**A Summer in Psalms**

The Book of Psalms is actually a collection of five smaller books; each one a compilation of several ancient collections of sacred songs and poems devoted to the praise and worship of God. Though many people authored Psalms, King David, a man after God’s own heart, penned more than any other. His desire was to dwell in the presence of His God! This summer we will be studying a selection of David’s psalms from Book One (Psalms 1-41).

We encourage you to use this lesson sheet and/or your own notebook for your weekly studies. Though the questions on this sheet will remain the same, the Lord will provide fresh insight through His living Word.

Prepare

Before you begin, pray to quiet your heart and mind and focus your attention on the Lord. As you study, ask the Holy Spirit to guide and instruct you. Take time to follow His lead, and pray for wisdom and understanding as you go.

Study

1. Read through the psalm. Ponder each verse, taking note of what draws your attention. Follow any prompts from the Lord to look more deeply into the Scriptures. Define unfamiliar or interesting words and note any questions.
2. Choose a word or idea from the psalm you would like to explore, then find two or more Scriptures to help expand your understanding of it.
3. Spend a few minutes meditating on a verse that resonates with you. Share your observations and insights.

Apply and Respond

1. What has the Lord shown you through your study? How will you apply what you have learned?

Take time to respond to the Lord however He leads you. Praise and worship Him for who He is and what He has done.

*“Rejoice in the LORD, O you righteous! For praise from the upright is beautiful.” Psalm 33:1*