

# PSALMS: WISDOM FOR PRAISE & PRAYER

<b>Book 1</b> Ch 1 - 41	<b>Book 2</b> Ch 42 - 72	<b>Book 3</b> Ch 73 - 89	<b>Book 4</b> Ch 90 - 106	<b>Book 5</b> Ch 107 - 150
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## A ROAD TRIP ACROSS THE BIBLE

*Psalms* | October 26, 2014



*The Book of Psalms has long been considered “The Prayer Book of God’s People.” In these 150 songs, we discover 5 ways of relating to God that clearly please Him. . . .*

**1. Praise**

We praise God for WHAT HE’S DONE.

We praise God for WHO HE IS.

**2. Repentance**

We ADMIT our SIN.

We CRY to God for FORGIVENESS.

**3. Lament**

We express our HONEST EMOTIONS.

We express our DEEPEST QUESTIONS.

**4. Trust**

We trust in TODAY’S CIRCUMSTANCES.

We trust for TOMORROW’S PROMISES.

**5. Thanksgiving**

We give thanks as DEPENDENT CREATURES.

We give thanks to God as the GIVER OF ALL.

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*Questions for Growth Groups*



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## CONNECTING TOGETHER

As a way to connect and get to know one another this week, take time to share something you need to praise or thank God for AND something you are lamenting or struggling with in life.

Snap a pic of your Growth Group and post it on your social media sites using #GraceSLOGrowthGroups.

## UNDERSTANDING & APPLYING GOD'S WORD TOGETHER

1. What role, if any, does the book of Psalms play in your spiritual life? When have you turned to it or how, if it all, have you used it in your life? Did the message challenge you to use the book of Psalms more or differently in your life going forward? In what way?
2. Pick two separate Psalms from the 5 different categories in the outline. Read the Psalm and talk about why the one you chose would be considered a Psalm of praise, repentance, lament, trust or thanksgiving.

3. Which of the 5 categories of Psalms is most common in you and your family's prayer/praise life? Which is most lacking?
4. Read Luke 22:42. What does Jesus say in this verse and how does this work? In other words, how does Jesus both embody and fulfill the book of Psalms and all the themes we've talked about in this message?

## PRAYING TOGETHER

Make and take time to practice these prayer and praise practices together as a group. Cry out to God for your own needs, your family, our church and our community.