**Autumn 2020: Time in the Psalms**

This autumn we are spending time looking at the Book of Psalms. Within the Psalms we find so much of life, faith, love, hope, fear, joy, anger and plenty more. Most of all, we find the key elements of worship & praise of God and trust in Him. Each week we will look at a different aspect of faith and Christian life through the lens of one or more Psalm.

**A Session Outline - 40 mins total, but can be longer or flexible if you wish**

**Introduction - 10 mins (longer if you’re in a group I suspect!)**

1. How are you?
2. What notable things have happened recently?
3. Is there anything distracting you from focusing on God today? If yes, think or talk about that and then pray and give it to God as you begin.

**Time With the Bible - 15-20 mins**

*What does this passage tell me abbot God?* To answer this question, you might want to think about whether the passage speaks about God directly or indirectly. Is there a prophecy quoted, or does the passage remind you of another part of scripture? If so, spend some time following the leads. How does the passage remind you of what you’ve known about God before? Does it make you think differently about God than you have done before?

*What does this passage tell me about myself?* To answer this question you might want to ask how you felt as you read the passage and how you feel as you reflect on it now. Do you identify with a particular character? Does it make you feel happy or sad, hopeful, excited, confused or any other emotions?

If you feel challenged, or as if something in the passage is really speaking to your or feels personal to you today, spend a few minutes thinking: what is it? What about it feels important to you?

*What is this passage inviting me to do differently?*

As Christians we are meant to live according to the truth that is in Jesus and to not be the same as before we knew him (Ephesians 4:20-24). As we learn the good news of Jesus and the truth about his love we are bound to change.

Spend time thinking about things in your life you might want to be or to do differently as a result of today’s study and pray about those things.

For each session, we will also provide a few questions to pick out the key elements of the passage and try and help you to be guided through the study.

**Time in Prayer - 10 mins**

Each time you meet or spend time reflecting alone, make sure you leave plenty of time to pray. You could pray about:

The Church and its leaders, both ours, Churches nearby and the worldwide Church

Situations locally or in the world around us

Things shared by people during your time together

Those who are afraid, sick or those who are bereaved

Committing to God that you will follow through on what you’ve been invited to do by today’s study.

Your neighbours and the street you live in.

Those who govern us locally, nationally and internationally.

**Study Questions**

1. Do you find that you an identify with singing to God in the way described in vv1-2?
2. V3 describes the greatness of God. Would you say this brings you more comfort, or more cause to pause?
3. In vv4-5 we are given a clear sense of the level of authority God has over everything that He made. In these days where it can so often seem that everything is far from under control, do you find it easy or difficult to remember that God is trustworthy and that we are ‘the flock under HIs care’ (v7)?
4. Why do you think it is important to bow down before God or kneel before Him? Do you have any problem with doing either of those things?
5. V7 ends with ‘If only you would listen to His voice today!’. Who do you think this is directed at? Who would you direct this at today? Wha do you think would change if you did, we did?

**Something To Do This Week**