

book 11

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 2

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: Bookmark this page! You can go back to it anytime you feel stuck and need a jumpstart for your reflections.

This personal worship approach is adapted from Perimeter Church's P.R.A.I.S.E. devotional guide.

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 TWO OF THE PSALMS

Chapters 42-72

This collection of psalms, mainly written by David and the sons of Korah, is similar to the book of Exodus. Just as Exodus describes the nation of Israel, many of these psalms describe the nation as ruined and then recovered. As God rescued the nation of Israel, He also rescues us. We do not have to work out solutions first, but we can go to God with our problems and ask Him for help.

Psal	m
42	2



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

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



Look at what the text says.

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

- 1. What was the trouble that the Psalmist faced? Why was he in despair? (vv.1-4)
- 2. How did he encourage himself? Find two to three things that he did. (vv.5-8)
- 3. What questions did he ask God? (vv.9-10) Is it okay to ask and pray to God like this? Why or why not?
- 4. How did the Psalmist end his prayer? (v.11)

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Pray & surrender your response to God.





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

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



Look at what the text says.

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

- 1. What was the prayer of the Psalmist about? What prompted him to pray this prayer? (vv.1-2)
- 2. What was his specific request? What does he desire to happen? (vv.3-4)
- 3. How did the Psalmist end his prayer? (v.5)
- 4. How is Psalm 42 similar to Psalm 43?

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Pray & surrender your response to God.



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

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



Look at what the text says.

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

- 1. What did the Psalmist remember about the past? (vv.1-8)
- 2. What present situation was the Psalmist and the nation of Israel facing? (vv.9-16)
- 3. How did the Psalmist describe the nation's faith in God? (vv.17-18, 20)
- 4. How did the Psalmist describe God's response to their faith? (vv.19, 21-26)

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Pray & surrender your response to God.



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.

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

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

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Notes

Look at what the text says. (who, what, when, where, why, & how)

- 1. What is the Psalmist celebrating here? (refer to the superscript and v.1)
- 2. How did the Psalmist emphasize the King-Groom's royal majesty? (vv.2-9)
- 3. How did he exhort the Princess-Bride? (vv.9b-15)
- 4. What is the final blessing and conclusion of the Psalmist? $(\vee \vee .16-17)$

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

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

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Notes

Look at what the text says.

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

- 1. What did the Psalmist confidently declare? (v.1)
- 2. Describe the Psalmist's conviction and how is it connected to the previous verse? (vv.2-3)
- 3. How did the Psalmist describe God? List down at least three descriptions. (vv.4-7, 8b-9)
- 4. What did the Psalmist invite and command the people to do? (vv.8a, 10-11)

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Pray & surrender your response to God.



This Past Week at a Glance

Commit all these matters to God in thanksgiving & prayer.

Sunday Message Notes

Scripture: I am happy and thankful I am sad about... to God about... I am fearful or worried I am angry or bothered about... 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?

Title:





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

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



Look at what the text says.

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

- 1. What did the Psalmist command the people to do? (v.1)
- 2. What are the reasons for this command? (vv.2-5)
- 3. What else did the Psalmist exhorted the people to do? (vv.6-7)
- 4. How did the Psalmist further describe God? (vv.7-9)

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Pray & surrender your response to God.



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

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



Look at what the text says.

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

- 1. What words of praise did the Psalmist declare? (v.1)
- 2. What specific things about the city brought the people to praise God? (vv.2-13)
- 3. Why is it useless to attack the city of God? (vv.4-7)
- 4. Why can God's people be confident if they're with Him? (v.14)



Pray & surrender your response to God.



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

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



Look at what the text says.

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

- 1. Why shouldn't people put their trust in riches? (vv.5-12)
- 2. What is the one thing that wealth cannot buy? (vv.7-8)
- 3. What is the fate of people who rely on themselves/on their riches? (vv.16-20)



Pray & surrender your response to God.



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.

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

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

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Look at what the text says. (who, what, when, where, why, & how)

- 1. How did this passage describe God? (vv.1-6)
- 2. What sacrifice did the Lord desire from His people? (vv.14-15)
- 3. Who does the Lord rebuke and what are His accusations on them? (vv.16-23)

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Pray & surrender your response to God.



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

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



Look at what the text says.

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

- 1. What was David asking from God in this passage? (vv.1-2)
- 2. Why was he able to ask for forgiveness from God? (v.1)
- 3. What is his attitude towards his sin? (vv.3-5)
- 4. What does God desire from those who are repenting for their sin? (vv.16-17)

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Pray & surrender your response to God.



This Past Week at a Glance

Sunday Message Notes

Title: Scripture: I am happy and thankful I am sad about... to God about... I am fearful or worried I am angry or bothered about... 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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By God's grace, I want to respond in faith by:

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



Look at what the text says.

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

- 1. How have David's enemies become a disgrace in the eyes of God? (vv.1-4)
- 2. Where did David get his confidence or sense of security? (v.5)
- 3. Why did David compare himself to an olive tree? (vv.5,8)
- 4. How did David end this psalm? (v.9)

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Pray & surrender your response to God.





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

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



Look at what the text says.

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

- 1. What do foolish people say about God? (v.1)
- 2. Why does God look down from heaven? What will He find when He looks at mankind? (vv.2-3)
- 3. What will happen to those who do not believe in God and to the people of God? (vv.5-6)

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Pray & surrender your response to God.







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

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



Look at what the text says.

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

- 1. What is David praying for? (vv.1-3)
- 2. What does David say about the God whom he prays to? (vv.4-5)
- 3. What does David look forward to after God's deliverance? (vv.6-7)

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Pray & surrender your response to God.







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

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



Look at what the text says.

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

- 1. Who is the person doing evil against David? (vv.12-14, 20-21)
- 2. What are the emotions David expressed in prayer? (vv.4-8)
- 3. Why can David cast his burden on the Lord? (vv.22-23)

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Pray & surrender your response to God.



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.

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

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



Look at what the text says.

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

- 1. The title (or superscript) links this psalm to 1 Samuel 21:10-15. What was David feeling? (vv.1-2, 5-7)
- 2. What was David intentionally thinking in the height of his emotions? (vv.3-4, 8-13)
- 3. David writes almost the same thing in v.4 and vv.10-11. Why is this important?

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Pray & surrender your response to God.



This Past Week at a Glance

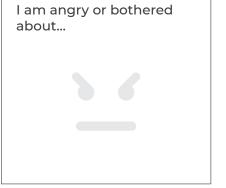
Sunday Message Notes

Title: Scripture:

I am happy and thankful to God 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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By God's grace, I want to respond in faith by:

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

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Look at what the text says. (who, what, when, where, why, & how)

- 1. What is David expecting in faith even through his troubles? $(\vee \vee .1-3, 6-7)$
- 2. What was David trying to do in vv.7-10?
- 3. Verse 5 is repeated in verse 11. What is its significance for David in his psalm?

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Pray & surrender your response to God.



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.



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

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



Look at what the text says.

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

- 1. What kind of rulers does the psalmist have in mind? (vv.1-5)
- 2. What does the psalmist pray for? (vv.6-9)
- 3. What is the hope of the righteous in the meantime? (vv.10-11)

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Pray & surrender your response to God.





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

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

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Look at what the text says.
(who, what, when, where, why, & how)

- 1. How does David picture his enemies? (vv.6-7, 14-15)
- 2. What are the metaphors David uses to describe God? (vv.9, 11, 16-17; e.g. "my fortress")
- 3. Verses 9 and 10 are essentially repeated in verse 17. What is its significance?

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Pray & surrender your response to God.



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

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



Look at what the text says.

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

- 1. How did the psalmist describe their defeated situation? (vv.1-3)
- 2. How did the psalmist recall God's faithfulness as he prayed for deliverance? (vv.4-5)
- 3. As the psalmist faces the hopeless disaster where human help seems worthless, how did he find hope in God? (vv.9-12)

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Pray & surrender your response to God.





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

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



Look at what the text says.

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

- 1. In a time of distress / isolation, what words did the psalmist use to describe God's presence and protective care? (vv.1-4)
- 2. How did the psalmist claim his confidence in God? (v.5)
- 3. What petitions did the psalmist lift up to God? (vv.6-7)

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Pray & surrender your response to God.



This Past Week at a Glance

Sunday Message Notes

I am happy and thankful to God about...

I am sad about...

Title: Scripture:

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

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



Look at what the text says.

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

- 1. How does the psalmist declare his personal trust in God? (vv.1-7)
- 2. Notice the repeated declaration regarding being still in God. (vv.1-2, 5-6) How does being still in God bring about peace that surpasses all understanding? (cf. Philippians 4:6-7)
- 3. What kinds of struggles and difficulties did the psalmist face? (vv.3-4)
- 4. How does the psalmist instruct the community to trust in God? (vv.8-12)

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Pray & surrender your response to God.



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

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



Notes

Look at what the text says.

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

- 1. How does David describe his yearning for God while in the parched desert and how has this led him to praise? (vv.1-4)
- 2. How do thoughts of God bring comfort and protection to the psalmist? (vv.5-8)
- 3. How did the psalmist declare his confidence of God's deliverance? (vv.9-11)

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Pray & surrender your response to God.



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

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

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Look at what the text says.

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

- 1. How does the psalmist plead for protection from those who malign him? (vv.1-2)
- 2. How does the psalmist describe his enemies? (vv.3-6)
- 3. How does David describe God's action plan against those who intend to hurt him? (vv.7-9)

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Pray & surrender your response to God.



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.

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

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



Look at what the text says.

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

- 1. How does David give thanks to God for His blessings and forgiveness of sins? (vv.1-4)
- 2. How does David praise God for His awesome deeds in the history of creation? (vv.5-8)
- 3. How does David praise God for abundant harvest? (vv.9-13)

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Pray & surrender your response to God.



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

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



Look at what the text says.

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

- 1. What verbs does the psalmist use to command readers in praising God for His awesome works? (vv.1-4)
- 2. What has God done that deserves praises? (vv.5-12)
- 3. As a response, what has the psalmist vowed to sacrifice? (vv.13-15)
- 4. How did a personal encounter with God affected the psalmist's relationship with Him? (vv.16-20)

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Pray & surrender your response to God.



This Past Week at a Glance

Sunday Message Notes

I am happy and thankful to God about...

I am sad about...

Title: Scripture:

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

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



Look at what the text says.

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

- 1. Why did the psalmist pray for God's blessing upon His people? (vv.1-2) [Compare this to Genesis 12:2-3.]
- 2. What did the psalmist greatly desire to see as a result of v.2? (vv.3-5)
- 3. What statement did the psalmist repeat? (vv.3-5) Why did he use repetition in these verses?
- 4. What two things does the psalmist anticipate God to do in response to his prayer? (vv.6-7)

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Pray & surrender your response to God.



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

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



Notes

Look at what the text says.

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

- 1. Read verses 1-4. What did David pray to God for? Contrast his prayers for the wicked and the righteous.
- 2. What can the righteous praise God for? (vv.5-6)
- 3. What past events in Israel's history did David recount? (first event: vv.7-10; second: vv.11-14; third: vv.15-18) What is the value of remembering God's past faithfulness?
- 4. How did David praise God for His present faithfulness? (vv.19-27)
- 5. What were David's concluding prayers (vv.28-31) and praise? (vv.32-35)

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Pray & surrender your response to God.



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.

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

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



Notes

Look at what the text says.

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

- 1. Why did David ask God to save him? (vv.1-3)
- 2. What are the things that troubled David...
 - in relation to his enemies? (vv.4,8)
 - in relation to God and His people? (vv.5-7)
- 3. Why was David suffering? (vv.9-12)
- 4. What was David's prayer for himself (vv.13-18, 29)? for his enemies? (vv.19-28) What was David's praise to God? (vv.30-36)
- 5. What did David's unjust suffering foreshadow? (cf. John 15:25; John 2:17; Matthew 27:48)

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Pray & surrender your response to God.



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.

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

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



Look at what the text says.

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

- 1. What can be sensed from David's prayer in verse 1?
- 2. How did David describe and pray for his enemies? (vv.2-3)
- 3. How did he pray for those who love God? (v.4)
- 4. What does David's concluding prayer in verse 5 say about his hope for deliverance?

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Pray & surrender your response to God.





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

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



Look at what the text says.

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

- 1. What can we learn about the psalmist? (vv.5,9, 17-18)
- 2. How did the psalmist describe who God is to him? (vv.3c, 5-8, 19)
- 3. Who were causing trouble to the psalmist? (vv.4, 10-11)
- 4. What was the prayer of the psalmist for himself? (vv.1-4; 9, 18-21) for his enemies? (vv.12-13)
- 5. What were the commitments made by the psalmist to God? (vv.14-18, 22-24)

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Pray & surrender your response to God.



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.



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

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



Look at what the text says.

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

- 1. Who wrote this psalm? (Tip: refer to the superscript)
- 2. This psalm was used as a coronation prayer to bless the newly installed Davidic king. What prayers were given for the king? (first prayer: vv.1-4; second prayer: vv.5-11; third prayer: vv.12-14; fourth prayer: vv.15-17)
- 3. Why did Solomon end by saying a blessing to God? (vv.18-20)

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Pray & surrender your response to God.

