

**Women in the Word**  
**Psalm 16**

*January 15, 2019*



1. Share with your small group one thing you like about January.
2. This semester we are studying a variety of psalms. What comes to mind when you think of the Book of Psalms?
3. Do you have a favorite psalm? Describe what makes it your favorite.
4. King David is the author of Psalm 16. Read this psalm out loud. Read it again from another translation if one is available at your table.

Now read it one more time individually, silently and slowly while considering what David is feeling as he writes this song. Share your thoughts with your small group.

5. What is David asking God in verse 1?

What does David declare about God in verse 2?

6. Read verses 3-4. Describe the two types of people David sees in the world.

With which group does David align himself?

Who are some of the people in your life who move you closer to God? Remember to praise God for them this week.

7. Read verses 5-11. List the specific things that cause David to praise and trust God.

What similarities do you see in your life that you could lift up as praise?

Look at verse 9. What all does David experience as he praises God?

8. Which verse in Psalm 16 stands out to you, and why?
9. Write out a personal prayer request in one or two sentences to share with your small group.

**Women in the Word**  
**Psalm 38**

*January 22, 2019*



1. Share some words that come to mind that describe how it feels when you become aware of sinful attitudes or actions in your life.

Now share some words that describe how it feels when you experience God's forgiveness for these sins.

2. Psalm 38 is a penitent sinner's cry. Read this psalm in its entirety to understand the condition of David. Read verse 3 again. Record the two connected reasons for David suffering in his flesh and bones.
3. Read verse 1 again. What two attitudes is David pleading with God to remove regarding God's discipline against his sins?

What can we know to be true about the discipline of God according to Job 5:17-18?

4. Consider how David is experiencing the discipline of God in Psalm 38:2. In your own words, explain what David might mean by:

*"your arrows have sunk into me"*

*"your hand has come down on me"*

Consider ways God has dealt with some of your sins. Which of the visual descriptions above most resonates in your heart? Why?

5. Read Psalm 38:3-10. Make a list of David's physical ailments and also a list of his emotional ailments from these verses.

What words jump out to you as descriptions of sin in verse 4? Explain their meaning.

How might our physical health relate to our spiritual health? Also read Hebrews 12:1.

6. In the midst of David's pain he is aware that God knows of his suffering. Read Psalm 38:9. What does Romans 8:26-27 teach us that was true for David many years ago and also comforts us today?
7. In Psalm 38:11-20, David lifts his eyes from his personal torment and looks at others who add to his suffering. Who are these people according to verse 11?

How have they responded to the pain of their friend in this verse?

8. Read verses 11-20 and list the attitudes and actions of those who disdain David's suffering.

Why might they have responded to David's afflictions in this way? Why do we sometimes make these same mistakes?

9. David responds to his accusers with silence. How does he describe himself in verses 13-14?

What wisdom might David be displaying here?

Think of a time when you chose silence over retaliation. How did God honor your decision?

10. Instead of depending on people to rescue him, David turns to God. Read verse 15. Also read 1 Peter 3:9. How would you describe David's faith?

In what ways does suffering often increase our faith?

11. List each plea in the following verses of Psalm 38 that David brings to God as reasons for God to bring David deliverance.

v. 16

v. 17

v. 18

12. What is needed for true repentance according to verse 18?

13. Read the cry of David's heart in verses 21-22. What are David's three desires of God that can also be our prayer when we face the consequences of our sins?

14. Write out a personal prayer request in one or two sentences to share with your small group.

**Women in the Word**  
**Psalm 3**

*January 29, 2019*



1. Spend some time honestly thinking about how your heart responds to hard times. Jot down some ways you have grown in obedience in these times and ways you still want to mature.
  
2. King David wrote Psalm 3 during an extremely difficult time in his life. During King David's reign, his son Absalom conspired to overthrow him and usurp his throne. Read the following passages and summarize David's situation:

2 Samuel 15:1-12

2 Samuel 15:13-17

2 Samuel 15:30-31 (Ahithophel had been David's trusted advisor)

2 Samuel 16:15-23

3. Read through all of Psalm 3 a couple of times. What word do you see repeated in verses 1-2?

What insight does the use of that word give you into David's circumstances and how he feels about them?

Jot down your observations about verses 1-2.

What is David *doing* about his circumstances in verses 1-2?

How is David an example of solid faith to you in these verses?

4. Read and contemplate Psalm 3:3. David shifts his focus away from his trials onto God's character. What three words/phrases does David use to describe God in this verse?

What do each of these things mean to you? Briefly write out your thoughts.

What is one way you have seen God be one or all of these things in your own life? Please share.

Write a praise or a prayer of thanksgiving based on this experience.

5. Read 2 Samuel 16:14 and 17:1-4. Because his son Absalom has gathered an army to overthrow him, King David is now on the run and hiding in the wilderness. What do you learn about David's plight in these verses?

Now read Psalm 3:4 along with Isaiah 41:10. David acknowledges that God has answered his prayers *even while* he is still in the throes of deep distress and danger. What do you imagine that David prayed in the wilderness?

In what ways can David's answered prayers influence your prayers to God?

6. Read Psalm 3:5-6. Sleep or rest can be elusive when we are troubled. What might have allowed David to rest peacefully? See Philippians 4:6-7 and 1 Peter 5:7.

Sometimes our mind understands these truths but our heart remains troubled. How do you, or how can you, move these truths from your head to your heart so that you can experience the peace of God?

7. Read Psalm 3:7-8 along with 2 Samuel 18:1, 6-15. As the battle for power between Absalom and his father David reaches its peak, from what is David asking God to save him?
8. Look again at Psalm 3:7. How does David describe those who are against him?

Read Hebrews 10:30, along with Psalm 3:7. What do these verses help you understand about God?

9. Reread all of Psalm 3, stopping to ponder verse 8. Given the deep difficulty of David's circumstances around the time he wrote this psalm, where do you see God's provision of both physical and spiritual salvation for David?
10. How does Psalm 3 strengthen your faith?
11. How might this psalm lead you to pray differently in times of real distress?
12. Write out a personal prayer request in one or two sentences to share with your small group.

**Women in the Word**  
**Psalm 119:1-24**

*February 5, 2019*



1. How has God's Word ministered to you or influenced your life in the past?
  
2. Read Psalm 119:1-8 slowly. Describe in a few words the psalmist's tone/attitude in verses 1-3.

About what is he excited?

Write out the actions or steps that result in a blessed life from verses 1-3.

3. In light of the psalmist's explanation of a blessed life, what insight do you gain into God's desire for obedience expressed in verse 4?
  
4. The psalmist candidly shares his heart with God in verses 5-8. What are his desires?

What do you think has motivated him to desire a greater obedience and knowledge of God's Word?

Share a time in your life when you have been spurred to a greater obedience and a knowledge of God's Word. What motivated you?

5. Read Psalm 119:9-16. Record the different words that the psalmist uses in these verses to describe God's Word.

6. According to the psalmist in verses 9-11, what is the key to living a pure and upright life?
  
  
  
  
  
  
  
  
  
  
7. In verse 11, the psalmist speaks of storing or hiding God's Word in his heart as part of a pure life. What are some of the different ways our hearts can be transformed into a treasure chest for God's Word? Read Deuteronomy 6:6-9 and 30:14 for insight.
  
  
  
  
  
  
  
  
  
  
8. Record the request the psalmist makes in Psalm 119:12.

Most teachers recognize that everyone has different learning styles. What are some of the ways God uses to teach us His statutes and truth? Read Psalm 119:34-37 and John 14:26.

9. Look at verses 13-15 again. What words does the psalmist use to characterize his interaction with God's Word?

Write down some words that honestly and accurately describe your interactions with God's Word.

How does the psalmist's description of his intentionality and delight encourage you to pursue a deeper relationship with God's Word?

10. Read verse 15. How would you define "meditate" in your own words?

Describe what it looks like to meditate on God's Word.

Why would meditation be an important part of your interaction with God's Word?

11. Read Psalm 119:17-24. In verse 18, the psalmist makes another request of God. What does he ask for?

Explain what you think he might learn if God fulfills his request.

Consider making that same request of God every day. What difference do you think it would make in your life?

12. People today are filled with many wants and desires. Contrast the want and desire of the psalmist in verses 19-20 with the wants and desires we see in the world around us today.

13. The psalmist has shared the blessings of obedience to God's Word, but he lists a consequence of straying from God's Word in verse 21. What is it?

He also shares his strategy for enduring contempt because of God's Word in verses 22-24. What brings him hope, encouragement and wisdom in times of persecution?

Share a verse or verses that have given you hope, encouragement and wisdom as a follower of God in a lost world.

In the first 24 verses of Psalm 119, we see the psalmist speak openly to God about His Word. How might his example influence your prayers?

14. Write out a personal prayer request in one or two sentences to share with your small group.

**Women in the Word**  
**Psalm 121**

*February 12, 2019*



1. Write down something you are experiencing now or anticipating in the future that causes you fear, dread or worry. List your specific concerns.

As you consider these experiences, also write down some things you will pursue for help.

2. Psalm 121 is a Psalm of Ascent, believed to be used for prayer and worship as Jewish pilgrims traveled to Jerusalem three times each year for festivals. As Jerusalem was at a higher elevation than the surrounding land, the traveler was ascending or climbing to a higher elevation. Read Psalm 121 slowly, in its entirety. As God's truths sink in, record some of the emotions you experience.
3. How is God described in verse 2?

Take a moment to consider and record what characteristics of God are implied in this description.

Now consider and record how these characteristics of God affect the fearful circumstances you are facing.

4. Having resolved to trust in God's help, the writer reminds himself of specific ways God protects and guards His own. Read Psalm 121:3-4. As you imagine a pilgrim journeying on foot through the Judean hill country, what is suggested by a foot "moving" or "slipping?"

Now reflect on your life as a faith journey and consider what is suggested by your foot "moving" or "slipping." Record your thoughts.

5. Who guards your feet on the path of life?

Read Proverbs 3:6, 21-23 and list some of the help God gives us to keep our feet on His safe path.

6. Read Psalm 121:3-4 and record what you learn about God's sleep/wake patterns.

Think about this and write down how this reality affects God's ability to care for you personally.

7. Read Psalm 121:5-6. According to verse 5, what personal role does God play in your life?

Imagine the scorching desert sun. If God's form is shading you from the sun, where must He be standing in relation to the scorching sun and you?

Now imagine God standing between you and any of the fears/concerns you recorded in question number one. What emotions does this stir in your soul? What truths does it bring to mind?

Read Romans 8:35, 38-39, and list the things that can never separate you from God's love.

8. Look carefully at Psalm 121:6. At what time will God's keeping protect you?

Look also at Proverbs 15:3 and describe the scope of God's observation and care of His own.

What steps can you take to remind yourself of God's great, personal and constant care of you?

9. Read Psalm 121:7-8, where the writer changes to the future tense. A Hebrew audience would recognize that “evil” or “harm” suggests eternal separation from God. Considering this, what ultimate protection is described in verse 7?

Also read John 10:28-29 and note who protects your eternal life. How is this protection described?

10. Read the following verses and record the specific way God’s followers are protected from evil’s influence.

Romans 8:1

1 Corinthians 10:13

Ephesians 1:13-14

11. Psalm 121:8 addresses again the great scope of God’s protection. Rewrite this verse in your own words using personal words like “me” and “my,” or use your name.

12. Based on this psalm, write your own prayer to God that you can use in times of trouble. Include your own description of God’s great and personal care.

13. Write out a personal prayer request in one or two sentences to share with your small group.