

PSALMS

# PSALMS



Christian Bible Church  
of the Philippines

book v

## 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 5

# 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.

## 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 FIVE

Chapters 107 - 150

The fifth and final collection of psalm is mainly written by David and has a lot of similarities to the book of Deuteronomy. Just as Deuteronomy was concerned with God and His Word, these psalms are anthems of praise and thanksgiving for God and His Word. Most of the psalms were originally set to music and used in worship. We can use these psalms today as they were used in the past, as a hymnbook of praise and worship. This is a book that ought to make our hearts sing.

# Psalm 107

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 command of the psalmist? Who was he addressing? (vv.1-3)
2. Describe the four pictures that illustrate the disasters that sin and disobedience bring about. (vv.4-9, 10-16, 17-22, 23-32)
3. How did God respond to those who cried out to Him? (vv.6-7, 13-14, 19-20, 28-30) For those whom God rescued, how are they to respond to Him? (vv.8-9, 15-16, 21-22, 31-32)
4. Describe the other works of God. (vv.33-43)

## 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 108

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 psalm is written by David. What was David's commitment? (vv.1-6)
2. What is the reason for David's commitment? (v.4)
3. David's commitment to God was based on his confidence in Him. Describe how David viewed God and what He is able to do. (vv.7-13)
4. What contrast did David make between God's help and man's help? (vv.12-13)

## 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:**

# Psalm 109

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 ask God not to be silent? (vv.1-5)
2. What punishments are David desiring for his enemies? (vv.6-20)
3. How did David describe himself? (vv.21-25) What was David's prayer for his adversaries? (vv.26-29)
4. What was David's commitment and what was his reason for making such a commitment? (vv.30-31)

## 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 110

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. Describe what will God (the LORD) do for David's future Son (Lord). (vv.1-3)
2. How else was David's Son appointed by God (the LORD)? (v.4)
3. What will David's future Son do and what else will He accomplish? (vv.5-7)
4. Compare this psalm to other New Testament passages. (Matt. 1:1, 22:41-46; Acts 2:32-36; Heb. 1:1-2, 13; 5:5-6; 10:11-14)

## 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 111

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 declare in the opening of this psalm? (v.1)
2. What is the reason of the psalmist for praising God? (v.2)  
Describe and list down God's works as described by the psalmist. (vv.2-9)
3. What should one do in order to begin having wisdom and understanding? How is this connected to God's works? (v.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.?



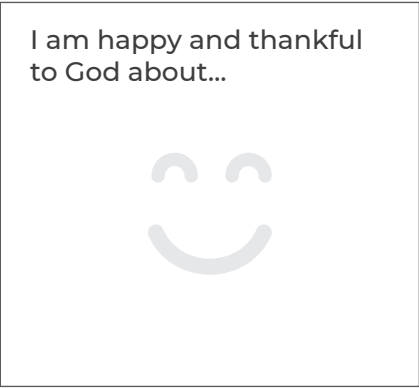

**Pray & surrender your response to God.**




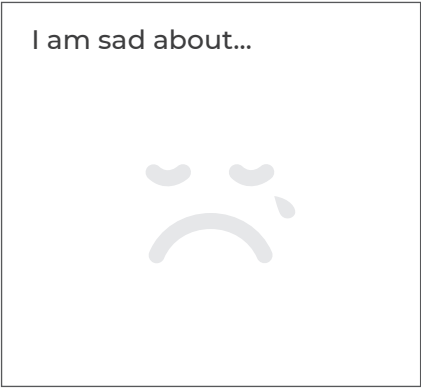
**Prayers for today:**

## This Past Week at a Glance

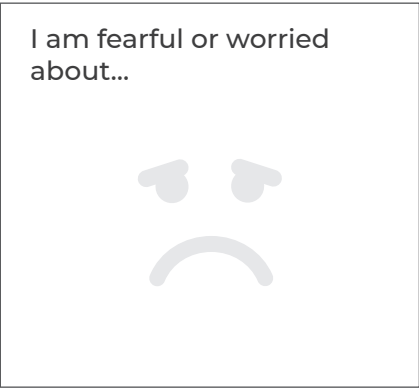

I am happy and thankful  
to God about...



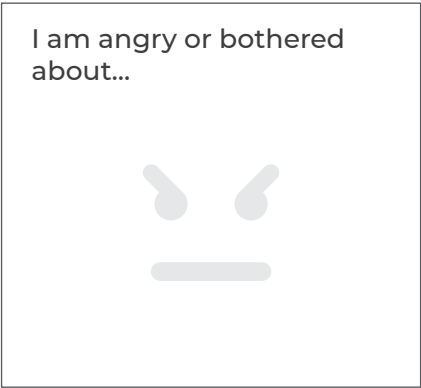

I am sad about...

A simple, stylized drawing of a sad face. It features two small, curved lines for eyes, a large, downward-curving arc for a mouth, and a single teardrop falling from the right eye. The drawing is light gray and centered on a white background.

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.

## Sunday Message Notes

Title:

Scripture:

# Psalm 112

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 declare and claim in the opening lines of this psalm? How is one blessed by God? (v.1)
2. What blessings will God give to the person described by the psalmist? (vv.2-9)
3. In contrast, what will happen to the wicked? What will he receive instead? (v.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:**

# Psalm 113

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. Who is the psalmist calling to praise the LORD? (v.1)
2. How should the people praise God? (vv.2-3)
3. What was the first reason to praise God given by the psalmist? (v.4)
4. List down the other reasons why God is to be praised. Note how the psalmist described God's nearness to His people. What did God do? (vv.5-9)

## 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 114

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 event in Israel's history does this psalm recount? (vv.1-2)  
See related passage in Exodus 12 to 14.
2. What two miracles performed by God did the psalmist specifically remember? (v.3) Read Exodus 14:15-31 and Joshua 3:1-17.
3. Describe how nature responded to God's power as pictured by the Psalmist. (vv.4-6)
4. How should the whole earth act before God? (v.7) What is the reason for this kind of response? (v.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 115

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 about those who worship idols? (vv.1-8)
2. In response to the warning of v.8, why then should people give God the glory and trust Him? (vv.9-15)
3. What is the resolution of the psalmist? (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 116

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 love the Lord? (vv.1-7)
2. What would the situation be without the Lord? (vv.8-11)
3. How will the psalmist express his love and thanksgiving to the Lord? (vv.12-19)

## Notes



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

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



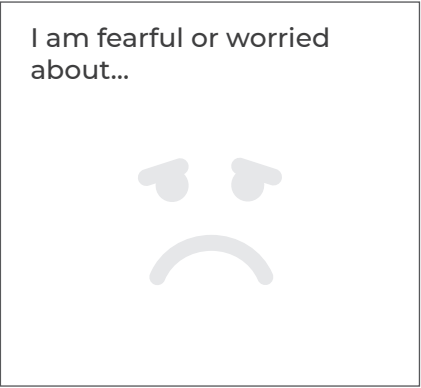

Pray & surrender your response to God.




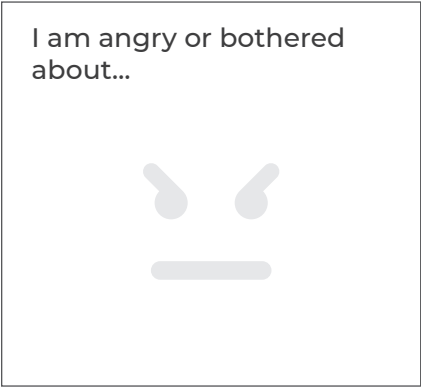
Prayers for today:

## This Past Week at a Glance

I am happy and thankful  
to God about...



I am sad about...

A simple, stylized drawing of a sad face. It features two small, curved lines for eyes, a large, downward-curving arc for a mouth, and a single teardrop falling from the right eye. The drawing is light gray and centered on a white background.

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

Commit all these matters to God in thanksgiving & prayer.

## Sunday Message Notes

Scripture:



# Psalm 117

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. Who are included in the call to praise the Lord? (v.1)
2. Why should they praise the Lord? (v.2)
3. Paul quotes Psalm 117:1 in Romans 15:11. For Paul, what are the implications of Psalm 117:1 for all people from all nations in Christ? (cf. Romans 15:5-11)

## 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 118

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 call of the psalm for all God's people? (vv.1-4, 28-29)
2. How does the personal testimony encourage them to respond? (vv.5-18)
3. With what attitude should the people approach the temple courts to worship? (vv.19-27)

## 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 119 1-40

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)

*As you go through this Psalm 119 in the next four days, list down and compile your observations to the four questions:*

1. What are the terms used for God's Word?
2. What does the psalmist say about God's Word?
3. What is the psalmist's attitude towards God's Word?
4. What does the psalmist do with God's Word?

## 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 119 41-88

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 terms used for God's Word?
2. What does the psalmist say about God's Word?
3. What is the psalmist's attitude towards God's Word?
4. What does the psalmist do with God's Word?

## 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 119 89-128

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 terms used for God's Word?
2. What does the psalmist say about God's Word?
3. What is the psalmist's attitude towards God's Word?
4. What does the psalmist do with God's Word?

## 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

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.

## Sunday Message Notes

Title:

Scripture:

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# Psalm 119 129-176

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 terms used for God's Word?
2. What does the psalmist say about God's Word?
3. What is the psalmist's attitude towards God's Word?
4. What does the psalmist do with God's Word?

## 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 120

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 do when in distress? (vv.1-2)
2. What brings distress to the speaker? (vv.2, 5-7)
3. According to the psalmist, how will God act towards the slanderer? (vv.3-4)

## 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 121

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. According to the psalmist, from where does his help come from? (vv.1-2)
2. Why did the psalmist put emphasis on God as the Maker of heaven and earth? (v.2)
3. What gives the psalmist reason to depend on the Lord for help? (vv.3-8)

## 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 122

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 David's initial response to an invitation to go to the house of the Lord? (v.1)
2. How significant is Jerusalem? (vv.1-5)
3. How does the psalmist pray for the peace of Jerusalem? Where does peace come from? (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 123

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. To whom does the psalmist's eyes look to when he is in trouble? (vv.1-2)
2. What does he mean by "look to the hand"? (v.2)
3. What does the psalmist do when he is in trouble? (vv.3-4)

## Notes



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

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



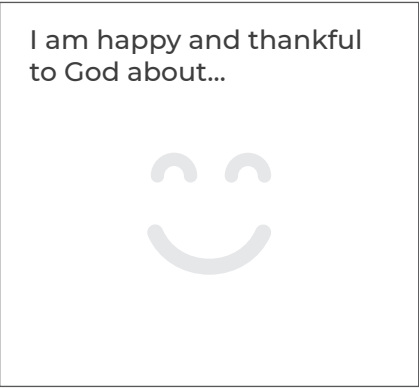

**Pray & surrender your response to God.**




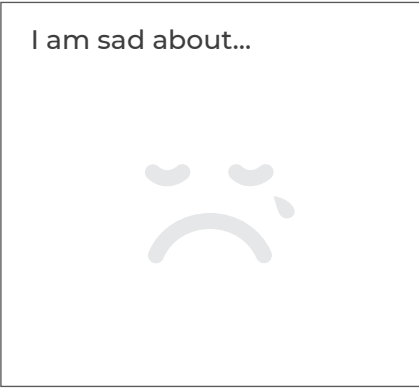
**Prayers for today:**

## This Past Week at a Glance

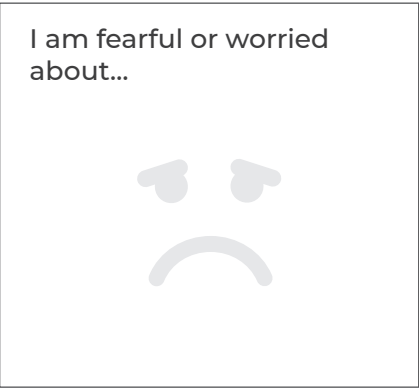

I am happy and thankful  
to God about...



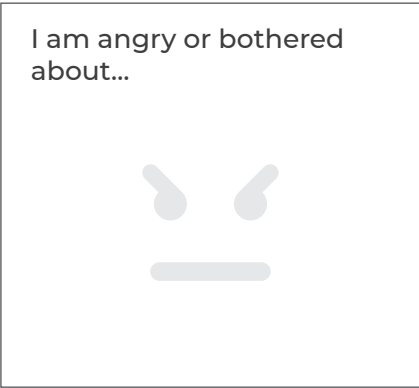

I am sad about...

A simple, stylized drawing of a sad face. It features two small, curved lines for eyes, a large, downward-curving arc for a mouth, and a single teardrop falling from the right eye. The drawing is light gray and centered on the page.

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.

## Sunday Message Notes

Title: \_\_\_\_\_  
Scripture: \_\_\_\_\_

Scripture:

# Psalm 124

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. According to David's realizations, how would have things turned out if God was not on their side? (vv.1-5)
2. How did David escape danger? Who was on his side? (vv.6-8)
3. Why did David emphasize God as the Maker of heaven and earth? Why is it important? (v.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 125

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 those who trust in the Lord? (vv.1-2)
2. What was meant by “the scepter of the wicked will not remain”? (v.3)
3. How does the psalmist expect God to repay those who do good? What about those who turn to crooked ways? (vv.4-5)

## 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 126

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 song celebrate? What did the Lord do for the nation of Israel? (v.1)
2. How did the psalmist describe the emotions of the returning captives? (vv.1-3)
3. Why did the psalmist pray for restoration? (vv.4-6)

## 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 127

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 author mean by “unless the Lord” in vv.1-2?
2. What is the difference between depending and not depending on God? (v.2)
3. How does the psalmist describe children? How do we treat our children? How are children blessings to their parents? (vv.3-5)

## 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 128

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. According to this psalm, what is the requirement to experience divine blessing? (v.1)
2. In what areas will the blessed man experience God's favor? (vv.2-4)
3. What blessings did the psalmist ask God for His people? (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.?



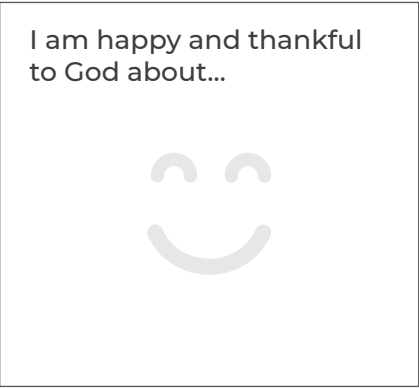

**Pray & surrender your response to God.**




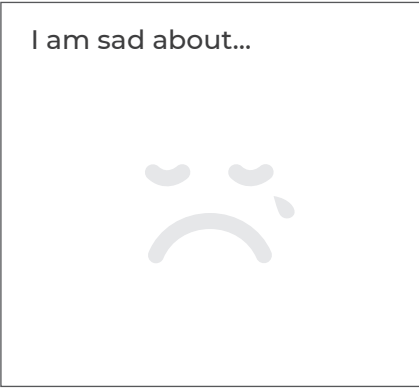
**Prayers for today:**

## This Past Week at a Glance

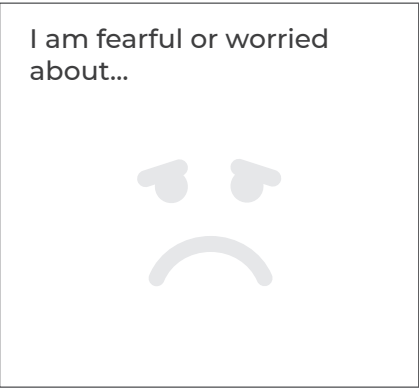

I am happy and thankful  
to God about...



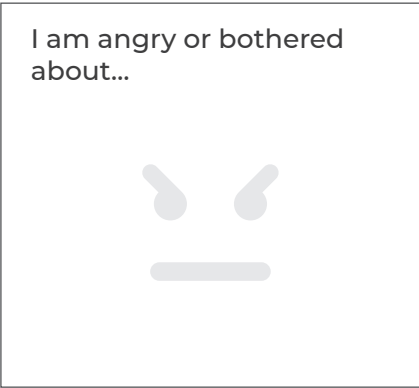

I am sad about...

A simple, stylized drawing of a sad face. It features two small, curved lines for eyes, a large, downward-curving arc for a mouth, and a single teardrop falling from the right eye. The drawing is light gray and centered on the page.

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.

## Sunday Message Notes

Title:

Scripture:

# Psalm 129

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 psalmist inviting Israel to remember about their past? (vv.1-3)
2. What was the psalmist inviting Israel to realize in their present? (vv.2b, 4)
3. What did the psalmist pray for the enemies of God's people? (vv.5-8)

## 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 130

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 psalmist's cry and plea? (vv.1-2)
2. What was the psalmist asking and waiting on God for? (vv.3-6)
3. Why was the psalmist encouraging others to do the same? (vv.7-8)

## 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 131

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 negatives that David mentioned to express his childlike humility before God? (v.1)
2. What did David learn to do like a child who is old enough to be weaned but who still needs to trust his mother for everything? (v.2)
3. What is a component of childlike trust that the psalmist encourages others to have with regards to the future? (v.3)

## 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 132

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. Royal psalms, like Psalm 132, are prayers offered to God on behalf of the Davidic king. What was Israel's first prayer to God on behalf of their king? (vv.1-2)
2. What was David's vow to God? What happened to his vow? (vv.2-9)
3. What was Israel's second prayer to God on behalf of their king? (vv.10-11)
4. What was God's vow to David? (vv.11-18)

## 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 133

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 say about unity among brothers? (v.1)
2. What pictures did the psalmist use to show the spiritual blessing that spreads to God's people when they are united? (vv.2-3a)
3. What happens when there is unity among God's people? (v.3b)

## 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

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.

## Sunday Message Notes

Title:

Scripture:

A large area of dotted lines for writing notes.



# Psalm 134

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 command given by the psalmist? (vv.1-2)
2. To whom was the command given? (v.1)
3. What was the benediction given by the psalmist to those who will follow the command? (v.3)

## 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 135

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 invite God's people to do? (vv.1-2, 19-21)
2. What are they to praise God for? (vv.3a, 5a)
3. How have they experienced God's goodness? (v.4)
4. In what ways have God shown His greatness? (vv.6-14)
5. What makes God praiseworthy compared to idols? (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 136

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 our God?
2. What are some of God's great works that the psalmist listed? (vv. 1-25)
3. How does the psalmist describe God's love?

## 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 137

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 was the psalmist filled with sadness? (vv. 1 & 4)
2. Why was the psalmist filled with anger? (vv.7-9)
3. What hinders the psalmist from singing songs to the Lord? (v.4)
4. What did the psalmist promise not to forget? (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 138

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 some of the reasons we should praise God? (vv.1-3)
2. What does the psalmist want other people to do? (vv.4-5) Why does he want this to happen?
3. What character traits of God are being described by the psalmist? (vv. 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:**

## This Past Week at a Glance

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.

## Sunday Message Notes

Title:

Scripture:

A large area of dotted lines for writing notes.

# Psalm 139

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 psalmist declares God's omniscience (vv.1-6). Which words or phrases indicate that God knows every detail of our lives?
2. The psalmist describes God's omnipresence (vv.7-12). Which words or phrases indicate that God is present wherever we go?
3. The psalmist displays God's omnipotence (vv.13-18). Which words or phrases indicate that God is powerful in our lives? (vv.13-14, 16-18)
4. How did the psalmist describe God's love and care for us? (vv.13-16)

## 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 140

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 psalmist has enemies that were evil, violent men who were stirring up trouble for him. How did he plea to God for help? (vv.1-2, 4, 7-8)
2. What are some things the psalmist desire to happen to wicked people? (vv. 9-11)
3. What is the result if one chooses to be righteous and trust God for his needs? (vv. 12-13)

## 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:**



# Psalm 141

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 ask God to build his character? (vv. 3-4)
2. What did the psalmist desire for righteous people to do to him? (v.5)
3. How should we pray when evil people oppose us or attempt to hurt us? (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:**

# Psalm 142

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 trouble is the psalmist going through? (vv. 3-4, 6-7)
2. What does this psalm tell us about who God is? (vv. 1,3,5,7)
3. Why do you think it is important to let God know our complaints? (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 143

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 kinds of emotions are the psalmist feeling? (vv. 1, 3, 4, 6-7)
2. How did the psalmist cope with his difficulties? (vv.5-6)
3. The psalmist requested several things from God to help him survive his turmoil. List some of these. (vv. 7-12)

## 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

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.

## Sunday Message Notes

Title:

Scripture:

A large area of dotted lines for writing notes.

# Psalm 144

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. Who is God to David? Note down the terms he used to describe who God is to him. (vv.1-2)
2. How does David plead for God's deliverance from the enemy? (vv.5-8, 11)
3. How did David express gratitude to God for His deliverance? (vv.9-10)
4. How does the psalmist pray/petition for the whole kingdom? (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 145

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 often does the psalmist extol God in his life? (vv.1-2, 21)
2. What reasons did the psalmist enumerate as to why he extols God? (vv.4-9)
3. How did the psalmist describe the Lord as King, Provider, and Savior? (vv.10-20)

## 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 146

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 manner does the psalmist praise the Lord? (vv.1-2, 10)
2. According to the psalmist, why should we not trust humans? (vv.3-4)
3. In contrast, why is the Lord our God worthy of our trust? (vv.5-9)

## 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 147

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 supporting reasons does the psalmist give to invite listeners to praise God? (vv.1-6)
2. Why does the psalmist give thanks to God for His sustenance for the world? What mighty works has God done? (vv.7-11)
3. According to the psalmist, what kind of protection does God provide? (vv.13-14)
4. How does God's Word affect the seasons that the psalmist experiences? (vv.15-20)

## 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 148

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 creations found in the heavenly realms that the psalmist summons to give praise to God? (vv.1-6)
2. What are the creations / creatures found in earth that the psalmist summons to give praise to God? (vv.7-12)
3. Why should all these creations / creatures give praise to God? (vv.13-14)

## 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:**

## This Past Week at a Glance

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.

## Sunday Message Notes

Title:

Scripture:

A large area of dotted lines for taking notes.

# Psalm 149

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 do God's people give praise to Him? (vv.1-3)
2. How will God regard those who are humble? (v.4)
3. How will God justify the faithful people with regards to their enemies? (vv.5-9)

## 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 150

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. Where is God to be praised? (v.1)
2. Why should God be praised? (v.2)
3. How should God be praised? (vv.3-5)
4. Who should give praise to God? (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:**