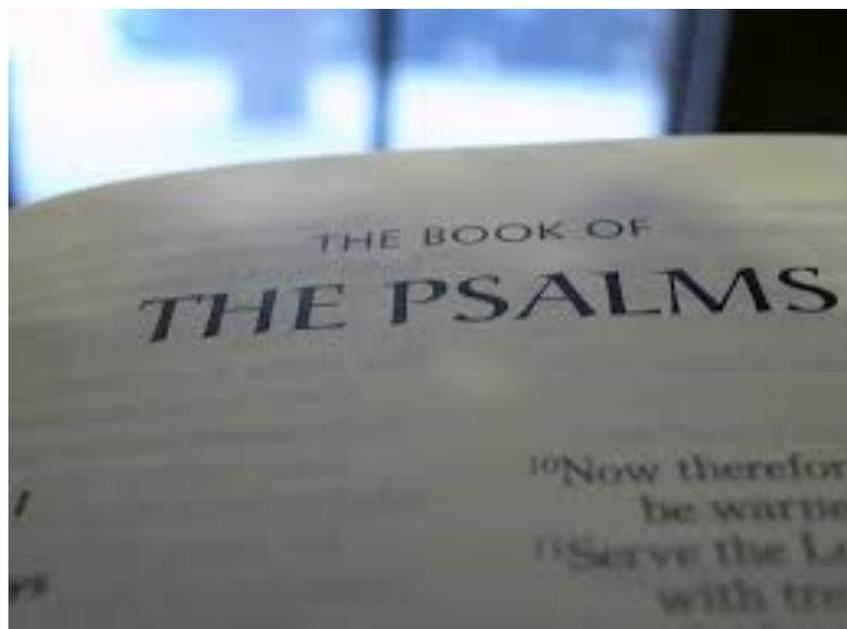




3 Bible studies...

'time out in the Psalms'

(Psalms 101, 102, 103)



1

'time out in the Psalms -setting out for the day'

setting the scene...

The alarm goes off– it's a cold Bathurst winter morning. Do I have to get up now? Can't I stay in bed just a bit longer? But oh no, I've got to go to work! Or, there's a difficult challenge ahead of me today. Or, it's just so busy today. Maybe you jump out of bed excited for the day ahead? Psalm 101 has some great pointers to help us set out for the day ahead in the right frame of mind...

read Psalm 101:1-8

This Psalm (like many) was written by King David and seems to have had in mind his reign (and subsequent Kings of Israel) and how they could be a good King (note the references to *"the land"*, *"my house"* and *"city"*). What's the most important thing for David in order to be a good King? (v1-2a)

What pre-emptive steps logically follow? (v2b-4)

What proactive steps logically follow? (v5-8)

How did Jesus perfectly set out in his reign? Who did he want to stick close to? *See Matthew 4:1-11.*

How was Jesus pre-emptive? *(eg Mark 1:35-39)*

How was Jesus proactive? *(eg Mark 1:21-28)*

What kind of pre-emptive steps can you take each day to *"be careful to lead a blameless life"*, to be able to be *"sing praise to God"* in your heart?

What kind of things come up during the day that challenge this?

How can you be proactive in these to keep close to the Lord?

What at the end of the day helps us to face the day ahead with confidence?

Pray in response to this, that we would set out each day with the Lord.

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2

'time out in the Psalms - when the day's not so good'

setting the scene...

It's all very well to have the best of intentions. But sometimes, circumstances seem to conspire. Things quickly can go from bad to worse, or at least seem like they are. All of us can become overwhelmed and feel quite down, even depressed. Psalm 102 gives us a helping hand...

read Psalm 102:1-28

The little statement before the first verse is actually a part of the original inspired text (as distinct from the often helpful headings in most modern translations). What kind of situation are we immediately alerted to? How does the word "*afflicted*" help us get a feel for the situation?

What is worrying this man? (v1-2)

What's not helping? (v3-11)

Can you relate to any of these vivid images of despair? Can you share what was going on there?

Do we sometimes make it worse? (10)

What can transcend all this despair? (v12-22)

How can this guy say these things with such confidence? Think about what God's track record had been like up to this man's time in life (given the reference to "*stones*" in v14, this Psalm was at least written when Israel had suffered a heavy defeat as a nation some time from the 10th century BC on—after David and Solomon's reigns, maybe even when they were totally defeated and in exile by 587BC—the national sin could be weighing him down as well)?

How does an eternal perspective help so much when the temporary is weighing us down? (v23-28)

How did Jesus show the ultimate truth of this Psalm, even though he obviously never brought on any suffering on himself through personal sin? *See Matthew 26:36-46.*

What are some leads here for us to help others going through a tough time? (to be awake and alert for them)

Pray in response to this, that we would take our troubles to the Lord.

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3

'time out in the Psalms - when the day's great'

setting the scene...

I'm walking on sunshine, whoah, I'm walking on Sunshine, whooah, I'm walking on sunshine, whoooah... And don't it feel good!

'Katrina and the Waves' had a hugely popular and positive hit song with this in the 80's, all about when the day's going really well, with in this case romance having blossomed. Hopefully we have many days that make us feel like singing, even if only in the shower! But how can we handle those well, and not get carried away? Psalm 103 has some great insight for us...

read Psalm 103:1-22

What are the sorts of things David finds great joy in? (v1-5, given we're told before v1 that King David is the author)

What is David very careful to protect with all these blessings? (v5)

Whose really responsible for the turn arounds in our lives? (v6)

Look over the blessings of v7-18. How does Israel's experiences in the time of Moses demonstrate the wonder of these blessings?

When things are going really well, why are we so tempted to *"forget the Lord"*?

How does an eternal or Heavenly perspective help us to not get so carried away when we're 'walking on sunshine', or feel like we're 'flying'? (v19)

Why does David bring the angels in on all of this? (v20-22) *See Luke 2:8-14.*

How do we have even more to celebrate than David had in his day?

How do people without Jesus take the glory for themselves?

David ends as he began. How deep should we value God's goodness to us?

Pray in response to this, that we would always be thankful to our God for all His goodness to us.

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