

## DAILY BIBLE STUDY SHEET

*Daily meditation on the Word of God is imperative to our growth. As the people of God we should commitment to reading Scripture every day. There are questions to help prompt your meditation. If you do not have a Bible, please contact the church office and one will be given to you. To locate the passages, use the Table of Contents to find the page number. The number before the colon will tell you the chapter to find. The numbers after the colon are the superscript numbers in your Bible indicating the verses to read. Our Soul Food lessons are guided by "Opening Up The Psalms Commentary" written by Roger Ellsworth.*

### **Monday, May 2<sup>nd</sup> – Psalms 8, 19, 103 and 104 (General Praise)**

This week we get to look at praise Psalms. There are two kinds of praise Psalms, general praise and descriptive praise. We begin this week looking at the general praise Psalms. These usually praise God and magnify the greatness of God. These Psalms are filled with wonderful imagery of God's power. Read each Psalm individually. After each, discern what has filled the psalmist with praise. How does each psalm raise the desire to praise God? What images stretch your understanding of God? What differences do you notice about each of these Psalms? Take time today and reread two of the Psalms this morning as a prayer to God out loud. Add your own words of praise as you finish. Then go and live in the midst of this praise and notice what is different when we live a life of praise.

### **Tuesday, May 3<sup>rd</sup> – Psalms 146, 147, 148, 149 (General Praise)**

Today we look at four worship psalms all praising God. In Psalm 146 what is theme/purpose of the praise (vss. 3-5)? Why is this important? How have you experienced verses 3-4 and the disappointment that comes from this? What is the contrast between God and these others? Now let's read Psalm 147. It is pure worship at its best. So why are we worshipping God? What does God do? How can this Psalm still be relevant today in the midst of our technology and our better understanding of nature? How does this remind us that God is not us and that in a moment, without notice or our approval, he can change everything? Does this stir a desire in you to truly worship God today? As we move to Psalm 148, the invitation to praise and worship becomes vastly expanded. As you read this psalm, note who and what is invited to worship God. Notice all things are to worship God and not to be worshipped themselves. So we praise God for the sun, but we do not worship the sun. How does this point to God being wholly other than all of creation? How does this feel, knowing you are just part of the creation and a part of what should praise God? Finally, we turn to Psalm 149. What pleases God (vs. 4)? What happens before God seems to be pleased (vss. 1-3)? God is pleased when we worship and adore Him for all that has been done. Our victory is because of Jesus. Today, choose one of these Psalms and sing out the praises of God. Let your heart, whether aching or joy-filled, worship God simply because it pleases Him.

### **Wednesday, May 4<sup>th</sup> – Psalms 33, 36, 105, 111 (Descriptive Praise)**

Today we turn to praise psalms that are descriptive in praise. By this we mean that the attributes of God are described through nature and through his acts as Creator, Lord, Savior, and Deliverer. Read Psalm 33. How is God described in this Psalm? What is the praise directed at (vss. 6-19)? In verse 20, how is God described? When has God been your shield? Next we read Psalm 36. Verses 1-4 are the prelude to praise and expresses the problem the psalmist sees. As you finish the Psalm, how is God described? What images do these verses create in your mind? As you read these words alone, should lead your heart to worship and praise for all that God has done. Now we move to Psalm 105. This Psalm is a description of what God has done for Israel throughout history. Remembering what God has done helps us to be attentive to what God is doing even today, for he is still working in His creation. This Psalm describes the love of God, the power of God, the justice of God and the will of God for God's people. Consider how you might add our story to this Psalm of all that God has done and is doing. What would you add about your life and experience with God? What would you add about what mighty acts God is doing at Saint James? We close today with Psalm 111. What is the over-arching description of why we should praise God (vs. 7)? This statement is supported by the rest of the Psalm, both by what comes before and by what comes after. Read verse 9. This Psalm is several thousands of years old. Knowing we are recipients of this wonderful ransom, how does that stir you up in praise of God? Spend the rest of this day praying Psalm 111 and praising God as it instructs. Don't be afraid to share what you have learned with someone who may need to praise today.

#### **Thursday, May 5<sup>th</sup> – Psalms 135, 136, 138, 144, and 145 (Descriptive Praises)**

We continue with descriptive Psalms today, and Psalm 135 is a contrast psalm of praise. Why does the psalmist praise God (vss. 1-4)? What is the contrast stated in vss. 5 and 15-18? What points does the psalmist make to prove he is right to praise God (vss. 9-14 and 19-21)? Jumping to Psalm 138, what is the psalmist thankful for (vs. 3)? Why can the Psalmist praise God for this (vss. 7-8)? When have you had answered prayer that saved you? Psalm 144 goes back to using imagery to describe God's attributes. What imagery does the psalmist use? How does this Psalm get fulfilled in your life? Does this lead you to praise God? What imagery will you use today to praise Him for saving and blessing you? Psalm 145 is a litany of reasons to praise God. As you read all the reasons, consider where you have experienced each of these in your life with God. Finally, we return to Psalm 136. Pray the Psalm out loud. Pray it slowly and let its words wash over you. Apply the petitions to your life and them feed your soul. Let the Holy Spirit guide you and be filled to overflowing.

#### **Friday, May 6<sup>th</sup> – Psalms 84, 87 and read any three Psalms between 120 and 134**

Today we move to the pilgrimage psalms, also known as the Psalms of Ascent. As discussed on Sunday, these Psalms not only express the feelings of the Israelites as they made their pilgrimages to Jerusalem for the prescribed festivals, but it may also have addressed the ascent of their hearts as they drew near the Temple to worship. There was an excitement about worshipping God and drawing close to the place he resides. We start with Psalm 84, which addresses this latter point. As you read verses 1-2, the stage is set for praise and it stems from what desire? When we enter with this desire, what awaits those who choose to come (vss. 4-7)? What is the result of this praise (vss. 10-12)? Do you come to worship on Sunday's this way? Now let's read Psalm 87. What is the psalmist praising God for in this psalm? Has this happened? When do we think it will happen? What does this teach us about the scope of our praise? It can be for what will be in the future as well as what has happened in the past and in the present. To end this week, choose three of the Psalms from 120 through 134. These are the Psalms traditionally sung by the people as they attended the festivals in Jerusalem. As you read each of the three, imagine yourself in the midst of the stream of people ascending the mount to the Temple. What are you praising God for in the Psalm? How is being in the crowd and joining in adding to your experience? Imagine the day Jesus entered into Jerusalem on a donkey. How has reading these while imagining you are there in the crowd helped your heart ascend in worship? Take this with you throughout your day as a reminder of living life as worship.