

**Women in the Word**  
**Psalm 49**

*February 20, 2019*



1. Think of a perplexing problem you have spent time trying to understand. Did you talk it over with God? If so, what was the outcome of your prayer?
  
2. Psalm 49 is a wisdom and meditation psalm. How do we find wisdom according to Proverbs 9:10 and James 1:5?

Write down some practical examples of how *you* gain wisdom.

3. Read Psalm 49 carefully once or twice. What would you say is one problem the psalmist has carefully considered?
  
4. Read again verses 1-4, which is the introduction to this psalm. What is the tone of the introduction?

Whose attention does the psalmist want?

Describe in your own words how the psalmist entices us to listen to him.

Think for a moment about wisdom and understanding. Why do you think gaining it is so important?

5. Read verses 5-6. What seems to be the psalmist's situation in these verses?

How does he describe those who are causing him trouble?

6. Wealth is not a bad thing, but how you handle your wealth can be good or bad. According to verse 6, what makes wealth dangerous?

Share some situations in which you might be tempted to put your confidence in material things.

7. Read verses 7-9. In what situation is wealth of no value?
8. What is the irrefutable, universal truth the psalmist states in verses 10-12? Read also Job 1:21 and 1 Timothy 6:6-7.

Yet, much of the world is captivated by gaining wealth and material possessions. Why do you think this is?

9. Read Psalm 49:12-15. Describe the contrast between those who trust in themselves with those who walk with God.

10. Read verse 15 again. This might be called the key verse of this psalm as the psalmist puts his confidence in God alone. Read Matthew 20:28 and 1 Peter 1:18-19 and describe the only adequate ransom to save us from eternal death.

In what ways does knowing this truth make a difference in what you see as valuable? Also consider Matthew 6:19-21.

How might this truth make a practical difference in your daily actions? Give examples.

11. Read Psalm 49:16-20. The psalmist further expounds on the futility of material possessions. What words or phrases jump out at you, and why?

In your own words, write a one- or two-sentence summary of the practical wisdom you see in verses 16-20.

12. The psalmist sums up this psalm with verse 20. Compare it with verse 12 and record the phrase that is different in verse 20.

As you consider the understanding you have gained from Psalm 49, how will it affect your relationship with God? How will it affect your relationship with others?

How might this psalm of wisdom and meditation influence what you talk over with God?

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

**Women in the Word**  
**Psalm 144**

*February 27, 2019*



1. Think about your everyday life. Is there an area in which you are more self-sufficient, rather than dependent on God? Why do you think that is true?
2. Read all of Psalm 144 slowly and thoughtfully. How does David begin this psalm? How does he end this psalm?
3. Look again at verses 1-2. As king of Israel, David is charged with the care and protection of his people. List the specific ways God has equipped and enabled David for this role.

How would you describe David's attitude toward God in these verses?

How might David's relationship with God influence the nation of Israel as he leads?

4. In your own words, what is David pondering in verses 3-4?

What do you think these musings reveal about David's knowledge of God?

5. Read verses 5-8. What do you think is the tone of these verses?

What do you imagine is the cause for David's tone?

From whom does David request God's protection in verses 7-8?

6. David uses vivid language to request this protection. What are the three phrases he uses in verse 7 to call on God for His help?

What are some characteristics of God that David might be thinking about as he prays? Also see Zephaniah 3:17.

7. Read Psalm 144:9-11. In verse 9, David looks ahead to a time when he will lead his people in public praise. What does David anticipate will be the cause for such praise?

What elements of David's worship can we incorporate into our time of worship?

How do you think David's willingness to worship displays the following?

Humility

Dependence on the Lord

A close relationship with the Lord

8. Honestly evaluate the role of praise in your walk with God. What are some ways you can begin or continue to follow David's example of praising God on a daily basis?

Write a short prayer of praise to God right now for His current and future faithfulness.

9. Read Psalm 144:12-14. David uses poetic language to ask for God's blessings on the nation. Describe the blessing David foresees in the following verses:

v. 12

vv. 13-14a

v. 14b

In what ways would these combined blessings lead to prosperity and peace for Israel?

David is a godly leader. What role would David play in contributing to that prosperity and peace?

What effect would Israel's prosperity and peace have on the unbelieving nations around them?

10. Read verse 15. In light of the whole psalm, what does this verse mean to you?

What are some ways you've seen God blessing His people who call on Him?

11. What is one way Psalm 144 will influence how you think about your dependence on God?

What will you do differently as a result of this?

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

**Women in the Word**  
**Psalm 111**

*March 6, 2019*



1. Psalm 111 is a psalm that praises the works of God. Write down just a few of God's great works you have focused on recently.

What practical steps can we take to deepen the discipline of praise in our lives?

2. Read Psalm 111 entirely. If you were writing a book about this psalm, what would you title it? Why?
3. Read verse 1. The psalmist evokes others to praise God and then demonstrates how to do so by his own example. What do we learn about praise from his example in this verse?

Why is it important that believers are verbal about God's wonderful works? Also read 1 Chronicles 16:8-12 and Psalm 78:4-8.

4. Read Psalm 111:2. What is essential for developing an attitude of praise in our lives?

What are some of the issues that keep the world from acknowledging the works of God?

Read Romans 1:18-22. What more can we learn about those who ignore God's greatness?

5. Read Psalm 111:3-4. Both the works of God and the character of God are extolled in these verses. Record what you learn about each.

Read verse 4 again. Think of all the ways throughout history God has caused His works to be remembered. In what ways has He accomplished this?

What character traits of God are evident when He brings His works to remembrance according to verse 4?

How did the wondrous works of God first become alive in your heart?

6. In verses 5-9 the psalmist specifically lists many mighty works of God. Read these verses again as the author recognizes God's faithfulness to the children of Israel. Summarize the work of God in each verse.

v. 5

v. 6

v. 7

v. 8

v. 9

What do these incredible works of God tell us about God's relationship with Israel?



7. Look again at verse 9. What did the psalmist recognize about God when remembering His mighty acts?

Why does reflecting on God's past faithfulness lead to our praise in the present?

8. Go back and look over the works of God in Psalm 111:5-9. This time consider ways you can apply God's works for Israel with works He is eager to do in our lives as His children today.

v. 5

v. 6

v. 7

v. 8

v. 9

What do these incredible works of God tell us about His relationship with us? Also read 1 John 3:1 and 1 Peter 1:3-5.

9. Read Psalm 111:10. Why do you think the psalmist placed these words at the end of this psalm of praise and remembrance?

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

**Women in the Word**  
**Psalm 126**

*March 13, 2019*



1. Share with your group one of the most joyful experiences of your life and describe the emotions you experienced. How are you affected when you take the time to remember, reflect on and talk about this experience?
  
2. Read all of Psalm 126. Read it a second time and note the different references to joy or gladness.
  
3. The psalmist begins by remembering the past. What is he remembering in verse 1?

Most likely, this psalm is referring to the time when the Jewish people were released from Babylonian exile and captivity and freed to return to Jerusalem. (Zion is a reference to Jerusalem.) Read of their experience rebuilding their lives in Ezra 6:16, 22 and note their prevailing emotion.

What is the source of this great emotion?

4. Remembering this wonderful time in Psalm 126:1-2, what does the writer remember about the people's response to God's great act?

What do you think the writer means by the words, "like those who dream"? Have you ever felt this way?

5. Verse 2 shows that non-Israelites were impacted by the actions of God. How did they respond?

What truths about God are being shown to people who don't know Him?

6. Has your heart ever been so full of joy that it spilled out of your mouth with words of thanksgiving and praise? Describe that time.

How did it affect the people around you? How might it affect God?

7. Look at the succinct statement in verse 3. Because of God's rescue in the past, how do the Israelites describe themselves in the present?

While most of us have never been exiled, as Christ-followers we have been rescued. Read the following verses and record from what you have been rescued.

Colossians 1:13

Romans 8:1-2

8. Write your own short prayer remembering how God rescued you.

If all of your conversations with God began with this memory, what emotions would be stirred in your heart and what truths of His would you remember?

9. Consider and list some of the things you experience day-to-day that cause you to lose joy.

What steps can you take to hold on to God's joy?

10. When the Jews first returned to Israel, their number was small and they had a great deal of work to accomplish. Read the psalmist's request in Psalm 126:4. To whom is he turning for help?

The Negeb is the dry and drought-stricken southern part of Israel. What is the writer communicating about God's help when he describes it, "like streams in the Negeb"?

11. Read verses 5-6. Having asked for God's help, the author switches to vivid, agricultural language. Think about these agricultural words and write down your ideas about their meaning.

Sow

Seed

Reap

Sheaves

Crop bearing always begins with a farmer sowing seeds. But what must happen before the seed produces crops?

What truths do we learn from the farmer about giving God our requests?

12. In verses 5-6, there are two references to someone sowing seed. Look at each one and record the outcome that the psalmist anticipates.

What words are used to suggest certainty or confidence?

13. Maintaining joy while working, waiting and even grieving can be challenging. How does the beginning of this psalm help the psalmist hold tight to joy as he prays?

14. What are some things you are waiting for today? How will you talk to God so that you can wait with joy?

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

**Women in the Word**  
**Psalm 119:25-48**

*March 20, 2019*



1. Name an important lesson or skill that you have been taught in your life.

Who taught you that skill or lesson? Why was it important or meaningful?

2. Read Psalm 119:25-32 slowly. In verse 25, the psalmist speaks honestly to God about difficulty and despair in his life. In this hard time, what is his request?

After reading Deuteronomy 32:39, share why it is a wise choice to speak directly to God and seek His Word in our despair and hard times.

3. In Psalm 119:26, what phrase reveals that God has heard his cry for help?

Where do we see evidence of the psalmist's teachable spirit in verses 26-27?

How teachable do you consider yourself to be? Very? Occasionally? Never?

Are there changes you can make to become more teachable? What are they?

4. Record the heartfelt requests the psalmist makes of God in verses 28-32.

Along with these requests, to what does the psalmist commit in verses 30-32?

What role will God play in these commitments according to verse 32?

Looking back over verses 25-32, describe the psalmist and his relationship with God.

5. Read Psalm 119:33-40. In your own words, write a definition for “dependence.”

Now write down words or phrases in verses 33-40 that reveal the psalmist’s dependence on the Lord.

Share a few words or phrases that describe your dependence or reliance on the Lord.

What attitudes, circumstances or people might hinder your dependence on the Lord?

6. In verse 33, the psalmist cries out to the Lord for instruction in His Word. What is his hope according to verses 33-34?

Consider some of the truths that God has taught you in the past. How has His instruction in His Word led you to a greater obedience?

The psalmist calls out for understanding of God’s Word in these verses as well. What are some spiritual truths or lessons in which you desire greater understanding?

Write out a short prayer asking God for specific understanding and insight into those truths.

7. Reread verses 36-37. Although centuries old, what wisdom does the psalmist share that is applicable in our lives today? Read Proverbs 16:16.

8. In Psalm 119:41-48, the psalmist continues his conversation with the Lord. After asking for teaching and understanding, what does he desire now according to verse 41?

With what does the psalmist connect God's love? Read John 3:16 and 1 John 4:10.

According to Psalm 119:42, how will God's steadfast love influence his future?

9. In verses 43-48, what evidence do you see of a transformed life through God's Word?

10. How does the psalmist influence others according to verses 46-47?

What motivates him to speak boldly?

The psalmist is willing to share God's Word even before kings. Write down some places or people with whom you might share God's Word and His testimony of truth. Pray this week for the boldness to share your delight in His commandments wherever you go.

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

**Women in the Word**  
**Psalm 96**

*March 27, 2019*



1. Define worship in your own words.

Think for a moment and share some ways you worship God every day.

2. Read Psalm 96. What emotions do you think the psalmist experienced while writing it?
3. While the author of Psalm 96 is unknown, we do see it partially quoted in 1 Chronicles 16:23-33 as the ark is being brought into Jerusalem. Read Exodus 25:1, 21-22 and 1 Chronicles 13:6. Why was the ark important to David and the Israelites?

Read Psalm 96 again. Why might David have chosen this psalm to quote during this special occasion?

4. Read verses 1-6. What words do you see repeated in verses 1-2?

List all the reasons the psalmist sings praises to God in verses 1-6.

5. In verse 3, who is to be told of God's glory?



6. Read verses 4-5. Compare what the psalmist says about God and what he says about the gods of the peoples.

An idol is anything or anyone that we put before our relationship with God. What are some idols that distract us from worshipping the one true God?

What are some practical ways we can guard ourselves from idols today? See Romans 12:2 for further insight.

7. Read Psalm 96:7-8. Again, the writer repeats a word three times. What word is repeated?

“Ascribe” or “give” means to openly confess the qualities of God. List all the qualities of God described in verses 7-8.

What are some characteristics of God that you know to be true?

Take a moment and lift those up to God in praise.

What additional element of worship is mentioned in verse 8b?

8. Read verse 9. What should be our attitude as we worship God?

How do you think reflecting on God’s splendor and holiness brings about this attitude?

9. Name the emotions you feel when you think about judgment.

Now read Psalm 96:10-13. How will God judge us according to verses 10 and 13?

How does knowing these truths about God encourage you?

10. Verses 10-13 point to the time Christ will come back to reign on earth. Read Romans 8:19-23. Compare this picture of creation to the picture painted for us in Psalm 96:11-12.

According to Psalm 96:13 what is the reason behind creation's celebration?

11. How do you anticipate Christ's return in your daily life?

How can this anticipation be an act of worship?

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