**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 about 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. Can you relate to David in the first half of the Psalm (to the end of v6)? Have you ever felt as he does?
2. David seems fearful of God’s judgement in v2. He understands that God is righteous and that he, David, has not lived a life that is good enough. Yet later in the story of faith we are told that David was a man after God’s heart and it was important that Jesus was one of his descendants. How do you think God views people who put their trust in Him and how might that encourage you when you doubt yourself?
3. How do you think that someone who is not a believer might react to the idea of reaching out for God? How do you think we communicate to those around us who are searching for hope and meaning for life that we know the One who gives life meaning & true purpose?
4. When you read of God’s tender, unfailing love in v8, is this a love you recognise?
5. In v10, we read of God’s gracious Spirit who is all David needs and who will lead him on good paths. How do you think the Spirit leads us today?
6. Do you find the way the Psalm concludes in vv11-12 at all troubling?

**Something To Do This Week**

**Renew your commitment to be guided by the Spirit on good paths. Remember to ask God to direct you this week and if you feel led to do something, say something, then make sure you do or say it.**