome it. The Greek word for church is 'ekklesia', and it simply means gathering or assembly. Jesus' great mission is to gather a people to and for Himself.*

Pray + Read Matthew 16:13-21

1. Who does Peter announce that Jesus is in verse 16?
2. Check out verse 18. What does Jesus, the promised eternal King of kings, declare that He will do?
3. What does Jesus say that gives us confidence that this building project will be successful? (v 18-19)
4. What's encouraging about knowing that nothing can stop Jesus from building His church and that nothing can overcome it?
5. How does seeing Jesus talk about church like this help you see why Youth/church should be a priority in your life?

**Prayer:** Give thanks for King Jesus and for the privilege of being gathered to Him through the gospel of grace.

## DAY 2

### Pray + Genesis 11:1-9

*The gathering and scattering of God's people is a major theme of the Scriptures stretching from Genesis to Revelation. God scatters people in judgement but through all of history He is acting in His grace and power to gather His chosen, redeemed people around Himself. Adam and Eve were together with Him in the garden, then because of their sin He cast them out of it. In Genesis 11 we see this on a much larger scale.*

1. What is the people's motivation for making the tower?

a) What is so sinful about them making a tower to make themselves look awesome?

2. What is God's judgement on the people?

3. How can we see this judgement of being scattered even today?

**Prayer:** Pray for our broken and divided world and for those suffering as a consequence. Ask God that He would have mercy on us and bring salvation to many.

## DAY 3

Pray + Read Ezekiel 36:16-32

*The first church/gathering in Israel's history was the one at Mount Sinai. God saved them out of Egypt so that they might meet with Him there. Stephen also talks about this first gathering/church when he retells Israel's history (Acts 7:38). Sadly Israel continued to experience both scattering and gathering in their future because of their sin.*

1. What had Israel done to cause God to scatter His people?
  
  
  
  
  
  
  
  
  
  
2. What does the promised salvation in this passage look like? (v24-28)
  - a) How does it reverse the judgement?
  
  
  
  
  
  
  
  
  
  
3. What is God's motivation in bringing salvation? (v 22-23)
  
  
  
  
  
  
  
  
  
  
4. What's surprising about that? Have you ever thought that God's main motivation in saving people was something different to His own glory?
  
  
  
  
  
  
  
  
  
  
5. What do you think is God's main motivation for saving and gathering people today? Is it different or the same?

**Prayer:** Pray that we might appreciate the blessing of being gathered as God's people and that His name would be honoured and glorified because of our gathering.

## DAY 4

### Pray + Read Ephesians 3:1-13

1. What is the amazing mystery that has been revealed? (v 6)
  
2. Read verse 10. What does the gathering of God's people (church) do?
  
3. What's so wise about God? (Hint: check out Ephesians 2:1-9).
  - a. How does the church show off God's wisdom?
  
4. Given that God's plan from the beginning of time was to gather people together, why is it important that we gather together physically?
  
5. What's so sad about having to livestream Youth? How does it impact our ability to fulfil verse 10?

**Prayer:** Thank God that it's been His plan since the beginning of time to gather Jews and Gentiles together! Thank Him for including you in His gathering. Ask God that we'd be able to gather together fully really soon.

## DAY 5

Pray + Read Hebrews 12:18-24 and Revelation 7:9-12

*In these verses we see a comparison drawn between the first church that met at Mount Sinai and the ultimate church that gathers at Mount Zion in the heavenly Jerusalem.*

1. Write down what each passage describes about the heavenly gathering.

Hebrews 12:18-24	Revelation 7:9-12

2. What has Jesus done to make this heavenly church possible?

3. What does the heavenly church do? (Revelation 7:10)

4. Christians are a part of the heavenly gathering both now and will be a part of it more fully when we die or when Jesus returns. Given that our future in Heaven is going to be spent gathering with God's people around Jesus, why should we prioritise gathering physically as a church today?

**Prayer:** Thank God for the secure salvation He has won for us in Jesus! Pray that our future in the heavenly church will help us prioritise meeting with God's people now.

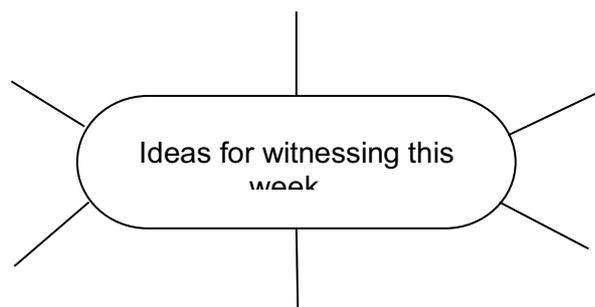
# NOTES & PRAYER POINTS

# Week 2: Glorifying God by Reaching the Lost

## DAY 1

Pray + Read Acts 1:1-8

1. From the description here, what are all the things that Jesus did?
2. What's the command that Jesus gives His disciples in verse 4?
3. Why do you reckon Jesus wants them to stay there? (v 5 and 8)
4. What does it mean for the disciples to be 'witnesses' to the ends of the earth? (Compare this to what Jesus says in Matthew 28:18-20)
5. Sometimes it can feel pretty hard to witness. Spend some time brainstorming how you could witness this week.



**Prayer:** Thank God that He loves to save the lost. Ask God to help you to take your part in His mission to the lost seriously.

## DAY 2

Pray + Read Acts 2:36-47

*In this passage, Peter is in the middle of a sermon to thousands of Jews.*

1. Check out verse 37. Why do you think the people were “cut to the heart”? What do you think they realised? (v 36)
2. What does Peter say the Jews should do after they realise their guilt?
3. What’s the outcome of these people hearing Peter’s message?
4. How does this passage show that the disciples obeyed Jesus’ command in Acts 1:4 & 8?
5. Re-read Acts 2:42-47. If you had to describe this church in 3 words, what 3 words would you pick?
6. This passage shows that as the church family loves one another, non-Christians notice and want to be a part of God’s people! (v 47). This shows us just how important it is to love our Christian family. In what ways do you think you could grow in loving your Christian family?

**Prayer:** Thank God that the disciples obeyed Jesus’ command to witness to people. Ask God to help you love your church family and that He would grow our church.

## DAY 3

### Pray + Read Acts 8:1-8

1. Some pretty bad things happen in this passage. Can you list them all?
2. In verse 1 heaps of Christian leave Jerusalem. How is that both a good and bad thing?
3. What's the end result of these Christians being scattered? (v 4-8)
4. Notice how these Christians preached the word wherever they went - even when they'd just had to run for their lives. Why do you think they preached wherever they went?
5. What do you reckon stops you from sharing the gospel, and why?
6. Verse 8 says that there was "great joy" in the city. What brings you joy? Do you feel joy when you hear that someone has become a Christian?

**Prayer:** Ask God that He would make your heart long for the lost to be saved. Ask God to give you boldness in sharing the gospel. Ask God to make you someone who overflows with joy when you hear about people becoming Christians.

## DAY 4

Pray + Read Acts 14:21-28

*This part of Acts tells us about Paul and Barnabas' missionary journey.*

1. As Paul and Barnabas travel from town to town, they do 3 things for the people they come across (v 21-22). What are the three things and why do you reckon Paul and Barnabas think these 3 things are important?

1st: P \_ \_ \_ \_ \_ t \_ \_ g \_ \_ \_ \_ \_

2nd: S \_ \_ \_ \_ \_ \_ \_ \_ \_

3rd: E \_ \_ \_ \_ \_ \_ \_ \_ \_

2. Why do you think Paul and Barnabas appointed elders (leaders) in the churches they formed instead of just staying and being the elders themselves?

3. What do you think is important about having leaders in church? How do they help?

**Prayer:** Ask God to continue to be saving people on the Coast. Ask Him to use people like you at EV to spread the good news about Jesus. Ask God to help our leaders at church be people who are able to encourage and strengthen our church family so that we are helped to continue to follow Jesus.

## DAY 5

### Pray + Read Philippians 1:3-11

1. Why is Paul thankful and filled with joy? (v 5)
2. What do you think it means for the Philippian church to be partnering with Paul in the gospel? (Hint: Philippians 1:19 and Philippians 4:15-16)
3. What are the things that Paul prays for the Philippians? (v 9-11)
4. Paul wants the Philippians to continue growing in a bunch of areas in their Christian life *so that* God might get glory and praise (see end of verse 11). How do you reckon that the Philippians partnering with Paul in the gospel gives God glory and praise?
5. How do you go at partnering with missionaries overseas and with our own church here at EV? How is the Philippian church an encouragement to you to grow in your partnership of gospel work?

**Prayer:** Thank God that the first Christians deeply cared about supporting gospel work both prayerfully and financially. Ask God to help you care about and consider doing these things too.

# NOTES & PRAYER POINTS



## DAY 2

### Pray + Read Ephesians 4:7-12

1. Why does Christ give the church different gifts/roles? (v 12)

2. Why do you think it's important that everyone in church has different gifts and that we don't all have the same gifts?

3. The goal of having all these different gifts/abilities is that we might serve each other "so that the body of Christ may be built up" (v 12). What do you think it means for the body of Christ (church) to be built up?

4. Fill out the table below.

What it would look like if I used my gifts/abilities to help others grow to be more like Jesus at Youth:	What it would look like if I didn't use my gifts/abilities to help others grow to be more like Jesus at Youth:

**Prayer:** Ask God to help you desire to see our church family grow in Christlikeness. Ask God to help you use your gifts to serve others.

## DAY 3

### Pray + Read Ephesians 4:14-16

1. Why is it important for us to be growing in our faith? (v 14)
2. What's so dangerous about being fooled by false teaching?
3. What does verse 15 say about what needs to happen in order for us to grow and mature?
4. Do you ever avoid talking about Christian life with other Christians? Why/why not?
5. Picture this situation: one of your Christian mates is suffering big time - maybe because of difficult stuff at home, mental health stuff, bullying, doubts about God - could be anything. How could you speak the truth in love to them?

**Prayer:** Ask God to help you know the truth so that you would never be tricked by false teaching. Pray that God would give you a heart for your Christian brothers and sisters and that He would help you speak the truth in love to them so they might stand firm trusting Jesus with you.

## DAY 4

Pray + Read Ephesians 4:17-5:7

1. Use the passage to fill out this table:

Things we SHOULDN'T do as people forgiven in Christ	Things we SHOULD do as people forgiven in Christ

2. Which of the things on the 'shouldn't' list do you find the hardest to stop doing? Why?

3. Which of the things on the 'should' list do you find hardest to do? Why?

**Prayer:** Thank God that through faith in Jesus we're completely forgiven. Pray that out of thankfulness for this free gift of complete forgiveness you'd want to be living to honour the God who saved you.

## DAY 5

### Pray + Read Hebrews 10:19-25

1. What stands out to you in this passage? What part or parts do you particularly love about it?

2. Since Jesus has saved us and now we have access to God and a relationship with Him, what are the 4 things this passage calls us to do?

1st - v 22 →

2nd - v 23 →

3rd - v 24 →

4th - v 25 →

3. Verse 25 tells us that we shouldn't give up meeting together. Why do you think it's important for Christians to gather at church/Youth?

4. Do you think your view of church/Youth is similar to this passage? Do you make Youth a priority week in week out?

**Prayer:** Ask God to help you remember how important gathering with His people is. Pray that restrictions would continue to ease so that we can be gathering together more easily. Pray that when we meet together that we'd work hard at encouraging each other to draw near to God and hold firmly to the hope we have in Jesus.

# NOTES & PRAYER POINTS

# Week 4: Songs of the Messiah

## DAY 1

Pray + Read Psalm 1

*We can sometimes miss that the Book of Psalms has a story line. The songs of God's people trace the history of God's people, focusing on God's promise of a great King. This week we'll begin our time in the Psalms with a quick flyover of the book to catch a glimpse of the story line.*

1. This Psalm is a poem about wisdom. What two paths does it show us, and what promises are made about the destinations of each path?

2. What seems to be the key to avoiding the wicked path? (v 2)

3. In the Old Testament God's Word is often referred to as "law". What do you think a teenager's life on the Coast in 2020 would look like if they "meditated on His law (God's Word) day and night"?

4. Can you think of any Christian's who love God's Word? What's different about them and their life because of their love for God's Word?

**Prayer:** Ask God to use the Psalms to make you the wise person who delights in God's Word over and above pursuing sin.

## DAY 2

### Pray + Read Psalm 2

1. Who are the rulers of the earth rising up against (v 2) and what is God's response?

2. God's anointed (chosen) King speaks in verses 7-9. What promises does he say God has made to him?

3. God's King seems to be a pretty hectic person. What does it look like to properly treat God's King in verses 10-12?

4. This King seems to be both someone we should fear and someone we should take refuge (safety) in. How do you see both of these characteristics of the King in this psalm?

**Prayer:** Praise God that when the rulers of the world gathered together against God's King to crucify Him, God used Jesus' death to pay for your sin. Pray that you and everyone you know would acknowledge Jesus as King and serve Him with fear and trembling. Thank God for the promise that all who serve Him are blessed.

## DAY 3

### Pray + Read Psalm 22

1. What is the vibe of the first half (v 1-21) and the second half (v 22-31)?

2. Although this psalm was written by King David who suffered through heaps of stuff, there isn't really a specific time in David's life that matches this psalm's description of suffering. It seems like David used poetic imagery to describe his suffering, but in doing so actually spoke prophetically about Jesus! How do you see Jesus fulfilling this psalm?

3. Many people love the Psalms because they act as an awesome guide on how to pray in suffering. But even more than this, the Psalms are about Jesus! How does this psalm increase your thankfulness for Jesus knowing that this was a prayer that Jesus prayed?

**Prayer:** Spend some time now praying, using verses 27-31 to praise God for His work in sending you Jesus to win your salvation.



## DAY 5

### Pray + Read Psalm 110

*Fun fact: The New Testament quotes this psalm more than any other chapter of the Old Testament!*

1. According to Jesus, this psalm is about God's promised King - the Messiah. If Psalm 110 was the only information we had about the Messiah in the whole Bible, what would we learn about Him and what He brings?

2. What in Psalm 110 grows your:

a. Reason to praise Jesus?

b. Fear of Jesus as the King?

3. Spend some time now reflecting on the psalms you've read this week. Find some of your favourite verses and write them down on post it notes and put them around your room/house/on your laptop/as your phone background etc. so you can remember how awesome God is.

**Prayer:** Praise God for His promised Kingdom, where His loving and just rule will put a stop to all evil and where we'll joyfully serve Him forever. Thank God for His promise-keeping nature. Ask God to help you trust Him in keeping His promise for Jesus to return. Ask God to help you serve Him willingly now like the picture in verse 3.

# NOTES & PRAYER POINTS

# Week 5: Songs of Trust & Commitment

## DAY 1

### Pray + Read Psalm 3

1. Draw a couple of emojis that summarise the things that David seems to be feeling in this psalm.

2. God helps David (the author of this psalm) in a couple different ways in this passage. Make a list of the ways God helps David.

3. If David didn't have God to rely on during this hectic time in his life, how do you reckon David might be feeling?

4. How do you reckon knowing that God is a "shield around me" (v 3) would help you trust and lean on God during hard times in your life?

**Prayer:** Pray a prayer now similar to this song here in Psalm 3. Bring before God anything you're stressed about or suffering with. Pray in such a way that reminds your heart and mind of God's deep and close care for you. Thank God for listening attentively to your prayers.

## DAY 2

### Pray + Read Psalm 16

1. Highlight in your Bible or write down the verse references in this psalm that show David's deep trust in God.

2. What do you think David means when he says "apart from you I have no good thing"? (v 2)

3. Do you think that "apart from God you have no good thing"? Do you think that God is the most valuable person in your life?

4. It can be hard to have God as the most important person in your life because of heaps of other things and people demanding your love and attention. Make a mind map of some ways you can work at prioritising your relationship with God and valuing Him above all else.

5. Why do you think it makes sense to have the most valued person in your life be God?

**Prayer:** Thank God that He wants a relationship with you and that He has promised you so many good things - salvation (v 10), an inheritance (v6) and eternal life and joy (v 11). Ask God to help you value Him above all else.

## DAY 3

### Pray + Read Psalm 23

1. David metaphorically describes God as “my shepherd” (v 1). A shepherd is someone who looks after sheep, makes sure they get fed and watered and keeps them safe from animals that want to eat them. Use the table below to reflect on what this metaphor teaches.

What does the shepherd metaphor add to your understanding about God's character?	What does the shepherd metaphor add to your understanding about God's care for you?

2. Picture this: In 5 years time you experience something really difficult and upsetting. How would this psalm help you in that situation?

3. Knowing that God “guides us along the right paths” (v 3), how does this encourage you to turn to God in His Word when you need to make decisions?

**Prayer:** Praise God for the kind of God He is - kind, tender, comforting and good. Ask God to help you remember in hard times that His “goodness and love will follow you all the days of your life” if you just keep trusting in Him.

## DAY 4

### Pray + Read Psalm 27

1. Write down a) the ways David describes God and b) the ways David describes God helping him in this psalm.

2. Before you read this Psalm, how would you have finished this sentence: "One thing I ask from the Lord, this only do I seek..."

3. How does David finish that sentence?

4. Do you reckon you're like David who so desperately wants to know God? (v 4 and 8) Why/why not?

5. What habits could you introduce to your life that would help you desire to know God better?

6. Spend 5 minutes now memorising verse 14 so you can remember to wait on God your whole life - even in suffering.

**Prayer:** Ask God to help you desire to know Him heaps and heaps. Ask God to help you place habits in your life that will help you get to know Him better.

## DAY 5

### Pray + Read Psalm 101

1. What kinds of commitments does David make to God in this psalm? Why do you reckon David would make these commitments?
2. Read through the various sinful thoughts/behaviours that David lists in this psalm. Which of these do you struggle with personally?
3. How do you reckon praying commitments like this to God out loud would help you flee from these sins?
4. Do you regularly pray for God's help in fighting sin? Why/why not?
5. Reflect now and write down some ways to help yourself pray regularly - both prayers of commitment to live a godly life and prayers of dependence on God in fighting sin.

**Prayer:** Thank God for David's example of desiring to live a godly life. Pray that you'd have this same desire and that you'd rely on God to help you grow in godliness, not yourself. Thank God that even when we don't live godly lives, we are still 100% forgiven through Jesus.

# NOTES & PRAYER POINTS

# Week 6: Songs of Confession & Longing

## DAY 1

Pray + Read Psalm 32

1. Fill this table out:

What happened when David...	
Kept silent/didn't acknowledge his sin?	Did acknowledge his sin?

2. What does God provide for people who admit their sins and trust Him? (vs 1, 7, 8, 10, 11)

3. What's similar about God's forgiveness of David in this passage to the forgiveness that Jesus offers us?

4. How does this psalm help you to rely on Jesus when it comes to fixing your sin problem and not yourself?

5. Just like in this psalm where David sings about sin, songs at church sometimes mention and focus on our sin. Do you use singing as a time to reflect on your sins and how God has forgiven you of them?

**Prayer:** Thank God for sending Jesus for us to save us our sin. Pray that this passage will help you to lean on God for forgiveness of sin and not your own works.

## DAY 2

### Pray + Read Psalm 42

1. Do you long for Heaven and for being with God as much as the writer of this psalm does in verses 1 and 2?

2. How do you go at remembering the hope you have in God when you're suffering? What/who do you go to to help yourself feel better before going to God?

3. How does this passage teach you to lean on God during suffering?

4. In verses 5 and 11 the writer sort of lectures himself to put his hope in God in the midst of suffering. Write down one or two sentences that you can 'lecture' yourself with when you forget the hope you have in God whilst you're suffering.

**Prayer:** Ask God that you will have an eternal perspective and be longing for Heaven with God. Pray that you won't let suffering weaken your trust in God, but rather use it as a time to lean on God to strengthen your faith.

## DAY 3

### Pray + Read Psalm 51

1. Check out how David thinks about how evil his sin is in verses 3-5. Do you think like this about your sin?

2. David clearly wants to stop sinning (v 10). Do you reckon you have a desire to get rid of your sin? Why/why not?

3. One thing that helps in getting rid of sin is confessing it out loud to God like David does in this psalm. Spend some time now writing down and confessing sin to God (or if you're not sure what to confess, ask God to show you your sin).

4. Sometimes Christians can feel like God only does part of the work in cleansing us of our sin. What are some verses in this psalm that show David's confidence in God's ability to completely cleanse us of our sin?

5. As a Christian, do you see yourself as having been cleansed of your sin? Or do you still feel dirty? Why/why not?

6. Because we know sin is real, how does verse 13 shape how you think about evangelism?

**Prayer:** Ask God that he would help you recognise sin in your life and help you get rid of it. Thank God that we are completely cleansed of our sin if we trust Jesus. Pray that you would be keen to share the hope of cleansing and forgiveness of sin we have with others.

## DAY 4

### Pray + Read Psalm 63

1. In what ways do verses 1-4 encourage you in your faith? What do you love about these verses?

2. Check out verse 5. In what ways do you reckon relationship with God is satisfying?

3. What are some things that the world tells us we should find satisfaction in?

4. Why aren't those worldly things truly satisfying?

5. What are some things that you do/chase after that might stop you from finding satisfaction in having a relationship with God?

4. How do verses 9-11 help you have peace in God in suffering - particularly the kind of suffering when people are being awful to you?

**Prayer:** Ask God to help you seek Him always, just like David did. Pray that you will find satisfaction in God alone and won't look to earthly things that can't fully satisfy.

## DAY 5

### Pray + Psalm 84

1. How does verse 1 describe Heaven? What does 'your dwelling place' mean? What does this verse tell us about what Heaven is all about?

2. How are verses 10-11 supposed to make us excited for Heaven?

3. Do you reckon you are as excited for Heaven as David was? Rate your excitement level (1 being not excited at all, 10 being David's level of excitement).

1 ----- 10

4. Why did you rate your amount of excitement like that?

5. This psalm ends by saying "blessed is the one who trusts in you" which tells us that only those who trust God get Heaven. What opportunities will you have today/tomorrow/this week to share the gospel with others so that they can share in the joy of Heaven with you?

**Prayer:** Thank God for the hope of Heaven! Ask God that you will be as hungry for Heaven as David. Pray that you would be excited to finally meet God face to face in Heaven and to spend all of eternity with Him. Ask God to help you be hungry to help others get into Heaven too.

# NOTES & PRAYER POINTS

# Week 7: Songs of Lament

## DAY 1

### Pray + Read Psalm 13

1. Firstly, draw a quick 30 second sketch of what it might look to “wrestle with my thoughts” (v2).

2. How do you think it would feel to *not* know that God’s always with you?

3. What things in your life have caused your heart to be filled with sorrow?  
(v 2)

4. Check out verses 5-6. What brings David’s heart and mind peace?

5. How has God loved you, and how is this love “unfailing”?

6. What do you think it would look like for someone to trust in God’s unfailing love when they’re sad/suffering?

**Prayer:** Spend some time thanking God for His unfailing love for you. Pray that you’d lean on God through tough times in your life.

## DAY 2

*It's worth noting before you read this psalm that Christians have struggled to understand these kinds of psalms, especially since we're told to love our enemies. So if you're thinking "Yikes!" as you read it - that is a very normal reaction to have!*

### Pray + Read Psalm 109:1-17

1. Clearly David is really angry/upset in this psalm. How does it seem the enemy that David is talking about in this passage has treated him?

2. How does this psalm...

a. Take seriously the evil in our world?

b. Give a voice to the oppressed?

c. Show God's willingness to hear and respond to the oppressed?

d. Show you how David views God?

e. Show you who you should turn to in hard times and why?

**Prayer:** Ask God to bring you peace in whatever you may be suffering through. Ask God to help you trust Him in suffering.

## DAY 3

### Pray + Read Psalm 88

1. Yesterday's psalm complained about injustice by other people. Who does this psalm complain about/accuse? (v 6, 7 & 8)

2. Are you surprised that God would allow someone to pray to Him like this? Why might it be surprising?

3. What do you learn about how to pray from this psalm? (v 1, 9, 13)

4. What are some things you learn about God from this psalm?

5. If we were only allowed to praise God and never be allowed to voice anything upsetting, what would that say about God and our relationship with Him?

**Prayer:** Ask God to help you pray to Him all the time - in good times and bad. Thank God that He listens to our prayers.

## DAY 4

### Pray + Read Psalm 79

1. What has happened to Israel in this psalm?
2. What does the writer of this psalm think is the reason for Israel's situation? (v 8-9)
3. Is Israel able to change the situation they are in? How do you see the writer's complete trust and understanding that only God can change their situation?
4. What does the writer ask for in verse 9?
5. Just like in Psalm 32 where David confessed his sin to God and was forgiven, why do you reckon Israel also needs forgiveness for their sin?
5. It can be easy for prayers to become polite and superficial. How does the vivid language in this psalm encourage you to pray more directly, more often and more honestly?

**Prayer:** Like Israel did, spend some time confessing your sin to God and thank Him for the complete forgiveness He's given you in Jesus. Spend some time praying directly and honestly to God.

## DAY 5

Pray + Read Matthew 23:37-39

1. Circle who/what Jesus is “longing to gather”.

*Baby chickens*

*Money*

*Children*

*Jerusalem*

2. Jesus is “lamenting” in this passage, which meant that He was deeply sad about something. What was He sad about?

3. What did Jerusalem do wrong? Why aren't they gathered to Jesus?

4. Do you think it's strange that Jesus/God laments? Why/why not?

5. Jesus was devastated that Jerusalem didn't follow God. Do you ever feel devastated about people not following God? Why/why not?

**Prayer:** Spend some time thanking God that He loves people so much that He laments over them. Thank God that He sent Jesus to die on the cross so that people who don't follow God can come back to Him. Spend some time lamenting about people in your life who don't follow God and ask God to save them.

# NOTES & PRAYER POINTS

# Week 8: Songs of Thanks & Declaration

## DAY 1

Pray + Read Psalm 90

1. What picture does this psalm paint of God?
2. What metaphor does Moses use in verse 1? What does it mean?
3. How would someone's life look different if they truly believed that God was their home (dwelling place)?
4. Check out v 12. "Numbering our days" = making the most of every day. This verse says to make the most of our days so that we "may gain a heart of wisdom". God wants us to become more wise in our knowledge of, love for and obedience to Him. What's 3 things you could do this week to "number your days" to see you grow a heart of wisdom?

**Prayer:** Thank God that He's in control of all things. Thank Him that He wants a relationship with you - a relationship so close that you'd have Him as your "dwelling place". Ask God to help you become wiser this week in your knowledge of, love for and obedience to Him.

## DAY 2

### Pray + Read Psalm 91

1. How does someone come to live “in the shelter of the Most High”? (v 2)
2. Verses 5-8 talks a lot about fear. How do you go with fearing things? Does Jesus give you peace so that you fear less?
3. Is this psalm promising that Christians will never get hurt?
4. This psalm is using picture language to describe the salvation that God gives to those who trust in Him. What is salvation like according to this psalm?
5. What do you particularly love about this picture of salvation?
6. In the same way that God has held out salvation to us, how could you hold out salvation to others this week?

**Prayer:** Thank God that salvation comes through trusting in Jesus' life, death and resurrection on your behalf. Thank God for the beautiful picture of salvation in this psalm. Pray to God now and ask Him to save 3 of non-Christian people in your life.

## DAY 3

### Pray + Read Psalm 103

1. What reasons does David give for praising God in this psalm? (Hint: there's loads of reasons - try and write down as many as you can see!)

2. If the Bible was only made up of this psalm, what would you know about God from it? What's He like? How does He treat people?

3. Which of the truths about God in this psalm have you been forgetting lately? Which truths about God in this psalm are you particularly thankful for?

4. Spend some time now praising God just like David does in this psalm. Maybe write down a couple things you want to praise Him for.

**Prayer:** Praise God for His incredible character - kind, compassionate, loving, gracious, slow to anger and forgiving. Thank God for having such a perfect character.

## DAY 4

### Pray + Read Psalm 104

1. Write or draw some of your favourite parts of God's creation. Stop, pray, and give thanks to God for creating these things.

2. How does this psalm show you that God is the Creator and sustainer of everything on earth?

3. How does this psalm show off God's power, creativity and sovereignty?

4. Does creation ever stir you to praise God? If not, how could you be praising God for His creation in your everyday life?

**Prayer:** Praise God for how huge, powerful, creative and amazing He is. Thank Him for creating and sustaining such a beautiful world. Ask God to help this world be yet another reason for you to praise Him and see how awesome He is.

## DAY 5

### Pray + Read Psalm 139

1. List all the things this psalm says that God knows about you.
2. How do you reckon David feels about God's knowledge about him?
3. How do you feel about God's total knowledge about you? What's scary about that? What's comforting about it?
4. How does it make you feel to know that even though God sees all of your sin that He sent Jesus to pay for it?
5. How does this chapter make you feel about your value before God?
6. Clearly God deeply values mankind. How should this knowledge affect the way you treat other people?

**Prayer:** Thank God that He knows you perfectly - even better than you know yourself. Thank God that even when He saw your sin He still loved you by sending Jesus for you. Pray that you'd love others with the same love that God has for you.

# NOTES & PRAYER POINTS

# Week 9: Songs of the Word

## DAY 1

### Pray + Read Psalm 119:1-16

1. What words are used to describe God's Word in these verses? Search for a definition for the words you don't understand (e.g. precepts).

2. Only Jesus has perfectly obeyed God, and His perfect obedience is counted as ours if we trust in Him. Does this mean we don't need to worry about obeying God's Word? (Hint: read Romans 6:15-18)

3. Out of love for God for His great kindness to us, Christians throughout history have worked hard to obey God's Word. But, Christians don't always find it easy to do this. What could you do when you're finding it hard to obey God's Word?

4. Read v 9. How do you reckon a young person could work hard at "living according to God's word"? What habits/attitudes would they have?

5. Set an 8-minute timer on your phone to memorise Psalm 119:9-10.

**Prayer:** Thank God that you are forgiven for breaking His law in Jesus. Ask God to help you now obey Him. Ask for strength to say no to temptations. Ask God to help you rejoice in being able to obey Him.

## DAY 2

### Pray + Read Psalm 119:17-32

1. What do you think the psalmist's (writer's) attitudes/thoughts are towards God's Word? How does the psalmist think about it/treat it?

2. Check out verses 23-24. The psalmist meditates and delights in God's Word when he's suffering. Why do you reckon God's Word brings delight when it's read in the midst of suffering?

3. Read verse 32. Do you think you could honestly say that you "run in the path of God's commands"? Is your life characterized by obedience to God's Word? Or does your life look the same as a non-Christian's life?

4. Read the second half of verse 32. What's the reason that the psalmist gives for why he's able to run in the path of God's commands?

5. Do you pray for God to "broaden" your understanding of His Word and for strength to obey it? Write a prayer below asking for these things.

**Prayer:**

## DAY 3

### Pray + Psalm 119:33-48

1. How does the psalmist feel about God's Word? (v 35, 39, 47-48) Does the psalmist think that God's Word is restrictive? (v 44-45)

3. Do you ever feel like God's Word is restrictive? Do you ever wish there were parts of God's Word that didn't exist? If yes, why? What could you be caring more about over God's Word to make you think that?

4. Where does the psalmist recognise he *won't* find joy and life? (v 36-37)

5. What are some selfish/worthless things that you spend a lot of time and energy on? In what ways do you feel that these things are unfulfilling/joyless? (e.g. how much time you spend on social media)

6. Read John 17:17. What makes us sanctified (more like Jesus)?

7. If someone were to be a fly on the wall and watch you read your Bible, what would they say about how you view/treat the Bible? (e.g. Do you rush through Bible reading? Do you like understanding it but don't spend time thinking into how to apply it?)

**Prayer:** Ask God to give you strength to live a life that is truly free and joy filled - a life spent obeying God's Word and trusting in His promises.

## DAY 4

### Pray + Psalm 119:49-64

1. This chunk talks a bit about the hope that God's Word brings (v 49-50, 52, 58). God's Word isn't just full of commands but also promises. Check out the following promises in God's word, summarise what they're promising and what you love about them.

1 Peter 2:24	
Romans 8:28	
1 John 1:9	
Romans 8:35-39	
Revelation 21:1-5	

2. When you're needing comfort in the middle of something hard, where or who do you usually go to? How are these promises the best comfort?

**Prayer:** Thank God that He makes epic promises & that He's a promise keeper. Ask God to help you turn to His promises when you're down.

## DAY 5

### Pray + Read Psalm 119:65-80

1. What reason does the psalmist give for why we should obey God in verse 73?
2. Are God's commands a burden to the psalmist? (See v 66, 68, 70, 72)
3. Are you bored of this psalm yet? Does the psalmist seem bored?
4. How much should we obey God according to this psalm? (Hint: v 80)
5. Are there some ways you could pursue knowing, loving and obeying God's Word more? Here are some possible next steps. Tick any you'd like to commit to.

Ask a friend if they'd like to meet up weekly to read the Bible over the holidays	<input type="checkbox"/>
Commit to not missing Youth/G-Teams/church for the rest of the term & next year	<input type="checkbox"/>
Memorise a different Bible verse every week	<input type="checkbox"/>
Write out Bible passages and stick them around my room/house/on possessions	<input type="checkbox"/>
Starting reading a Christian book (e.g. God's Big Picture by Vaughan Roberts)	<input type="checkbox"/>
Read a psalm each night before bed	<input type="checkbox"/>
Ask Christian friends during the holidays what they've been reading in the Bible	<input type="checkbox"/>
Write down some topics about God/the Bible you want to look into in the holidays	<input type="checkbox"/>

**Prayer:** Father, you are my Creator. You know what's best for me. Help me to listen to in your Word. Give me joy in obeying and trusting your Word.

# NOTES & PRAYER POINTS

# Week 10: Songs of Praise

## DAY 1

### Pray + Read Psalm 146

1. What does the word "praise" mean? Google it.
2. Before telling others to, what does the psalmist do in verses 1-2?
3. What reason does the psalmist give to trust in God instead of humans?  
(v 3)
4. What are some reasons that this psalm gives you to praise God? What things about God do you most want to praise Him for?
5. How could you live out verse 2? Write down a couple ways you could be daily praising God.

**Prayer:** Spend some time praising God for all of the reasons this psalm gives as to why God is worthy of praise.

## DAY 2

### Pray + Read Psalm 147

1. Why do you reckon the guy who writes this psalm wants to praise God? Is it because he's been told to praise God? Draw an emoji or a picture to show how you reckon the psalmist feels about praising God.

2. What does the psalmist actually do to praise God in verses 2-6?

3. What do you reckon it would say about someone's relationship with God if they found praising God unenjoyable?

3. Do you ever feel like you don't want to praise God? If yes, pick a verse from this psalm to spend time memorising right now that you'll be able to call to mind when you don't feel like praising God.

4. What advice would you give to someone who realised they don't enjoy praising God?

**Prayer:** Praise God for some of the things this psalm says about Him. Ask God to help you enjoy Him more and more and that that would lead you to enjoy praising Him more and more.

## DAY 3

### Pray + Read Psalm 148

1. What are the two locations in this psalm, and who/what are the different beings/creatures in these two locations? What are both locations and beings in the locations called to do to God?

2. Why is God deserving of all praise from every creature according to this psalm? (v 5-6)

3. This psalm shows how it is right for the whole creation to praise the Creator who made it/them. Do you know people who don't praise God? What's so wrong about that?

4. Part of telling people about Jesus is helping them see that they belong to God and should praise Him for creating them! What are some things you can do to help someone who doesn't know and praise God?

5. One way we can praise God is by singing to Him. Spend 10 minutes making a playlist on Spotify/Apple Music full of Christian songs. Some solid artists to start with are Josh Garrels, Trevor Hodge, Citizens, CityAlight, The Modern Post, Jon Baldwin and The Sing Team.

**Prayer:** Praise God for creating you and everything else! Ask God to help you be concerned that He be praised and that God being praised would be your motivation to tell your mates about Jesus.

## DAY 4

### Pray + Read Psalm 149

1. Draw three pictures to show what praising God could look like from verses 1-5.

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2. Read v 6-9 again. These verses tell us that God's people will in some way accompany God when He comes to judge and put an end to evil. How does this psalm show:

a. The fulfilment of Psalm 2 where God's King will be established?

b. The consequences of rejecting God?

3. Do you find it easier to praise God for good times in your life than the hard times in your life? How do you reckon our culturally influenced desire of wanting life to be happy and easy all the time affects this?

**Prayer:** Thank God that He sent Jesus to die for His enemies to save them. Thank God He's just and has promised to punish evil. Ask God to help you praise in all times of your life - even in the hard times. Ask God for help when culture tells you to only praise God when life is good.

## DAY 5

### Pray + Read Psalm 150

1. What statement has every psalm started and ended with this week?

2. How does this help you read the verses in between?

3. This psalm mentions a bunch of musical instruments. How do you reckon musical instruments help Christians God's people praise Him?

4. How might you be an encouragement to your Christian brothers and sisters at Youth to praise God?

5. What does verse 6 command? How is this verse an encouragement to you that as a Christian, you're praising the One who's made all things?

6. What's something new that you've learned as you've been read through the Psalms? Have you learnt something new about God? Or have you had a perspective/attitude toward God change in yourself?

**Prayer:** Thank God for saving you and enabling you to be a person that uses your breath to praise Him. Spend some time praising God for what you've learnt through the Book of Psalms this term.

# NOTES & PRAYER POINTS

