

Passionate For Psalms
Ladies' Bible Study Booklet

By Lonnie Cruse

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Published by
Spiritbuilding Publishing
15591 N State Rd 9
Summitville, IN 46070

Printed in the United States of America
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Spiritual “equipment” for the contest of life



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Introduction

To The Book Of Psalms

When I first read through the Book of Psalms, I sort of got “hung up” on David’s frequent laments to God to help him defeat his enemies (he gets pretty heated up about the subject sometimes!) and the frequent re-hashing of Israel’s past history. Then I took a much closer look, and I was blown away by the beautiful descriptions of God’s love and care for us throughout all time, making the Psalms equally important for us today. And the prophecies or foretelling of Christ’s coming are amazing! So many lessons. So much comfort.

The purpose of most—if not all—of the Psalms is to teach us to pray and to give praise to our Almighty God. To trust in Him completely. Psalms also teaches us about His steadfast love for us, (as translated in the ESV translation, the NKJV uses the word “mercy”) that He always answers us (according to His will), cares for us, and deals with us justly. Throughout the Psalms we see what many today refer to today as “a personal relationship with God” between the writers and God. And isn’t that something we each seek for in our lives now? A personal relationship with our God?

From my research on the subject it appears that the Book of Psalms was written over a period of several hundred years and possibly gathered together into one book only after the last exile. Many of the Psalms list the author by name and/or list the purpose of the Psalm. The sons of Korah, Asaph, Moses, David, and Solomon are listed as authors. Some Psalms list no author. Purpose of the Psalms: pray, praise, sing, worship, teach, exhort, etc. Psalms is divided into five groups of books as follows: 1–41, 42–72, 73–89, 90–106, 107–150 and each grouping closes with a doxology (meaning praise/glory to God or world without end.)

I have created a reading schedule in order for the entire book of Psalms to be read in fifteen weeks, or if your Ladies’ Bible Class meets monthly you can break it down into fifteen months. Most of the

Passionate for the Psalms

Psalms are fairly short so the schedule calls for us to read two Psalms per day, each week day. It should only take about ten minutes each day to do the daily reading (or catch up on weekends.) In the lessons of this book students will do an in-depth study of one Psalm per class for a total of fifteen highlighted Psalms. Questions will be the same for each lesson in order to get us to think about what we read. And by reading *all* 150 Psalms over the duration of the class, I trust that each reader will have a better love and understanding of this wonderful book! And that the steadfast love and eternal care God exhibits to us in this book will give us the comfort, strength, and courage to return that love to Him by our obedience to His will.

The primary thoughts to keep in mind when reading each Psalm will always be the same: ***What is the theme of this particular Psalm? How does it apply to me, to my life, now?***

In studying the Book of Psalms over the years, I found some helpful books, listed below, in case you want to dig deeper. *Shepherd's Notes* (three small paperback books, most helpful set of commentaries I found, from Lifeway). Author/preacher Roger Hillis wrote a set of excellent class books on the Book of Psalms (no discussion, questions only, but helpful) titled *Psalms Books 1-4* (available from Religious Supply in Louisville, KY.) Nancy Leigh DeMoss wrote *A 30-Day Walk with God in the Psalms*, very helpful (Lifeway.) I also used *Parallel Classic Commentary on the Psalms* by Spurgeon, Calvin, and Henry (Lifeway). This last one is pretty deep reading but worth it if you are interested.

Thanks for your participation! May you discover God's "steadfast love" and mercy through this study and throughout life.

—Lonnie Cruse, 2013

Fifteen Week Reading Guide For The Psalms

WEEK ONE		WEEK TWO		WEEK THREE	
Monday	1–2	Monday	11–12	Monday	21–22
Tuesday	3–4	Tuesday	13–14	Tuesday	23–24
Wednesday	5–6	Wednesday	15–16	Wednesday	25–26
Thursday	7–8	Thursday	17–18	Thursday	27–28
Friday	9–10	Friday	19–20	Friday	29–30
WEEK FOUR		WEEK FIVE		WEEK SIX	
Monday	31–32	Monday	41–42	Monday	51–52
Tuesday	33–34	Tuesday	43–44	Tuesday	53–54
Wednesday	35–36	Wednesday	45–46	Wednesday	55–56
Thursday	37–38	Thursday	47–48	Thursday	57–58
Friday	39–40	Friday	49–50	Friday	59–60
WEEK SEVEN		WEEK EIGHT		WEEK NINE	
Monday	61–62	Monday	71–72	Monday	81–82
Tuesday	63–64	Tuesday	73–74	Tuesday	83–84
Wednesday	65–66	Wednesday	75–76	Wednesday	85–86
Thursday	67–68	Thursday	77–78	Thursday	87–88
Friday	69–70	Friday	79–80	Friday	89–90
WEEK TEN		WEEK ELEVEN		WEEK TWELVE	
Monday	91–92	Monday	101–102	Monday	111–112
Tuesday	93–94	Tuesday	103–104	Tuesday	113–114
Wednesday	95–97	Wednesday	105–106	Wednesday	115–116
Thursday	97–98	Thursday	107–108	Thursday	117–118
Friday	99–100	Friday	109–110	Friday	119–120
WEEK THIRTEEN		WEEK FOURTEEN		WEEK FIFTEEN	
Monday	121–122	Monday	131–132	Monday	141–142
Tuesday	123–124	Tuesday	133–134	Tuesday	143–144
Wednesday	125–126	Wednesday	135–136	Wednesday	145–146
Thursday	127–128	Thursday	137–138	Thursday	147–148
Friday	129–130	Friday	139–140	Friday	149–150

Reader can use weekends to catch up, particularly helpful with Psalm 119–120. Suggest you make a note above each Psalm as to the focus or key to that Psalm to help you “focus.”

Psalm 1

Lesson 1



¹Blessed is the man
 who walks not in the counsel of the
wicked,
nor stands in the way of sinners,
 nor sits in the seat of scoffers;
²but his delight is in the law of the LORD,
 and on his law he meditates day and night.
³He is like a tree
 planted by streams of water
that yields its fruit in its season,
 and its leaf does not wither.
In all that he does, he prospers.
⁴The wicked are not so,
 but are like chaff that the wind drives away.
⁵Therefore the wicked will not stand in the judgment,
 nor sinners in the congregation of the righteous;
⁶for the LORD knows the way of the righteous,
 but the way of the wicked will perish.

THEME: Righteous versus wicked

TYPE: Instructive. This Psalm is key to the entire book.

AUTHOR/SETTING: Unknown

KEY VERSE: Verse 3

THOUGHT QUESTION FOR TODAY: How can we know God's will and/or obey it unless we meditate on it? (Meditate means to ponder within ourselves, verse 2)

LESSON FOR US: Verse 6 God knows us! We could never hide ourselves or our deeds from Him.

Personally, I want to be like that tree, firmly rooted and grounded and able to withstand life's storms. Something for me to work on. How about you?

QUESTIONS

Please read the Psalm for this session carefully and prayerfully, and then consider the questions below.

1. What is the focus or the action taking place in this particular Psalm? What is the overall theme?
2. What, if any, difficulty was the writer facing?
3. What, if any, joy or comfort had the writer found in these verses?
4. What do you think the words of the Psalm meant to the writer?
5. What does this Psalm mean for you?
6. How can you incorporate that meaning into your life?
7. What is the key verse of this Psalm?

MEDITATION

If a verse or a section of this Psalm gave you a “Wow, that’s just what I needed to hear!” moment when you read it, why not write out that verse/section on a 3 X 5 index card to refer to later? Or to memorize? Flipping through Scripture index cards from time to time can refresh and revitalize us in our daily walk with God.