

Women in the Word
Psalm 119:49-72

March 28, 2019



1. What picture does the word “comfort” bring to your mind?

When you are in the midst of hard times, what are some sources of comfort in your life?

2. Read Psalm 119:49-56. What is our psalmist experiencing according to verses 49-52?

In hard times, where does he find comfort and hope?

Share some ways that God’s Word can provide us with comfort when we are hurting.

3. How does the psalmist react in verse 53 to those who have walked away from God’s Word?

What are some reasons people might walk away from God’s revealed truth in the Bible?

Do the psalmist’s feelings and actions described in verses 54-56 encourage you to stay connected to God through His Word? Why or why not?

4. Read Psalm 119:57-64. Observe the personal “I” statements made by the psalmist in these verses. What words would you use to characterize him based on his statements?

How would you describe his relationship with God? With His Word?

Now read John 14:15 along with Psalm 119:57-64. List the psalmist’s specific actions that demonstrate his commitment to God’s commands.

5. Throughout Psalm 119 we see that the psalmist has enemies and opposition. What is his defense as he is surrounded and entrapped by the wicked in verse 61?

Share some ways you can use God’s Word as a protection and encouragement when ungodly people attack and surround you. Read Proverbs 30:5, Ephesians 6:17 and Hebrews 4:12.

6. Reread Psalm 119:62-63. What picture does this give you of the psalmist’s daily life?

Give some reasons why his close relationship with God and His Word would bring him affection for other believers.

7. Consider your close friendships. List some things that connect you to these friends.

Are you drawn to relationships that share your close connection to the Lord? Why or why not?

8. Read Psalm 119:65-72. Write down the good or positive things emphasized here in the life of the psalmist.

What are the good or positive things in your life as a result of God's truth?

How has the psalmist benefitted even from suffering and affliction according to verses 67 and 71?

Share some positive benefits you have experienced as a result of suffering in your life.

9. How valuable is the Word of God to the psalmist according to verse 72?

Thinking back over the first 72 verses of Psalm 119, write down some reasons that God's Word should be considered highly valuable in our lives today.

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

Women in the Word
Psalm 85

April 4, 2019



1. Before we look at Psalm 85, please read these passages and record what you learn about revival and restoration from each one:

Psalm 30:5

Psalm 71:20-21

Isaiah 57:15

Which passage most encourages your heart? Why?

2. Read Psalm 85:1-3. In his prayer, the psalmist lists six former blessings God had bestowed upon Israel. What were they?

How would you summarize these blessings in a sentence?

Record the word in each blessing that describes a specific action of God. What do we learn about God from these actions?

3. Read Psalm 85:4. What is the condition of Israel as the psalmist pens this psalm?

What realities must Israel know to be true about God when considering this verse?

4. As you reflect on God's past faithfulness in moments when you needed restoration, what realities do you know to be true about Him? Do you have an illustration you would like to share? Also read 2 Timothy 2:13.

5. In Psalm 85:4-7 the writer had some serious requests of God. What were his great desires?

The people were in need of salvation from all their burdens. What were some of the burdens God removed from your life when He became your salvation? Also read Psalm 62:1-2.

Give some examples of how the prayer in Psalm 85:4-7 exhibits both despair and hope.

6. The psalmist's faith is apparent in verses 8-9. What does he know to be true? What is his fear for Israel?

God desires to dwell with us and surround us with His glory. Look closely at the psalmist's words. What part do we play for this great blessing to occur?

Look again at verse 8. What can we learn about prayer from this verse?

7. The psalmist turns to look at the bleak landscape of Israel surrounding him, yet he still envisions the blessings that await Israel as they follow God. Read verse 10 and list the four spiritual qualities that characterize the kingdom of God.

Why might God's steadfast love be connected to His faithfulness in this verse?

Why might God's righteousness be connected to His peace in this verse?

There are times in our lives when we look around and recognize that bleak landscapes seem to surround us. What disciplines can we practice to remind us of the greatness of our God?

8. In verses 11-12 we witness the psalmist having great expectations of God. What would be a good name for a country where God's goodness springs visibly from below and from above?

What attributes of God will bring abundant fruitfulness to Israel in these verses?

What increase will God yield in your life as you reap the blessings of these attributes?

9. Read Isaiah 30:21 and Isaiah 58:11, along with Psalm 85:13. God's righteousness leads to our righteousness. How is this true?

What does this mean for us when we need restoration and revival?

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

Women in the Word
Psalm 99

April 11, 2019



1. Psalm 99 could be entitled “The Lord Our God is Holy” and it is the sixth of the Enthronement Psalms. Each of the Enthronement Psalms speaks of the Lord as our sovereign King.

Read Psalm 99:1-9. Verses 3, 5 and 9 speak of the holiness of God which can be defined as “the utter separateness of God’s being from all other creatures and things, as well as His moral separateness from sin.” What does it mean to you that the Lord your King is holy?

2. Psalm 97 is also one of the Enthronement Psalms that begins with the phrase “the Lord reigns.” How does Psalm 99:1 differ from Psalm 97:1?

In your own words, explain the meaning of the phrase “the Lord reigns.”

How can knowing the Lord reigns cause us to respond with both joy and reverence?

3. Reread Psalm 99:1-3 and note the number of exclamation points. What is the tone of this psalm?

According to verse 1, the Lord sits enthroned upon the cherubim. We know that the Lord sits enthroned in heaven, but during the time this psalm was written, where did the Lord also sit enthroned upon the cherubim? Look at Exodus 25:8, 21-22 along with 1 Kings 6:19 for insight.

Why would this truth excite the psalmist?

4. Consider a recent difficulty in your life. How does it make you feel to know that the Lord reigns over all your circumstances?

Knowing this, how should your responses to difficult circumstances be different than the responses of those who do not know God as their King?

5. Continue by reading Psalm 99:4-5. What examples do you find in verse 4 that show us the Lord our King loves justice?

God's example of His love for justice was to be demonstrated by Israel's leaders. What do the following verses in Proverbs 29 tell us about a good and just leader?

v. 2

v. 4

v. 12

v. 14

vv. 26-27

What should we pray for our leaders today?

6. Reread Psalm 99:5. Visualize what it looks like to worship at the "footstool of God." What attitude does this phrase suggest we have when we worship our Lord? Refer to James 4:10 for insight.

Explain how humbling yourself before God enriches your praise and worship.

7. Continue by reading Psalm 99:6-8. Verse 6 mentions three of God's great leaders: Moses, Aaron and Samuel. What do we learn about them in these verses?

In the following portions of Scripture, what were these men asking of God and how did God specifically respond to each of them?

Exodus 32:11-14

Numbers 20:2-9

1 Samuel 7:8-11

8. The Lord, in His mercy, has pursued His people from the very beginning of creation. In Psalm 99:7, the Lord spoke to His people in a pillar of cloud. What are some ways the Lord speaks to us today? Look at 2 Timothy 3:15-17 for insight.

Recall a recent situation you took to the Lord in prayer. How did the Lord reveal truth to you as you searched His Word?

9. Finish by reading Psalm 99:9. What reason does the psalmist give for exalting and worshipping the Lord?

It has been said that holiness is the harmony of all the Lord's attributes. How do you think the Lord's holiness affects His other attributes?

10. Reflect back over Psalm 99. How will the phrase "the Lord reigns" lead you to pray differently?

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

Women in the Word
Psalm 130

April 18, 2019



1. Psalm 130 is a Psalm of Ascent but it is also a Penitential Psalm, a prayer of confession. Look up the definition for “penitent” and record it here.

Read Psalm 130 in its entirety. Now go back and read verses 1-2. Remembering that this is a Penitential Psalm, what do you think the author is communicating with the words, “Out of the depths”?

2. From this despairing place, what action does the writer undertake?

Carefully read verses 1-2 and record the writer’s request of God. Describe the emotional tone of his request.

3. This entire psalm is a prayer to God and His name is written eight times, usually as “Lord.” Read slowly through the prayer, then list each reference to God and write down what is understood or implied about Him in each reference.

4. Read verses 3-4. What question is asked in verse 3?

Read Jeremiah 31:30 and Malachi 3:2 and give an answer to the psalmist’s question.

5. What hope does the writer cling to in Psalm 130:4?

Because God offers forgiveness, what can we know about His character?

6. Because followers of Jesus have the assurance that their sins are forgiven, we may develop a casual attitude about our sin. Read Psalm 90:8 and note what is in clear view when God looks at our lives.

Take some thoughtful time to remember, record and confess to God any recent actions, thoughts or attitudes that have been sinful and fall short of His holy standard.

7. From Psalm 130:4, record the response God wants from His forgiven children.

Read 1 Peter 2:16 and consider how God's forgiveness affects the way you live now and the way you want to live in the future.

8. Read Psalm 130:5-6. Comforted and confident in God's merciful, forgiving character, the writer resolves to wait for the Lord. Read the following verses and share both how we wait for God and what benefits come from waiting.

Isaiah 26:8

Isaiah 40:31

Lamentations 3:25-26

9. What resource does the writer refer to in Psalm 130:5 as the basis of his hope?

We may wish for many things, but our hope is based on God's words. How does this provide both direction and protection for our lives?

10. What words of God bring you hope right now? Share them with your group.

11. Consider the watchman described in verse 6. What kinds of things would he be watching for throughout the night?

What would he experience when the sun rose in the morning?

12. Read the writer's climax of hope in Psalm 130:7-8. According to verse 7, what arrives with God when He interacts with His people?

Paying attention to the adjectives, write your own descriptions of:

Steadfast love

Plentiful redemption

13. What is the writer's confident hope for Israel?

14. Like the other Psalms of Ascent this is a prayer you can pray as you move forward in your life journey. In what circumstances would you be inclined to pray this prayer?

How might this conversation with God move you one step closer to Him?

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

Women in the Word
Psalm 139

April 25, 2019



1. Take a few minutes to consider God. Now write down what comes to mind about Him.

How has your view of God changed over the years?

2. Read Psalm 139 slowly and think about what David is saying to God. Read verse 1 again and define "search."

How does it make you feel to know God has searched you thoroughly and knows everything about you?

3. Read verses 2-6. Describe the knowledge we have versus the knowledge that God has.

What difference will it make in your life knowing God is omniscient, or all-knowing?

4. Read verses 7-12. What do you learn from the many poetic phrases David uses to describe God's presence?

What do you find comforting about this truth that God is omnipresent?

5. As David contemplates God's omnipresence, what actions of God does David realize in verse 10?

Share a time when you were aware of God's leading in your life. Describe the effect it has had on your faith today.

6. Read verses 11-12 again. What is God able to do to the darkness that we cannot?

List some things you attempt apart from God to make the dark times lighter or more comfortable.

What are some specific ways you can remind yourself God is always with you in the dark times?

7. Read Psalm 139:13-18. David now reflects on God's omnipotence. God alone is all-powerful. What is your response to the truth that God made David in his mother's womb?

Read verses 13-15 again. How might these verses cause us to think differently about the value of life?

What words does David use to praise God's creative power? What additional words would you use?

8. Read verse 16 carefully. When did God write down and form your days?

Read Jeremiah 29:11 and Ephesians 2:10 and record the other things you learn about God and His plans.

9. Read Psalm 139:19-22. Why do you think David might suddenly start talking about evil and his hatred of those opposed to God?
10. Read verses 23-24. As David contemplates the sin and wicked ways of the enemies of God, he seems to ponder his own sin. How do you typically deal with your sin? How might David's example influence the way you respond to your sin in the future?

Why do you think David is comfortable asking God to search him?

11. Look back over Psalm 139. Reflect on David's responses to God's attributes. How will this psalm change the way you talk with God?
12. Thinking back over the psalms we have studied this semester, share one that has influenced your relationship with God and how you speak to the Lord.
13. Write out a personal prayer request in one or two sentences to share with your small group.