



## LIFE GROUP NOTES

Summer Series 2024. July 21st—Aug 25th



### Reflections in the Psalms

#### Psalms 1-9

#### Warm Up

Each week at the start of your session write out a short prayer. Use the following topics to help: Thanksgiving for blessing, for those grieving, for those in war, asking God difficult questions, praising God for His goodness and salvation, for family and friends, for the lost.

#### Background and context

The Psalms are collections of songs, prayers and poems designed to be sung with stringed instruments as part of worship. Many of our modern worship songs find their roots in the Psalms. They reveal a whole range of emotions, including frustration and confusion, as well as praise and thanksgiving. They are open, honest and reveal the heart of the writer but also reveal the faith the writer had in God as his Lord and Saviour. They are an incredible piece of literature.

#### Thinking it through: Main discussion/activity



**READ YOUR CHOSEN PSALM (1-9)** *What are the surprising things in the passage? What is new? What don't you really understand?*

*It may be worth watching the Bible project video on Psalms*

<https://bibleproject.com/explore/video/psalms/>

*If possible print out a copy of your chosen psalm so that you can highlight key words and ideas. Look for recurring words, ideas and themes.*

1. What is the main theme of the psalm? How is this identified?
2. What do we learn about human nature from the psalm?
3. What questions is the psalmist asking or wanting answers to?
4. Why is he asking these questions?
5. How does the psalmist respond to God? Does this change as the psalm progresses?
6. Does this psalm help us in understanding how we should be living in response to God revealing Himself to us?
7. What do we learn about the character and nature of God from the psalm?

#### Discipleship and Application



8. How might you identify with the psalmist? How might your life be similar?
9. How are you going to respond to the questions you have or the problems you face?

#### Try to leave 15-20 mins to talk about prayer needs of the group and to pray.



We want to encourage the development of prayer, to help everyone grow in confidence in praying. There are many creative ways of praying together: writing prayers, using candles as a focus, reading prayers or praying for each other in pairs.