



Leader Guide

We're so glad you're leading a group of women through *Discovering Hope in the Psalms*! Here are some tips to help make your gatherings run smoothly, whether you're a first-time or seasoned group leader.

Meeting Ideas

You'll spend most of your meeting time discussing what you've learned about hope from the psalms. But you'll probably have at least thirty minutes to interact with Scripture creatively. In fact, the many creative options in *Discovering Hope in the Psalms* will help you engage everyone in blessing others with their gifts. You'll probably discover many hidden talents others never knew about.

Before the Discussion

If possible, begin with worship that includes singing the psalm you're studying (see Extras on www.DiscoveringHopeInThePsalms.com for ideas). Perhaps someone in your group can perform Spoken Word poetry or a skit (see Performing Arts Options on page 19 in your book). Or several might read aloud a psalm they wrote (see Literary Arts Options on page 20). An eldercare worker could share projects that help the elderly, such as photos of family members with a verse and family member names overlaid in large print. An interior designer might describe how to use creative projects in homes in ways that spark conversations about God. Moms could share how they're helping children learn the psalms with sock puppets.

What about Teaching?

If you want to have additional teaching in the meetings, the seventeen-week option would allow you to still have sufficient time to discuss the questions. (See page 13 in the book for more on nine-week and seventeen-week options.)

After the Discussion

If possible, end the meeting with a time of creativity (see Visual Arts Options on page 19). This is fun, fosters friendships, and sparks conversation. If you're following the seventeen-week option, you could bring in an artist on the weeks you discuss the questions from Days 1-3. The artist could demonstrate how to make gift cards, paint with watercolors, or blend with colored pencils. If you don't know a local artist, consider showing Karla's how-to videos (see Extras on www.DiscoveringHopeInThePsalms.com

for links). On the weeks you discuss Days 4-5, everyone can finish projects they've begun and share projects they've completed.

On the Final Meeting

On at least the last week, celebrate with food (see Culinary Arts Options on page 20). Attach a tag with a short thanksgiving or share the thanksgiving aloud (see chapter 8 for instructions).

Tips for Leading Discussions

Most women are excited to share what they learn each week, so aim to give them as much opportunity as possible. They'll bless others, and they'll be able to explain the key concepts to anyone who didn't finish the lessons.

Discovering Hope in the Psalms has three kinds of questions: fact questions, personal application questions (marked with ♪), and psalm-writing questions (marked with ♪♪).

- Open in prayer for the Holy Spirit to guide and bless your discussion.
- When asking fact questions, try to draw the answers out from others rather than answering yourself.
- When asking personal questions, answer yourself first so others can follow your lead in openness and length of answer. If you have a group of ten women and plan to devote ten minutes to a question, then keep your answer to one minute. Be open so others feel safe. Give everyone who wants to share a chance to share. Those who may not have finished the lesson will probably feel comfortable answering personal questions once they've heard a few others answer.
- Skip the questions about writing a personal psalm (marked with ♪♪) and instead give everyone a chance to read their psalm at the end. The first couple of weeks, share your psalm first so others feel emboldened.
- Close in prayer.

Preparing for Discussions

Women are always excited to share what they've learned, so it's important to get through the most important parts of all the daily lessons covered. To do that, you'll need to select questions ahead of time. In the next section, I suggest questions to discuss and estimate the amount of time an average group might take to answer them. I've color coded the questions to help you prepare them.

Here's how I prepare for discussing questions:

1. I highlight the questions I want to discuss in pink. In the margin, I pencil in the time I think they'll take to discuss. In the suggested questions, the estimated time is circled in the margin and the question number from the book follows it; the text I want to read is pink:

⑤ 7. What question does Jesus ask in verse 6?

2. I highlight optional questions I'll discuss if there's time in blue or green, and I pencil the time I'll think they'll take in the margins like this:

⑤ 1. ♪ What stands out to you from your initial reading of this psalm?

3. If any of the questions need a transition, I write the transition in ink and highlight it, too. Copy to your book any transitions you think might help you and highlight it. In this sample, the transitional statement is in a blue handwriting typeface:

① 2. *Psalm 1 contrasts the ways of two types of people. Who are these people, according to the psalm's concluding verse?*

4. I highlight the titles of special features such as Hope Alive so I remember to ask about them. If you want, you can write out and highlight a question to go with the title.

④ * *Hope Alive On page 21, what stood out to you in Hope Alive?*

In addition, I write expected beginning and ending times at the top of each daily lesson in pencil. That way I can quickly see how many optional questions I can add. For more small group tips, go to www.JeanEJones.net and select the Small Group Leadership category.

Suggested Discussion Questions

For each chapter, I've listed approximately ninety minutes' worth of discussion questions plus some optional questions to use if you have more time. If you have more or less time, adjust the questions you plan to use as needed. For example, if you're doing the seventeen-week option and have more than ninety minutes total, you might switch several optional personal questions to pink discussion questions.

Chapter 1 Psalm 1: The Hope of God's Blessing

Day 1

- ② * *Let's turn to page 15. This week we looked at Psalm 1: The Hope of God's Blessing to answer the question, What should I do to have a blessed life? Who would like to read Psalm 1 on page 16?*
- ⑤ 1. ↓ What stands out to you from your initial reading of this psalm?
- ① 2. *Psalm 1 contrasts the ways of two types of people. Who are these people, according to the psalm's concluding verse?*
- ① 5. (a) *Question 5 asks you to underline the command that those without faith in God always break. What did you underline?* (b) *It asks you to circle what Jesus called that command. What did you circle?*
- ⑩ 7. (a) What question does Jesus ask in verse 46? (b) How would you reply? (c) Summarize what Jesus says about righteous living (that is, doing what he says) in verses 47-49.
- ④ * *Hope Alive On page 21, what stood out to you in Hope Alive?*

Day 2

- ⑩ 11. (a) According to Joshua 1:8, what is the goal of meditating on God's instructions? (b) What blessing would then follow? (c) Can we obey God if we don't know what he wants us to do? (d) Can we obey if we don't meditate on how well our lives correlate to God's instructions? Explain.
- ⑤ 12. ↓ How can you delight yourself in God's instructions?

- ⑩ 14. ↓ (a) What's an instruction from God that you've seen bring blessing to people's lives? (b) How do those who follow this instruction bless others? (c) How are they themselves blessed by following this instruction? (d) Without using names, what are ways you've seen people hindered by not following this same instruction?

Day 3

- ① 17. (a) What is the person who delights in God's instruction like? (b) What does the tree yield seasonally that benefits people and animals?
- ② 18. (a) What else is significant about the tree? (b) Why was that important?
- ⑦ 20. (a) What is the wicked person like? (b) What does a light breeze do to chaff? (c) How does that differ from what the scorching east wind does to a well-watered tree? (d) Compare the value of chaff to that of a fruitful tree.
- ⑤ 22. ↓ What can you do this week to be like the tree drinking deeply of the water streams nearby?

Day 4

- ① 25. (a) Who will be separated from whom (verse 5)? (b) What will happen to the wicked (verse 6)?
- ③ 28. (a) According to Jesus, a time will come when the dead will hear his voice and come out of their tombs. Jesus will separate them into two groups, each with a different destiny. To what two places will they go (John 5:28-29)? (b) Back up a few verses. Who has eternal life (5:24)? (c) Stay in verse 24. Into what do they not come? (d) Where have they passed?
- ⑥ 31. ↓ What encouragement do you take from understanding that the Lord knows and watches over the way of his own?

Day 5

- ② 34. (a) Where does the righteous person not stand (Psalm 1:1)? (b) What perishes (1:6)? (c) Why, then, is it good that the righteous not stand there? (d) Where will the wicked not stand (1:5)?
- ⑩ 36. ↓ What elements of this psalm are most encouraging to you today? Why?
- ⑤ * *Worshiping with Royal Psalms* On page 33, how was your time of worshiping with Torah psalms and praying meditatively?
- ⑮ * *My Psalm* Let's share the psalms we wrote on page 35. I'll go first.
- ⑤ * *Creative Connection* Please turn to page 36. What did you think of Karla's explanation of the "fruit cocktail" tree? Did you begin any creative projects, such as coloring the illustration on page 37? If so, how did that deepen your interaction with God's Word?

Chapter 2 Psalm 2: The Hope of Messiah's Reign

Day 1

- ② * *Let's turn to page 39. This week we looked at Psalm 2: The Hope of Messiah's Reign to answer the question, What is our hope when we suffer at the hands of wrongdoers? Who would like to read Psalm 2 on page 40?*

- ⑤ 1. ↓ What stands out to you from your initial reading of this psalm?
- ① 2. (a) In Psalm 2:7a, of what will the speaker tell? (b) Who spoke the decree (7b)?
- ② 3. Read 2 Samuel 7:12-16. (a) What did Nathan tell David God would raise up for him? (b) What would this person do? (c) What would the Lord do for this person? (d) With what words does the Lord describe his relationship with that person? (e) What did the Lord promise David?
- ② 4. (a) Which of David's sons did God choose to reign after David? (b) How did God describe the relationship he would have with David's son? (c) What was the condition for establishing this son's kingdom forever?
- ⑥ 5. *In Revelation 21:3-4, what stands out to you most about the new heaven and earth? Why?*
- ① 6. *According to Revelation 21:27, what will be absent from the new heaven and earth?*
- ⑧ 7. *What do you long for most about the new heaven and earth? Why?*
- ④ * *Hope Alive On page 44, what stood out to you in Hope Alive?*

Day 2

Note: In this chapter, highlight and read aloud the headings that let you know whether the questions are about David's sons or God's Son.

The Sons of David

- ② 8. (a) How does the psalm's first stanza fit Solomon's situation? (b) God had chosen Solomon to be the next king; why then was the "plot in vain"?
- ② 10. Why was rebellion against the Lord's anointed king equal to rebellion against the Lord?

The Son of God

- ② 13. Peter and John's prayer in Acts 4:24-27 quotes Psalm 2:1-2. (a) Whom did they say spoke through David when he wrote Psalm 2? (b) Whom did they say the people had raged and plotted against? (c) What rulers and peoples conspired against Jesus?
- ⑩ 14. ↓ Adonijah (*Solomon's older brother*) and the chief priests were driven by envy. (a) What can we learn from these two stories about times when God seems to advance someone else in a position we hoped to have ourselves? (b) What are ways you deal righteously with disappointment and envy?

Day 3

The Sons of David

- ⑩ 17. ↓ (a) Why do you think God isn't worried about what humans plan against him or those he's anointed? (b) How does this comfort you?
- ① 18. (a) According to Psalm 2:5, how would God treat those who come against his anointed king? (b) Why should hearing that God is against them terrify the rebels?

The Son of God

- ⑩ 19. ↓ How does God's power to bring about what he promises make you feel?

The Sons of David

- ① 22. What did the Lord say to the king?

The Son of God

- ② 25. (a) According to the angel Gabriel's words to Mary, why was Jesus called the Son of God?
(b) What throne would God give him? (c) How long will he reign and how long will his kingdom last?

Day 4

The Sons of David

- ③ 27. (a) What two things does Psalm 2:10 tell the rebels to do? (b) This verse is a chiasm [KEY-as-um] with "be wise" parallel to "be warned." Why are these two instructions to rebels equivalent?
(c) How does this warning show grace and patience?

The Son of God

- ① 31. What will happen when Jesus sends his angels out with a trumpet call?
- ② 32. (a) What will Jesus send his angels to gather out of his kingdom? (b) What will happen to them?
(c) What will happen to the children of the kingdom?
- ② 33. (a) What will be missing from this kingdom? (b) Who will be there? (c) What will the Lord's servants do?
- ⑤ 34. ↓ What impresses you most about the grace King Jesus offers?

Day 5

- ② 36. (a) How does the last line segment of Psalm 2 link back to the first line segment of Psalm 1?
(b) How do the two blessings complement each other?
- ④ 37. (a) The word translated *meditate* in Psalm 1:2 is the same word translated *plot* in Psalm 2:1. Contrast what the godly meditate on in Psalm 1:2 with what those in Psalm 2:1-3 meditate on.
(b) Contrast the motives behind the meditations.
- ② 39. How do Psalm 1's encouragement to know and obey God's will and Psalm 2's encouragement to serve the Messiah complement each other?
- ⑤ * *Worshiping with Royal Psalms* On page 56, how was your time of worshiping with royal psalms? How did meditatively praying over Psalms 2 and 101 deepen your interaction with God's Word?
- ⑮ * *My Psalm* Let's share the psalms we wrote on page 58. I'll go first.
- ⑤ * **Creative Connection** What did you think about Karla's encouragement to color verses while meditating and memorizing them? Did you begin any creative projects, such as coloring the illustration on page 60? If so, how did that deepen your interaction with God's Word?

Chapter 3 Psalm 51: The Hope of Mercy

Day 1

- ② * Let's turn to page 61. This week we looked at Psalm 51: The Hope of Mercy to answer the question, What would God have us do when we've sinned? Flip over to page 62 and let's go around the table with each of us reading one stanza of Psalm 51
- ⑤ 1. ↓ What stands out to you from your initial reading of this psalm?

- ① 5. (a) Who had David despised by taking Uriah's wife (b) Was David going to escape judgment?
- ② 6. (a) What was David's response? (b) The penalty for both adultery and murder was death. What mercy did the Lord show David? (c) Was he to escape consequences?
- ④ * Hope Alive *On pages 68-69, what stood out to you in Hope Alive?*

Day 2

- ① 8. On what two attributes of God does David base his request?
- ⑤ * When we come to Christ... *What did you think about what Billy Graham said on pages 70-71?*
- ① 10. (a) In what does God delight? (b) What does God teach?
- ① 13. What was God in his words and judgments?
- ⑤ 15. What confidence does Psalm 51:6 give you in God's ability to teach you his will and how to better follow it?

Day 3

- ① 17. (a) If God purges you with hyssop, what will happen? (b) If God washes you, what will happen?
- ④ 18. (a) *The question asks you to underline the two things God will do if we confess our sin. What did you underline?* (b) Why is this an important verse to memorize?
- ① 19. What does David want to hear and feel?
- ② 21. *The question asks you to underline what God can do to our sin. What did you underline?*
- ① 25. (a) In verse 12, to what does David want to be restored? (b) With what does he want God to uphold him?
- ⑤ 26. ↓ (a) *The question asks you to underline the two things God is working in you. What did you underline?* (b) How does it make you feel to know God is doing this?

Day 4

- ② 28. (a) In verse 13, what is the first thing David says he'll do if God forgives him? (b) What will result from that?
- ① 30. What does David ask God to do in verse 15, and for what purpose?
- ④ 31. (a) In Matthew 6:12, how does Jesus say to ask for forgiveness for sins (also called "debts" or "trespasses")? (b) Why does he say to pray that way?
- ⑤ * Pride looks at others... *On page 78, who would like to read the paragraph between questions 31 and 32? What do you think of this?*
- ① 32. What would neither delight nor please God?
- ③ 33. (a) What sacrifices will God accept? (b) Sometimes our broken and contrite hearts tell us God must despise us. What assurance does this verse give us?
- ⑩ 34. ↓ (a) What can you tell others about God's ways and how to return to him? (b) Consider the greatness of God's salvation and how he's forgiven you. How would you praise God to others for these mercies?

Day 5

- ② 39. (a) Why did David fast and weep even though Nathan had prophesied that the child would die?
(b) Although the child will not return to David in this life, what would David one day do?
- ⑩ 40. ↓ (a) Has God ever said no to you? (b) If so, do you know why he said no?
- ⑤ * *Worshiping with Penitential Psalms* On page 83, how was your time of worshiping with penitential psalms?
- ⑮ * *My Psalm* Let's share the psalms we wrote on page 85.
- ⑤ * **Creative Connection** What did you think about Karla's recommendation to read a verse multiple times while emphasizing different words? Did you begin any creative projects, such as coloring the illustration on page 87? If so, how did that deepen your interaction with God's Word?

Chapter 4 Psalm 23: The Hope of the Lord's Good Care

Day 1

- ② * Let's turn to page 89. This week we looked at **Psalm 23: The Hope of the Lord's Good Care** to answer the question, **How does the lord take good care of us? Who would like to read Psalm 23 on the next page?**
- ⑤ 1. ↓ What stands out to you from your initial reading of this psalm?
- ⑤ 2. ↓ How might memorizing Psalm 23 benefit you?
- ③ 4. (a) What did Jesus call himself in John 10:11? (b) What does a good shepherd do for his sheep? (c) By contrast, what does a hired hand do? (d) How does Jesus describe his relationship with the sheep? (e) How does Jesus gather his sheep to him? (f) What do the sheep do, and why?
- ④ * **Hope Alive** On page 94, what stood out to you in *Hope Alive*?

Day 2

- ⑮ 9. ↓ Think over this past month. (a) What, if anything, keeps you from eating of God's words? (b) When you've taken in God's words, what is most likely to preoccupy your attention and keep you from ruminating on them: fear, relationships, or annoyances? (c) What steps can you take to make sure taking in Scripture and ruminating on it are a daily practice?
- ⑩ 11. ↓ When the Lord is leading you to his still waters, what pools are you most tempted to turn aside to: people, possessions, positions, or pleasures?

Day 3

- ⑮ 16. ↓ (a) What type of death are you facing right now? (b) *If you feel comfortable sharing*, describe any fears that accompany this death.
- ⑩ 19. ↓ Which of these aspects of the Shepherd's rod comforts you most today? Why?
- ⑩ 20. ↓ Which of these aspects of the Shepherd's staff comforts you most today? Why?

Day 4

- ⑤ 24. ↓ What blessing did the Lord give you this week?

- ⑩ 27. ↓ Think of a current hardship. How does remembering that the Lord sends goodness and mercy after you help in this situation?
- ⑤ 29. ↓ We used many tools to help commit Psalm 23 to memory. Which was the most helpful? Why?

Day 5

- ⑩ 31. ↓ (a) What hobbies and skills do you have? (b) How could you use one of them to teach or remind people of the Lord's good care?
- ⑤ * *Worshipping with Songs of Confidence* On page 104, how was your time of worshipping with confidence psalms? What was it like memorizing a psalm this week?
- ⑤ * *My Psalm* Let's share the psalm in pictures we drew on pages 106–107.
- ⑤ * *Creative Connection* Did Karla's tips on coloring make it easier for you to try? Did you begin any creative projects, such as coloring the illustration on page 109? If so, how did that deepen your interaction with God's Word?

Chapter 5 Psalm 73: Hope When Life Seems Unfair

Day 1

- ② * *Let's turn to page 111. This week we looked at Psalm 73: Hope When Life Seems Unfair to answer the question, What should we do when life seems unfair? Flip to the next page and let's go around the table with each of us reading one stanza of Psalm 73*
- ⑮ 1. ↓ (a) Describe a current or past circumstance when life seemed unfair to you, or when your circumstances seemed contrary to what your understanding of God's goodness called you to expect. (b) What kinds of questions did you ask God (or want to ask him)?
- ⑤ 2. ↓ What stands out to you from your initial reading of this psalm?
- ② 3. (a) *The question asks you to underline the reason this verse gives for why a godly worship leader might record a past weakness in a song for others to hear. What is it?* (b) Why does such openness take courage?
- ① 5. *The question asks you to underline those for whom God works all things together for good. What did you underline?*
- ⑤ 7. (a) What caused Asaph to nearly fall? (b) How does he describe those he envied? (c) What do they have that Asaph lacked?
- ④ * *Hope Alive* On page 117, what stood out to you in Hope Alive?

Day 2

- ⑩ 10. ↓ Think about a time when life seemed unfair to you. (a) What was it you desired that others had? (b) List all the reasons you can think of for why you valued this object of desire. (c) What were some of the issues that didn't make sense when it seemed God easily could have given you what you wanted?

- ④ 11. *Who filled in the optional insights into Asaph? Can you share your answers for those who didn't?* Briefly summarize how Asaph describes those he envied: bodies; self-image; speech; power; influence; fear of God; success.
- ② 13. (a) What kind of heart and hands did Asaph think he had? (b) What did he think they were worth? (c) What does this reveal about his motives for keeping God's commands?
- ③ 15. Asaph claims the wicked have the attributes in the left column in the following table. List the opposites of these in the right column to see what he means by being stricken and rebuked.

Day 3

- ⑤ 18. (a) What did Asaph refuse to do in Psalm 73:15? (b) Why is expressing doubts and confusion to the spiritually young a betrayal? (c) What does the fact that Asaph cared about others' faith tell us about him?
- ① 19. (a) What did Asaph try to do? (b) How did that initially feel?
- ① 21. (a) What did Asaph discern about the wicked? (b) Jump ahead to verse 24b. What did Asaph realize about himself?
- ⑩ 23. ↓ (a) If God's only gift to you were eternal life, would that be enough? Explain. (b) What other gifts has God given you? (c) Why is it important to remember God's many great gifts to us when we're faced with an unmet desire?

Day 4

Note: In this section, highlight and read aloud the truth headings so people know which truth the question discusses.

The Truth About Others

- ① 26. (a) What did Asaph now realize? (b) When God acted, what would his attitude be toward the wicked?

The Truth About Ourselves

- ① 27. What had been the condition of Asaph's soul and heart?

The Truth About God

- ⑤ 29. ↓ (a) Did God leave Asaph when he struggled with questions? (b) When Asaph's steps started to slip, what did God do? (c) How does this comfort you?
- ② 30. (a) What was God presently doing for Asaph? (b) How had this kept Asaph from stumbling? (c) How has Asaph's view changed from verse 14? (d) What will God one day do?

The Truth About What's Valuable

- ② 31. (a) What does Asaph have in heaven? (b) What does Asaph now desire on earth? (c) How has he changed?
- ⑦ 33. ↓ (a) What is something you've desired, but God hasn't given you so far? (b) How can the lessons Asaph learned help you address these unmet desires?

Day 5

- ② 35. (a) What did Asaph behold in Psalm 73:27? (b) How does that differ from what he beheld in verse 12?
- ② 36. (a) In Psalm 73:28, what did Asaph now know is good? (b) Asaph previously sought refuge in prosperity. What was his refuge now? (c) What did Asaph want to proclaim? (d) What did he proclaim in verse 1 by writing this psalm?
- ⑤ * **Worshiping with Wisdom Psalms** *On page 129, how was your time of worshiping with wisdom psalms?*
- ⑮ * **My Psalm** *Let's share the psalms we wrote on page 130.*
- ⑤ * **Creative Connection** *What did you think about Karla's memorizing Psalm 73:26 so she could replace despair with hope? Did you begin any creative projects, such as coloring the illustration on page 132? If so, how did that deepen your interaction with God's Word?*

Chapter 6 Psalms 42–43: Finding Hope When Downcast

Day 1

- ② * *Let's turn to page 133. This week we looked at **Psalms 42-43: Finding Hope When Downcast** to answer the question, **How do we pray when sadness overwhelms us and God seems distant?** Flip to the next page and let's go around the table with each of us reading one stanza of **Psalms 42-43***
- ⑤ 1. ↓ Which of the psalmist's emotions stands out to you from your initial reading of these psalms? Why?
- ⑤ 2. ↓ Which of the following ways of handling difficult emotions have you tried *and are comfortable sharing about?*
- ⑩ 5. ↓ With what aspects of the psalmist's situation do you most relate? Why?
- ⑩ 6. ↓ Which of the five lament elements show up the least in your prayers when things are going wrong? Why?
- ④ * **Hope Alive** *On page 140, what stood out to you in Hope Alive?*

Day 2

- ⑮ 13. ↓ (a) In a word or two, name a current struggle. (b) Describe a time you joyfully told others how God had provided something for you. (c) Describe a time when you felt God's presence. What were your emotions? (d) How does remembering these last two times build hope for today's struggle?
- ① 15. What two questions does the psalmist ask himself?
- ⑮ 17. ↓ Think of a struggle you may be having today. (a) In one sentence, how would you answer the two questions in Psalm 42:5 regarding your struggle? (b) Picture yourself being on the other side of the trouble, praising God for what he has done through it. With this vision of being on the other side in mind, complete the sentence, "Hope in God; for..." (c) What encouragement do you take in God being your salvation and your God in this situation?

Day 3

- ② 22. (a) What is God doing by day? (b) What is with the psalmist at night? (c) How does this show his trust? (d) How does this relate to what you learned about using confidence psalms in Chapter 4?
- ⑤ 23. ↓ Have you ever sung songs or prayed psalms to God on a troubled night? If so, how has that helped strengthen your hope in God?
- ⑤ 27. ↓ When our spirits are down, why is it good to keep encouraging ourselves to hope in God?

Day 4

- ③ 31. (a) What reason does the psalmist give for why God should act? (b) This is an expression of confidence, but what questions does he have that seem confusing given his confidence in God?
- ① 32. (a) What does the psalmist want God to send? (b) Where will they bring him?
- ⑩ 34. ↓ Write a praise to God for a petition he has granted you. Plan to share this with your small group.
- ⑤ 35. How might having his plans for praising God laid out affect his hope that he'll have reason to fulfill those plans? Explain.

Day 5

- ⑮ 37. ↓ On Day 2, I encouraged you to try this: Every time you feel sad or disturbed, ask yourself the two questions in the refrain of this psalm, and then tell yourself to hope in God. (a) How did this exercise help build your hope in God? (b) Did it help you rejoice in the midst of sorrow? Explain. (c) Is this exercise a practice you'll continue? Explain.
- ① 38. (a) What will God create? (b) What will then be no more? (c) What cannot enter there?
- ⑤ 39. (a) What are our afflictions like compared to the glory that will come? (b) What are our afflictions preparing for us? (c) To what should we look: the things of this earth that will pass away or the eternal things to come?
- ⑤ * *Worshiping Through Intercession* How was your time of worshiping through intercession?
- ⑮ * *My Psalm* Let's share the psalms we wrote on page 154.
- ⑤ * *Creative Connection* What did you think about Karla's description of how she uses art to turn her eyes from her inward struggle to hope in God? Did you begin any creative projects, such as coloring the illustration on page 156? If so, how did that deepen your interaction with God's Word?

Chapter 7 Psalm 71: Continual Hope

Day 1

- ② * Let's turn to page 157. This week we looked at **Psalm 71: Continual Hope** to answer the question, **In the midst of turmoil, how do we pray for God's help in a way that finds continual hope?** Flip to the next page and let's go around the table with each of us reading one stanza of Psalm 71
- ⑤ 1. ↓ What stands out to you from your initial reading of this psalm?
- ⑤ 4. What most interests you about the psalmist as a mentor? Why?

- ① 6. The psalmist speaks of enemies. (a) According to Ephesians 6:11-12, against whose schemes must we stand? (b) Against whom do we wrestle?
- ④ 7. These aren't the only "enemies" that accuse, deceive, dishearten, or tempt. *Raise your hand if you've faced...* [Go through the list].
- ④ * **Hope Alive** *On page 164, what stood out to you in Hope Alive?*

Day 2

- ② 8. List the ways the psalmist describes God *in the first stanza*.
- ① 9. Because he has taken refuge in the Lord, what does the psalmist request?
- ② 10. (a) In Psalm 71:2, on what attribute of God does the psalmist call? (b) What four requests does he make based on this attribute?
- ① 14. (a) Many considered the psalmist's life a marvelous sign of what to expect from God. What is God to him? (b) What fills the psalmist's mouth as he remembers God's help throughout his life?
- ⑩ 15. ↓ What are three wonders in your own life that assure you God is your refuge?

Day 3

- ① 18. (a) What weaknesses does the psalmist have? (b) How does he pray about those weaknesses?
- ① 19. What else may fuel this fear?
- ① 22. (a) *The question asks you to underline what Romans 12:17-19 says about revenge. What did you underline?* (b) *The question asks you to circle who will repay evil. What did you circle?*
- ① 23. Jesus tells us how we should treat those who intentionally wrong us. What are the four actions we should take, *which you underlined and numbered?*
- ① 25. What are the two things the psalmist commits to doing *in the psalm's central verse?*

Day 4

- ① 28. (a) What is the psalmist going to do? (b) How often does God perform saving deeds? (c) What is beyond the psalmist's knowledge?
- ⑩ 29. ↓ (a) What are some of the righteous acts and deeds of salvation God has worked in your life? (b) Describe a time God brought an unexpected good from a difficulty.
- ① 30. (a) When he goes to speak to others, with what will he come (Psalm 71:16)? (b) Compare this verse with verse 9. Who has strength and who lacks it?
- ① 32. (a) In Psalm 71:17, what has God done since his youth? (b) What does the psalmist proclaim?
- ⑩ 33. ↓ (a) What have the difficulties in your life taught you about God? (b) How does remembering how we've grown spiritually through past troubles bring hope in current troubles?
- ① 34. (a) What does the psalmist again ask (71:18)? (b) The psalmist's requests earlier were about his own needs (verse 9). About whose needs is he concerned now?
- ⑩ 35. ↓ How have your past troubles enabled you to help someone?

- ② 36. This stanza's theme ties back to the third stanza. How does the psalmist's testimony about God's actions dispute what his enemies claimed about God in verse 11?
- ⑤ 37. ↓ How can you fulfill God's purpose for you in your current difficulties?

Day 5

- ① 40. (a) What does looking back at his past troubles assure the psalmist God will do for him? (b) The word *again* tells us God has revived (or kept alive) the psalmist through past troubles. From where will God take him at the end of his physical life?
- ① 41. What will God do for the psalmist when he enters his new life?
- ① 42. Where should our hope rest? *What did you underline?*
- ⑩ 46. ↓ What elements of this psalm are most encouraging to you? Why?
- ⑤ * *Worshiping with Laments* On page 182, how was your time of worshiping with laments?
- ⑮ * *My Psalm* Let's share the psalms we wrote on page 183.
- ⑤ * **Creative Connection** *What did you think about Karla's comments on our God-given ability to create? Did you begin any creative projects, such as coloring the illustration on page 156? If so, how did that deepen your interaction with God's Word?*

Chapter 8 Psalms 30 and 146: Hope Fulfilled

Day 1

- ② * *Let's turn to page 187. This week we looked at Psalms 30 and 146: Hope Fulfilled to answer the question, How should we respond to answered prayers? Flip to the next page and let's go around the table with each of us reading one stanza of Psalms 30 and 146*
- ⑩ 1. ↓ Have you had prayers answered yes, wait, or no? Explain.
- ⑤ 2. ↓ What stands out to you from your initial reading of these psalms?
- ① 3. (a) According to the inscription, who wrote Psalm 30? (b) For what occasion does he want it sung?
- ⑩ 4. (a) What's a prayer God has answered for you? (b) Has he saved you and forgiven your sins (Psalm 51), helped you in discouraging circumstances (Psalms 42-43), or saved you from difficulties (Psalm 71)?
- ⑩ 5. ↓ Think of something for which you're thankful, big or small. Write a brief praise using all four of the above elements in whatever order you'd like.
- ⑩ 7. ↓ Begin thinking of ways you can make a sacrifice of praise that involves sharing what you have with others, perhaps with the psalm you'll write. (a) How could you give gifts to the needy so they will know those gifts are a thanksgiving offering for answered prayer? (b) How could you give gifts to your church so those who receive them will know those gifts are a thanksgiving offering for answered prayer?
- ④ * *Hope Alive* On page 194, what stood out to you in *Hope Alive*?

Day 2

- ① 9. With what commitment does David begin Psalm 30:1?
- ① 13. (a) What two things does David want the people at the temple to do? (b) What does he call the people?
- ① 14. Why should we praise God, according to Psalm 30:5?
- ⑩ 16. ↓ Think of a way God has healed you emotionally, physically, or spiritually. Write a brief praise using the four thanksgiving song elements: preliminary praise, divine description, dilemma and deliverance, and praise proclamation.

Day 3

- ② 23. (a) What two things does David want the Lord to be? (b) How does this acknowledge his lack of self-sufficiency?
- ② 26. (a) Why had God answered his prayer, according to David? (b) What does this tell us about the importance of telling others about our answered prayers?
- ① 27. *Question 27 asks you to underline the reason God comforts us when we're afflicted. What did you underline?*
- ① 28. What does David commit to doing in Psalm 30:12b?
- ⑩ 29. ↓ (a) Name an answered prayer for which you will be eternally thankful. (b) Write a brief praise for it using the four thanksgiving song elements: preliminary praise, divine description, dilemma and deliverance, and praise proclamation.

Day 4

- ① 33. (a) In Psalm 146:1, "my soul" is the psalmist's way of addressing himself. Who is the psalmist telling to praise the Lord? (b) What does the psalmist commit to do?
- ⑤ 34. ↓ Can you commit to lifelong praise to God? Explain.
- ⑤ 36. ↓ (a) In what ways do leaders disappoint today? (b) How does this affect your longing for the day we'll be under Jesus' rule in the new heaven and earth? (c) How does Jesus differ from the princes described in verses 3-4?
- ① 39. (a) What does God do that no human ruler can do? (b) What are two ways he does this?
- ⑩ 40. ↓ What is something for which you are thankful today? Write a brief praise using the four thanksgiving song elements: preliminary praise, divine description, dilemma and deliverance, and praise proclamation.

Day 5

- ⑩ 41. *The psalmist lists actions God takes for which we should praise him. Which is most comforting to you today? Why?*
- ⑩ 42. ↓ Which of these instances of God's care in the psalms we've looked at brings you the most comfort? Why?
- ⑤ 43. ↓ Which of the instances of God's care in the psalms could you extend to someone this week?

- ⑩ 45. ↓ What have you learned from the psalms we've looked at in this series for which you are thankful? Write a brief praise using the four thanksgiving song elements: preliminary praise, divine description, dilemma and deliverance, and praise proclamation.
- ⑤ 46. ↓ How will you publicly glorify God with your thanksgiving song and a thank offering?
- ⑤ * **Worshiping with Praise Psalms** *On page 210, how was your time of worshiping with praise psalms?*
- ⑮ * **My Psalm** *Let's share the psalms we wrote on page 211.*
- ⑤ * **Creative Connection** *What did you think about Karla's description of how she uses symbolism in art? Did you begin any creative projects, such as coloring the illustration on page 213? If so, how did that deepen your interaction with God's Word?*