

PSALMS

# PSALMS



Christian Bible Church  
of the Philippines

book I

## GETTING STARTED

This devotional series will help you reflect on **One-Psalm-A-Day** during your personal worship time with God. If you find personal worship to be a new concept or a challenging habit to get in to, there is no need to worry! This series will walk you through a step-by-step guide that will help you get started in spending quality time with God and His word!

Use this journal-type booklet to write down your thoughts, observations, and track your journey with God as you engage in His word. You will also find helpful prompts and questions that will help you look into your relationship and walk with God as you go along.

# PSALMS

## BOOK I

# GUIDE TO DOING PERSONAL WORSHIP

## The Elements of P.R.A.I.S.E.



### PAUSE & PRAY

Our nature is to be blind to spiritual things and we need God to make us spiritually sensitive to what He wants to teach us. The Psalms contain a prayer that would serve us well, “Open my eyes, that I may behold wondrous things out of Your law” (Psalm 119:18). To help you pause and prepare your heart to worship, you may choose to sing or listen to a song.

### READ THE TEXT

If you read the Bible randomly - a verse here and a verse there - it's almost certain that you will never really understand the major teachings of Scripture. Most of the Bible is meant to be read in paragraphs and sections. Chapter divisions are convenient section markers.

### ASK QUESTIONS

Ask and answer observation questions to help you get at the facts. Use the 5 W's & H questions - Who? What? When? Where? Why? and How?

### INTERPRET IN CONTEXT

Be careful that you don't interpret a word, phrase or verse in a way that isn't consistent with its context. Check your conclusions by asking yourself if the author would have intended his *original* audience to understand him the way you're interpreting him.

### SUMMARIZE APPLICATION

A most useful exercise is to capture the main point(s) and personal application(s) of a section (whether a paragraph or a chapter). This forces you to think through the meaning of a passage and your response, rather than skimming through without much benefit. To help guide you to come up with a personal application, you may use the P.R.A.C.T.I.C.E. acrostic on the next page.

#### P – Promise to claim

*Is there a promise from God applicable to you that you should hold on to?*

#### R – Request to pray for

*Is there a need or concern you should be praying for?*

#### A – Attitude to change

*Is there an attitude or character trait that you need to change?*

#### C – Command to obey

*Is there a direct command from God that He is asking you to follow?*

#### T – Truth to believe

*What truth have you learned and should believe in?*

#### I – Insight about God

*What does this passage tell me about God, Jesus Christ or the Holy Spirit? What is God like? What pleases Him and what does not?*

#### C – Confession to make

*What sin must you confess and repent from?*

#### E – Example to follow and not to follow

*Is there an example that you should avoid or a role model to emulate?*

### ENGAGE WITH GOD

Now, talk to God in response to what you have read. Ask Him to apply His Word to your heart; to give you understanding, faith, and obedience. If you are new to prayer, you can pray aloud or silently, but don't worry about fancy words. God is interested in the sincere expression of your devotion to Christ.



Tip: We have this entire guide neatly designed in a handy bookmark! Use it as a reference material as you do your personal worship.

## INTRODUCTION

The book of Psalms is a collection of 150 songs that served as the hymnbook of the Old Testament people of God. Poetic in form and largely addressed to God, the songs are also considered as prayers. These songs were collected over nearly a thousand years, from the time of Moses to the Babylonian captivity, with the majority of the psalms being attributed to King David.

The best way to read the Psalms is to make these ancient, inspired prayers our own by speaking them directly to God. Though our situation may not exactly be the same as that of the psalmist, we may still discover some parallels. We may also find ourselves identifying with and relating to the deep feelings and thoughts of the psalmist.

## BOOK ONE OF THE PSALMS

Chapters 1 - 41

While the psalms are not organized by topic, it is helpful to compare the dominant themes in each section of the Psalms to the five books of Moses. This first collection of psalms, mainly written by David, is similar to the book of Genesis. Just as Genesis tells how mankind was created, fell into sin, and was then promised redemption, many of these psalms discuss humans as blessed, fallen, and redeemed by God.

# Psalm 1

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



## Look at what the text says.

*(who, what, when, where, why, & how)*

1. What are the two kinds of people described in this psalm? Compare and contrast them. (vv.1-3 and vv.4-6)
2. What is the key characteristic of a righteous man? (v.2) Describe the blessings that come to the righteous. (v.3)
3. What do the words “walk, stand and sit” in v.1 signify?
4. How does the Lord relate to the righteous? To the wicked? (v.6)

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# Psalm 2

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



## Look at what the text says.

*(who, what, when, where, why, & how)*

1. What are the people and the nations attempting to do in this psalm? Why? (vv.1-3)
2. How does God respond to this human conspiracy against Him? Why does He respond this way? (vv.4-6)
3. Read vv. 7-9. What does this reveal about God's plan and decree?
4. What is God's warning and invitation? Who is the Son? (vv.10-12; see Ephesians 1:17-23 and Hebrews 5:1-6)

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# Psalm 3

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



## Look at what the text says.

*(who, what, when, where, why, & how)*

1. What was David's situation when he wrote this psalm? (refer to the superscript of this psalm and vv.1-2). Read the related story in 2 Samuel 15:13-23.
2. Why did David turn to the Lord? Identify his reasons. (vv.3-6)
3. What was David's final petition to God? (vv.7-8) What does this tell you about David's attitude towards God?

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# Psalm 4

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



Look at what the text says.

*(who, what, when, where, why, & how)*

1. What was David's request? (v.1)
2. How does the LORD treat the godly? (v.3)
3. In light of v.3, how then should a person live? (v.4-5)
4. How did David describe God's goodness to him? (v.6-8)

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:



# Psalm 5

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



## Look at what the text says.

*(who, what, when, where, why, & how)*

1. What was David's attitude as he prayed? (vv.1-3; note last part of v.3)
2. Describe David's conviction about God. (vv.4-7)
3. How did David pray for his enemies? (vv.8-10) What was David's ultimate reason for doing this? (v.10)
4. Give the reasons why the righteous can rejoice. (vv.11-12)

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# Psalm 6

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



Look at what the text says.

*(who, what, when, where, why, & how)*

1. What do you think is David's situation here? (vv.1-3)
2. How did David try to persuade God? (vv.4-5)
3. What did God use to discipline David? (vv.6-7)
4. What was David's reason for his confidence? (vv.8-10)

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# This Past Week at a Glance

# Sunday Message Notes

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Title:

Scripture:

I am happy and thankful  
to God about...



I am sad about...



I am fearful or worried  
about...



I am angry or bothered  
about...



What is one key thing that God is telling me through His Word in light of the things that have happened this week?

What is one thing I need to do in light of what God is saying?

**Commit all these matters to God in thanksgiving & prayer.**

A large area of dotted lines for writing notes.

# Psalm 7

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



## Look at what the text says.

*(who, what, when, where, why, & how)*

1. What was David's feeling in this psalm? Why? (refer to the superscript and vv.1-2)
2. How did David describe himself? (vv.3-5)
3. How did David describe who God is? (vv.6-11, note vv.8, 10, & 11)
4. How will the LORD deal with those who are unrepentant? (vv.12-16)

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# Psalm 8

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



## Look at what the text says.

*(who, what, when, where, why, & how)*

1. What were David's reasons for praising God? (vv.1-2)
2. How did David compare man's significance with God's other creations? (vv.3-8)
3. David concluded this psalm where he began. What makes David's concluding praise more meaningful? (v. 9)

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# Psalm 9

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



## Look at what the text says.

*(who, what, when, where, why, & how)*

1. Why did David praise the LORD? (vv.1-18) How did David describe God's rule? (vv.7-8)
2. How does the LORD meet the needs of people who are oppressed? (vv.9-10)
3. What will happen to the wicked under God's just rule? (vv.15-18)

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# Psalm 10

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



Look at what the text says.

*(who, what, when, where, why, & how)*

1. How did the psalm writer feel about his circumstance in v.1?
2. What action did the psalm writer want the Lord to take on his behalf? (vv.12-15)
3. Where did the psalm writer place his confidence and why? (vv. 16-18)

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# Psalm 11

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



## Look at what the text says.

*(who, what, when, where, why, & how)*

1. What is the psalmist going through? (v.1-3)
2. What actions does the LORD take on behalf of His people? (v.4-6)
3. What encouraged David to seek the Lord? (v.7)

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:



# Psalm 12

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



Look at what the text says.

*(who, what, when, where, why, & how)*

1. How did David describe the problem that concerned him? (vv.1-2)
2. How did God reassure David? (vv.5-6)
3. How did David demonstrate his trust in the Lord? (v.7)

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# This Past Week at a Glance

# Sunday Message Notes

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Title:

Scripture:

I am happy and thankful  
to God about...



I am sad about...



I am fearful or worried  
about...



I am angry or bothered  
about...



What is one key thing that God is telling me through His Word in light of the things that have happened this week?

What is one thing I need to do in light of what God is saying?

Commit all these matters to God in thanksgiving & prayer.

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# Psalm 13

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



Look at what the text says.

*(who, what, when, where, why, & how)*

1. What questions went through David's mind as he waited for the Lord's answer to his prayer? (vv.1-2)
2. What did David ask God to do? (v.3)
3. How did David express His confidence? (vv.5-6)

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# Psalm 14

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



## Look at what the text says.

*(who, what, when, where, why, & how)*

1. What does this Psalm say about the wicked? (vv. 1-6)
2. What kind of man does God look for? (v. 2)
3. What should people do when the Lord restores His people? (v. 7)

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# Psalm 15

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



Look at what the text says.

*(who, what, when, where, why, & how)*

1. What did the Psalmist ask God? (v.1)
2. What gives a person access to God and what can prevent a person from dwelling in God's presence? (vv.2-5)
3. What promise is given to the person who fits the qualifications above? (v.5)

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# Psalm 16

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



Look at what the text says.

*(who, what, when, where, why, & how)*

1. What request did David ask from God? (v.1)
2. From where did David gain his sense of security? (vv.5-8)
3. What reasons did David give to explain his sense of security? (vv.9-11)

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# Psalm 17

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



## Look at what the text says.

*(who, what, when, where, why, & how)*

1. This prayer of David connects to 1 Samuel 23 when he was fleeing from Saul. How did David present his innocence and integrity? (vv.1-5)
2. How did David express his certainty in God as his refuge against his enemies? (vv.6-12)
3. How did David pray for judgment upon his enemies taking into consideration his confident hope? (vv.13-14, 15)

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# Psalm 18

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



## Look at what the text says.

*(who, what, when, where, why, & how)*

1. What does David praise the Lord for? (vv.1-3)
2. Jot down the reasons why David praises God. (vv. 4-45)
3. How does David praise God? How can use these verses as our own declaration of God's goodness? (vv.46-50)

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:



# This Past Week at a Glance

# Sunday Message Notes

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What is one thing I need to do in light of what God is saying?

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# Psalm 19

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



## Look at what the text says.

*(who, what, when, where, why, & how)*

1. God revealed Himself through His world (nature).  
How did God's creation proclaim His glory? (vv.1-6)
2. God revealed Himself through His Word (the Bible).  
How does David describe God's Word? (vv.7-11)
3. How can reading, studying, and meditating on the Word of God help believers with regards to sin? (vv.12-14)

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# Psalm 20

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



## Look at what the text says.

*(who, what, when, where, why, & how)*

1. What does the psalmist pray for the king as the latter goes to battle? (vv.1-5)
2. How does the psalmist trust in God's faithful deliverance based from past experiences? (vv.6-9)
3. How can we use this prayer in today's context – praying for our government, people in position/authority, or when facing one's own spiritual battles?

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# Psalm 21

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



## Look at what the text says.

*(who, what, when, where, why, & how)*

1. How does the king give thanks for the victory that God has granted him? (vv.1-7)
2. According to the psalmist, how will the Lord fight for those who rely on Him? (vv.8-12)
3. How does praising God help in facing difficulties yet to come?

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# Psalm 22

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



## Look at what the text says.

*(who, what, when, where, why, & how)*

1. How does the psalmist cry out to God in His seeming absence? (vv.1-21)
2. There is a sudden shift in mood between vv.21&22. How does the psalmist respond through thanksgiving and praise? (vv.22-31)
3. How might praying in this manner (alternating complaint, affirmation, and praise) help in any difficult situation that we might face today?

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# Psalm 23

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



## Look at what the text says.

*(who, what, when, where, why, & how)*

1. How does the psalmist describe his relationship to the Lord as a sheep to his Shepherd? (vv.1-4)
2. Read John 10:1-30. How can followers of Christ regard Him as Shepherd, just as how the psalmist regards the Lord as his Shepherd? (vv.1-4)
3. How does the psalmist describe the Lord as his gracious host? (vv.5-6)

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# Psalm 24

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



## Look at what the text says.

*(who, what, when, where, why, & how)*

1. How did the psalmist recognize God as the powerful Creator of the world? (vv.1-2)
2. What kind of worshipers may enter into the holy presence of the Lord? (vv.3-6)
3. How did David instruct the worshipers to prepare for the Lord's glorious entrance? (vv.7-10)
4. What steps do I take to prepare myself before entering the holy presence of God?

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# This Past Week at a Glance

# Sunday Message Notes

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What is one thing I need to do in light of what God is saying?

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# Psalm 25

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



Look at what the text says.

*(who, what, when, where, why, & how)*

1. What prompted David to write this psalm? (vv.2-3, 16-22)
2. What are the two main things David prayed for? (first prayer: vv.1-3; 16-22; second prayer: vv.4-15)
3. According to the psalmist, what will happen to the man who fears God? (vv.12-15)

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# Psalm 26

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



## Look at what the text says.

*(who, what, when, where, why, & how)*

1. What are the three things David prayed for? (first prayer: v.1; second prayer: v.2; third prayer: vv.9-11)
2. How did David describe his enemies/accusers? (vv.4-5, 9-10)
3. In contrast to his enemies, how did David lead a blameless life? (vv.1-5)
4. What is the contrast found in verses 5-8,12? (Hint: hate/love contrast)

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# Psalm 27

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



## Look at what the text says.

*(who, what, when, where, why, & how)*

1. In what ways did David express his confidence in God? (vv.1-3)
2. What is the “one thing” that David wants to ask of the LORD even in the midst of his troubles? (vv.4, 8)
3. What did David remind himself when God’s delayed deliverance gave the appearance that He has somehow forsaken him? (vv. 7-14; take special note of vv.10,13 and 14)

## Notes



By God’s grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# Psalm 28

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



## Look at what the text says.

*(who, what, when, where, why, & how)*

1. What was David's prayer for himself (v.3)? for his enemies (v.4)?
2. What was David's ultimate concern? (v.5)
3. What is the contrast between vv.1-2 and vv.6-9?
4. What caused the shift in David's mood even though his circumstances have not yet changed? (vv.6-9)

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# Psalm 29

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



## Look at what the text says.

*(who, what, when, where, why, & how)*

1. How is God's sovereignty over heaven shown? (vv.1-2)
2. How is God's sovereignty over earth shown? (vv.3-10)
3. Based on verses 10 and 11, in what ways is this sovereign God transcendent (far above and independent of His creation)? In what ways is God immanent (very near to and involved in His creation)?
4. As God's people, what should be our response to our sovereign God? (Note: similar to vv.1-2)

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# Psalm 30

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



## Look at what the text says.

*(who, what, when, where, why, & how)*

1. What kind of situation did the psalmist experience? (vv.1-3,7)
2. What sin brought about God's discipline upon the psalmist? (vv. 5a,6)
3. What did the psalmist do in the midst of his discipline? (vv.8-10)
4. Why did the psalmist write this psalm? (vv.1-5, 11-12)

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# This Past Week at a Glance

# Sunday Message Notes

---

I am happy and thankful  
to God about...



I am sad about...



I am fearful or worried  
about...



I am angry or bothered  
about...



What is one key thing that God is telling me through His Word in light of the things that have happened this week?

What is one thing I need to do in light of what God is saying?

**Commit all these matters to God in thanksgiving & prayer.**

Title:  
Scripture:

A large area of dotted lines for writing notes.

# Psalm 31

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



## Look at what the text says.

*(who, what, when, where, why, & how)*

1. What was David's plea to God? (vv. 1-5)
2. How did David describe his pain? (vv. 9-13)
3. What are the things David prayed for? (vv.14-18)
4. How did David express his confidence in God? (vv.6-8, 19-24)
5. Which son of David also experienced a similar situation? (cf. Luke 23:46)

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:



# Psalm 32

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



## Look at what the text says.

*(who, what, when, where, why, & how)*

1. What did David realize about forgiveness? (vv.1-2)
2. What happened when David tried to hide his sin from God? (vv.3-4)
3. What happened when David confessed his sin to God? (v.5)
4. What is David's advice regarding sin? (vv.6-11)

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# Psalm 33

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



## Look at what the text says.

*(who, what, when, where, why, & how)*

1. What is the invitation of the psalmist? (vv.1-3)
2. What are the reasons why the psalmist praises God? (vv.4-19)
3. What happens for the psalmist as he praises God? (vv.20-22)

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# Psalm 34

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



## Look at what the text says.

*(who, what, when, where, why, & how)*

1. The title connects the psalm to 1 Samuel 21:10-15. How does David see what happened to him? (vv.1-7)
2. What is the wisdom being offered by David because of his experience? (vv.8-14)
3. What distinguishes the righteous man from the wicked? (vv.15-22)

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# Psalm 35

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



## Look at what the text says.

*(who, what, when, where, why, & how)*

1. What is the psalmist going through? (vv.1-3, 17-18)
2. What kind of people were against the psalmist? (vv.11-16, 19-21)
3. What was the psalmist praying for? (vv.4-10, 22-28)
4. How does Jesus pray when He was attacked by the same kind of enemies of the psalmist? (cf. Luke 23:34)

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# Psalm 36

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



## Look at what the text says.

*(who, what, when, where, why, & how)*

1. What are the reflections of the psalmist about the wicked? (vv.1-4)
2. In contrast, what are the reflections of the psalmist about God? (vv.5-9)
3. What is the response of the psalmist to those reflections? (vv.10-12)

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# This Past Week at a Glance

# Sunday Message Notes

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Title:  
Scripture:

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to God about...



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# Psalm 37

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



Look at what the text says.

*(who, what, when, where, why, & how)*

1. Why does the psalmist say in v.1 to not be envious of the wicked? (v.2)
2. How are the wicked and the righteous compared here? (vv.9-40)
3. How does the Lord treat the wicked and the righteous? (vv.12-20, 32-40)

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# Psalm 38

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



Look at what the text says.

*(who, what, when, where, why, & how)*

1. What does the psalmist say is the reason for his anguish? (vv.1-8)
2. What do the people around him do? (vv.9-14)
3. What and how then does the psalmist pray to God? (vv.15-22)

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:



# Psalm 39

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



## Look at what the text says.

*(who, what, when, where, why, & how)*

1. What was the reflection of the psalmist after ending his silence? (vv.1-6)
2. What is the request of the psalmist in light of his reflection? (vv.7-13)
3. What are the emotions of the psalmist as he prays?

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# Psalm 40

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



## Look at what the text says.

*(who, what, when, where, why, & how)*

1. How did the psalmist respond to the mercies he received from the Lord in the past? (vv.1-10)
2. What does the psalmist pray for now? (vv.11-17)
3. What can be the effect of a person's experience of God's mercy? How does it happen? (vv.3, 9-10, 16)

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# Psalm 41

Go through the elements of P.R.A.I.S.E. for your personal worship. The questions below can help you reflect on the text for today.



## Look at what the text says.

*(who, what, when, where, why, & how)*

1. Why is the one who remembers the weak considered blessed? (vv.1-3)
2. How then does the psalmist pray to God in his sickness and anguish? (vv.4-10)
3. What is the ending note of his prayer? (vv.11-13)

## Notes



By God's grace, I want to respond in faith by:

Tip: What can you P.R.A.C.T.I.C.E.?



Pray & surrender your response to God.



Prayers for today:

# This Past Week at a Glance

# Sunday Message Notes

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