

Online Exercises

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Fourth Quarter 2021

Lesson 1

Psalm 100

October 3, 2021

- 1) Find a song version of Psalm 100 on the Internet. Listen to the song and use it as a tool to imagine Israel in high praise.

- 2) Research the structure of the Psalter and types of psalms and create a graphic representation of the key features of the Book of Psalms. For example, use five sheets of newsprint for the five “books” within the Psalter. Use different colors for different types of psalms; use yarn to connect psalms visually that are connected thematically, etc.

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Lesson 2

Psalm 9:1–12

October 10, 2021

- 1) Sing a song that reminds you of God's faithfulness.
- 2) Sit in a relaxed position and breathe slowly, paying attention to each breath for two minutes. While you breathe concentrate on God's justice. Remember that He will not forsake the righteous. Think on His goodness and end with a shout of hallelujah.

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Lesson 3

Psalm 107:1–9, 39–43

October 17, 2021

- 1) Reflect on an instance in which God delivered you. Compose your own psalm using your experience and the words of this psalm. Find your way to let the redeemed say so.
- 2) Psalm 107 is considered to be the first psalm of the last “book” within the Psalter. It seems to respond to the themes of the immediately preceding psalm. Some scholars see successive books within the Psalter responding to the preceding books as if they were designed to do so. Read a few of the preceding psalms and see if you agree with the scholars and can recognize themes and scenarios represented in this psalm and those that come before it.

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Lesson 4

Psalm 84

October 24, 2021

- 1) This is a psalm of ascent; it would have been sung while a person walked up the temple mount. Go on a walk. Find a big hill and if possible, walk up the hill while reading this psalm. Make sure to repeat verse 12 when you reach the apex of the hill.
- 2) Collect some photos of special places where you feel especially close to God. Why do you feel a close connection to God in those places? If they are not traditional places of worship, what does that tell you about an omnipresent God? Journal down your thoughts.
- 3) If able, volunteer to be a greeter or an usher at your church to put the second portion of verse 10 into action. It is a great way to meet or become better acquainted with your congregation and a tangible way to put action to scripture.

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Lesson 5

Psalm 149:1–5; 150:1–6

October 31, 2021

- 1) Find a modern song of these psalms through an online platform. Use that song to reflect on the praiseworthiness of God.
- 2) Think of all the ways you have witnessed various people praise God. Which do you think are appropriate and which do you believe not to be appropriate? Why?

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Lesson 6

Revelation 7:9–17

November 7, 2021

- 1) Go to a spot where you can see a long way. Imagine seeing a huge crowd filling the space as far as they can see, all praising God. Consider how many would be present, what it looks like to see them all there, what their praises sound like, etc. Write down what you imagine.
- 2) Conduct an Internet search for a picture depicting the four living creatures falling down in worship. Did the picture match what you had imagined the creatures looking like? Why or why not?

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Lesson 7

Revelation 11:15–19

November 14, 2021

- 1) Read Revelation 8–10 to give you a better perspective on the seven trumpets and what happened at each one's sounding.
- 2) Research the development of the trumpet through the centuries. It might surprise you to see how much the instrument has changed through various eras.

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Lesson 8

Revelation 19:1–8

November 21, 2021

- 1) Find a modern version of this passage set in song. Use the song during your devotional time for the week to proclaim glory, honor, and salvation to God.
- 2) Design an acrostic using the letters in the word *hallelujah* as a reminder of the many reasons to praise God. The words in the acrostic may start with a letter in hallelujah or they may contain that letter somewhere in the word. Decorate the acrostics and use them as a visual reminder.

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Lesson 9

Acts 10:34–47

November 28, 2021

- 1) The incident in today's text was preceded by a vision Peter had about clean and unclean food and how the vision challenged his preconceptions about what was okay to eat. Challenge yourself to choose one food you've never tried and find a way to try it in the coming week. As you experience this new food think about what Peter would have thought as he experienced the outpouring of the Holy Spirit on Gentile believers.
- 2) This month challenge yourself to get out of your comfort zone. Endeavor to go a Christian worship service or Bible study from a denomination and ethnicity of which you are unfamiliar. Maybe you will decide to experience an Ethiopian Orthodox, Greek Orthodox or Latino Methodist church. Notice how they worship God. What are the differences and the similarities?

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Lesson 10

Deuteronomy 5:1–3; 10:12–13; 27:1–10

December 5, 2021

- 1) Moses and others who first received God’s Law, or commands, understood God’s instructions for them as a gift of God’s divine grace. For these ancient listeners, “law” and “grace” were synonymous. That is not always the case for our modern ears, as we often hear “law” as being something opposed to “grace.” Brainstorm possible ways in which God’s covenant Law might be understood as a gift. What is graceful about God’s Law?
- 2) Find a video that shows the process of carving and writing on wooden tablets. What tools would have been used in ancient times? How difficult would it be to use hand tools rather than power tools to create something like this?

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Lesson 11

2 Samuel 9:1–7, 9–12

December 12, 2021

- 1) Make a commitment to volunteer once or twice for a non-profit that services handicapped members of your community. If you enjoy it, sign up and serve in perpetuity.
- 2) This week take a personal pledge to show mercy. Choose mercy in your relations instead of exercising the rights that you have.

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Lesson 12

Isaiah 9:2–7

December 19, 2021

- 1) The poem in verses 2–7 follows the form of a hymn of thanksgiving, citing three reasons for giving thanks that each start with the preposition “for.” As you prepare for Christmas day, prepare your own hymn of thanksgiving for the birth of the Christ-child.
- 2) This is a birth announcement. Find a modern birth announcement and compare the two. In what ways are they similar and in what important ways are they different?

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Lesson 13

Nahum 1:1–3, 6–8, 12–13, 15

December 26, 2021

- 1) Find a reading of today's text and listen to it while it is being read. Gather some watercolors or acrylic paint. As today's text from Nahum is read slowly and expressively, paint the feelings or thoughts you are having. Read the text again, if necessary, so you can have more time to paint.
- 2) Nahum is a book that is not often read in its entirety. As a way to increase your understanding of today's lesson, read the rest of the book; it is only three chapters.