



As a church we are going through **50 Days of the Psalms** by reading one a day according to a plan that lines up with this preaching theme. This study guide focuses on the sermons and the themes addressed in them, and the Psalms that follow in that week focus on a similar theme. So you can choose to use the guide and focus your discussion on the sermon from the previous Sunday.

Alternatively, we encourage you to be creative! Maybe you can read the 'Psalm of the Day' together and simply discuss it. Maybe you can spend 10 minutes meditating on that Psalm, reading it over and over, replacing pronouns with your name, letting it sink in. Maybe you can use the daily resources we share on social media, whether it's a reflection or a song. No matter what, we would love for you all to dive into the Psalms and as a whole church may we draw closer to God Our Refuge.

Resources

- BibleProject: <https://bibleproject.com/explore/psalms/>
- Poetic Introduction to the Psalms and the life of David: <https://youtu.be/q4atrFvozKc>
- Gospel Coalition Bible Study Courses
 - Introduction to the Book: <https://www.thegospelcoalition.org/course/psalms/>
 - Knowing the Book: <https://www.thegospelcoalition.org/course/knowing-the-bible-psalms/>

1. Psalm 1 – Blessing in the Law – *Joel (August 9)*

Sermon

- **Key Idea:** “the way of the wicked will perish” but God provides us with His way, His law, which we are called to delight in and meditate upon. This way leads to true blessing and flourishing.

Discussion

- How did you respond to the warning, invitation, and promise in this Psalm?
- What can you do this week to grow in delight and meditating upon God's way and word?

2. Psalm 2 – Blessing in the King – *Andrew (August 16)*

Sermon

- **Key Idea:** if Psalm 1 is about God's 'rule', Psalm 2 is all about God's 'ruler', who won't be shaken, who stands through time, and we are called to take refuge in Him.
- See Acts 4:25-26; 13:33; Hebrews 1:5; 5:5; Revelation 2:26-27; 12:5; 19:15 for references and allusions to this Psalm, linking Jesus to the king.

Discussion

- What does it mean for us to take refuge in the King?
- How do we respond to the 'clash' between the powers that we see in this Psalm?

3. Psalm 3 – Our Cry, His Salvation – *Andrew (August 23)*

Sermon

- **Key Idea:** in the midst of abandonment, betrayal, and battle, David finds rest, security, and assurance in God, his shield, his glory, and the lifter of his head.
- See 2 Samuel 15-18 for context of this Psalm, which is David fleeing Absalom

Discussion

- What encourages you in this Psalm? How does this actually affect your life practically?
- What do we do with the difficult parts of this Psalm? i.e. the cry of David asking God to arise and strike down his enemies.

4. Psalm 4 – Trust in the Lord – *Glenn (September 6)*

Sermon

- **Key Idea:** a cry of David for God to hear him and be gracious, centred around this call to offer right sacrifices and trust in the Lord. This leads to life-changing joy and peace.

Discussion

- What does it mean for us to be angry, but do not sin? (Psalm 4:4; cf. Ephesians 4:26)
- How do we “offer right sacrifices and put our trust in the Lord”, especially in the midst of trouble?

5. Psalm 5 – The Righteous Way – *Joel (September 13)*

Sermon

- **Key Idea:** David is crying out to God, asking for direction and leading in righteousness, as he knows how God punishes the unrighteous and blesses the righteous.

Discussion

- Big focus on the righteous, the unrighteous, and asking God to lead us in righteousness. How do we understand this, especially in light of the New Testament? (see Romans 3, which quotes Psalm 5:9).
- Which ‘cries’ of this Psalm stand out to you and why?

6. Psalm 6 – How Long – *Andrew (September 20)*

Sermon

- **Key Idea:** a Psalm of repentance and lament, crying out to God, who hears and accepts David’s plea.

Discussion

- This Psalm explicitly addresses the weight of sin and the weight of pain. How do we properly acknowledge both in our world today, without just wallowing, without just complaining?
- What is troubling you? What is making you weary?

7. Psalm 7 – Repent & Rejoice – *Andrew (September 27)*

Sermon

- **Key Idea:** a focus on the Lord as Judge. Important to remember this – God is Judge, and we shouldn’t jump to quickly into that seat and instead focus on a life of humble repentance.
- See James 4:11-12; 1 Peter 2:23

Discussion

- How do we understand God as Judge? Why is it important for this to be a key part of our theology? What are the implications for us?
- This Psalm ends in praise and thanks – take time to do the same as a group!