

Psalms

A Four-Session Study on the Book of Psalms

SESSION 1: INTRODUCTION AND PSALMS OF REMEMBRANCE

The book of Psalms can be difficult for us to understand and, therefore, hard to know how to apply them in our lives today. Through learning the context and studying different kinds of psalms, we, too, can experience the richness of what these ancient poems and prayers offer to followers of Christ.

WIN

To know more about God through studying the Psalms and to engage with the Psalms in ways that help us become more like Jesus

CONNECT

Take a few minutes to discuss the following questions:

1. What's been your experience with reading the Psalms?
2. Do you have a favorite one?

LEARN

Before watching the video together and discussing the questions provided, we suggest taking a few moments to pray. Here's a simple prayer you can use:

Heavenly Father, Thank you for this opportunity to learn more about you as we study the book of Psalms, and help us become more like Jesus as we engage with them. Amen.

After praying, watch the video for Session 1.

APPLY

Discuss the following questions as a group:

1. Did the video change or inform the way you view the book of Psalms? If so, how?
2. There are seven genres of Psalms: Kingship, Wisdom, Confidence, Lament, Remembrance, Thanksgiving, and Hymns. Which one do you most connect with? Which one is the most challenging for you to connect with?



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3. “We remember the things we need to forget and forget the things we need to remember.” What are the things about God’s nature and character you “forget to remember”? What makes remembering difficult and what could you do to remember better?
4. Read **Romans 8:1** and **2 Corinthians 5:17**. What are some things you need to forget? What makes forgetting difficult? What could you do to make it easier? (See **Romans 12:1–2**.)
5. Read **Psalms 106:7–8, 13, 21, and 43–45**. What do you observe about the relationship between God and Israel? What can we learn about God from these verses?
6. What are your biggest takeaways from the video? What do they teach you about who God is, and how can what you’ve learned help you become more like Jesus?

PRAY

We suggest ending your group with prayer. Since the Psalms were prayed by the Israelites, the group will read **Psalms 136:1–9, 23–26** aloud together as your prayer (this Psalm was mentioned in the video). What stands out to you about God’s nature and character? Thank God for these things.

BEFORE NEXT TIME

Over the next week, read through a few Remembrance Psalms (105, 106, 135, 136) and invite God to speak to you about what he wants you to remember about his character and nature in each.

In addition, try writing your own psalm of remembrance to God. What specific past acts of faithfulness and love would you include in it? What would be the one phrase that would serve as a refrain throughout the psalm?

*Your name, Lord, endures forever,
your renown, Lord, through all generations.*

Psalm 135:13

