

The Heights

The Psalms—Week One

> DAY 1 **READ PSALM 5.**

According to v. 7, what is the basis for David’s ability to enter God’s house?

What are things other than God that people look to for refuge, for security?

How do you explain God’s desire for righteous people to someone who is not a believer?

> DAY 2 **READ PSALM 8.**

According to this psalm, what does creation tell you about God? How was everything made? Why do earth and the heavens exist today?

What are some places you have been where you have seen God in creation? How does nature make God known to you?

Reflect on this poetic line from Ralph Waldo Emerson: "Everything I see in Creation teaches me to trust my Creator for all I have not yet seen."

> DAY 3 **READ PSALM 18.**

What emotions do you think David was feeling when he wrote this psalm? What are some of the ways he describes God? What makes God a refuge and a fortress?

How have you experienced God as a place of refuge in difficult times?

What are ways that you can encourage others who are in a difficult season of life? How can they take David’s attitude in this psalm? What does God offer for those in difficulty?

> DAY 4 **READ PSALM 22.**

Based on the question in verse 1, how do you think the Psalmist felt? Why? Have you ever felt this way?

Do you recognize verse 1 from anywhere else in the Bible? When Jesus said this on the cross, what was He conveying about what He was going through?

What good news can you share with another from this psalm?

> DAY 5 **READ PSALM 23.**

How did David portray God as a shepherd? What do shepherds do for their flocks? What does it mean to "dwell in the house of the Lord forever"?

What are some things you put your confidence in that have let you down? Why do you place your confidence in them?

How do you think testifying of God’s care for you could encourage other believers?

> DAY 6 **READ XXXXX.**

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The Psalms—Week Two

> DAY 1 READ PSALM 24.

What does “worship” mean? What is the difference between personal and corporate worship? Why are both important?

What motivates your heart to worship? What are some things that keep us from worshiping God wholeheartedly?

Who in your life needs to be encouraged to accept God’s righteousness rather than trying to earn it or living with guilt? How can you help them this week?

> DAY 2 READ PSALM 27.

What has inspired David to worship God? How does David tell God that he is following God’s commands? In light of that, what does David ask for?

What do you typically ask of God? Do you ask God what serves you best or what serves Him best? When are those the same things?

What do people around you ask of or expect from God? How does knowing God’s promises help you encourage others?

> DAY 3 READ PSALM 32.

Who does this psalm say is blessed? Why is forgiveness and freedom from sin a blessing? Where does this blessing come from?

How have you experienced the blessing of God? Do you confess your sins the way David did? Are you blessed in the process?

How can you encourage people in your life, your ABF, and at the Heights to confess their sins to the Lord? Why is it important for the Heights to be a confessing congregation?

> DAY 4 READ PSALM 34.

What does it mean to “taste and see that the Lord is good”? Why is seeking God like we seek food important to spiritual walks?

What role does fasting play in seeking God? How would your life look if you sought after God like you seek after food?

How can we encourage others in the church to seek God daily? Why is the daily journey with God difficult for believers? Has “Infuse” been a helpful tool in your quest for spending time with God?

> DAY 5 READ PSALM 37.

Psalms 37 is called a wisdom psalm because it speaks about themes usually in wisdom writings. How does this psalm remind you of Proverbs?

Which wisdom verse strikes you the most? Why?

Why is knowing wise and trustworthy sayings of God important? How can knowing proverbs and wisdom verses help you when you share the gospel?

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The Psalms—Week Three

> DAY 1 READ PSALM 42.

How does the psalmist's attitude shift from the beginning of this psalm to the end? What is the source of the psalmist's inner strife? Why did the psalmist choose to continue hoping and trusting in God?

Why is worship appropriate during times of difficulty? How is it helpful?

What do you see as specifically encouraging about corporate worship? Why do we need to participate in corporate worship regularly if not weekly?

> DAY 2 READ PSALM 43.

What truth was the psalmist clinging to in the continued turmoil he was experiencing? Where did the psalmist claim to find his greatest joy?

How can remembering how God has loved you in the past help when you experience times of adversity in the future?

Do you know someone in a spiritual or emotional drought? How can you minister to that person this week?

> DAY 3 READ PSALM 57.

What did David value more—his life or God's glory?

How does this psalm proclaim God's glory in a dark time? What ways do you proclaim and worship God for His glory?

How can you make God's glory known among the nations and among the peoples? Why is God's glory worthy of being spread to many nations and peoples?

> DAY 4 READ PSALM 63.

How does this psalm show confident expectation of God? What is the motivation for confidence?

Where do you place your confidence? How can you put your trust in God because He is steadfast?

Why could God's trustworthiness and steadfast love be attractive to our culture? Where does culture tell people to put their confidence?

> DAY 5 READ PSALM 67.

Why does David call the people to praise God? What attributes of God drive David's worship in this psalm?

What verses in this Psalm encourage evangelism and missions? What is the relationship between worship and missions?

What are some ways that people in Christian circles and in the world use the word "blessing"? How does that fit with the way that David used blessing in Psalm 67?

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The Psalms—Week Four

> DAY 1 **READ PSALM 68.**

This psalm describes God’s care for His people and His dwelling in Zion. How does God dwell with us today? How does the way that God dwells in us give us care and protection?

Compare and contrast Psalm 68:18 with Ephesians 4:8-11. How does Paul apply this portion of Psalm 68 to Christ?

Why is the Spirit dwelling in you important when you interact with other believers? How does the Holy Spirit strengthen relationships with other Christians?

> DAY 2 **READ PSALM 73.**

What did the psalmist mean when he wrote, “God is good”? Who decides which people have a pure heart?

How could the psalmist “almost” stumble? What can keep believers from falling when they are already stumbling?

In a world that exalts success and material prosperity, believers are tempted to pursue these goals or to become embittered or envious. How can the Heights encourage its members to find success and worth in Christ?

> DAY 3 **READ PSALM 83.**

Psalm 83 is a psalm of lament. How are lament psalms like this different from the psalms of worship and praise?

During what times in your life have you identified with this lament psalm? Why is it important to turn to God not just when you are joyful, but also to lament in difficulty?

How can the Heights help believers live out their walks in times of lament and times of praise?

> DAY 4 **READ PSALM 91.**

What comes of those who trust in God? What chance does evil have against a person who is trusting in God? Are they safe on their own power or God’s power?

In what ways do you still try to rely on your own power when you face evil or sin in your life? What keeps you from trusting God?

How can the evil of the world feel burdensome? Should you run from the world or engage it with Christ?

> DAY 5 **READ PSALM 100.**

What do we show when we come before the Lord with joyful singing? What words or phrases in verses 1-2 show that the psalmist approached God with respect rather than fear?

What attitudes do you use when you approach God? How can you approach God more like the psalmist?

Can you think of people who might not think God is good, loving, and faithful? Why might someone feel this way? How should Christians respond to such an attitude?

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The Psalms—Week Five

> DAY 1 **READ PSALM 102.**

What phrases does the psalmist use to describe his afflictions? Why did the psalmist bring his afflictions to God?

How do you respond to God when you are in difficult times? Do you feel like you could offer up a prayer of lament like this psalmist?

What are the greatest sources of affliction that people face today? How can you present God to people going through financial, social, or emotional afflictions?

> DAY 2 **READ PSALM 103.**

The psalmist worshiped God by reflecting on God’s blessings from creation until their exile. How do Christians fit into this psalm? How do we worship God for all of His work beginning with creation?

How have you experienced God’s blessings throughout your life? What were blessings in the different stages of life?

What benefits (v. 2) does the psalmist describe in this psalm? Which of these have you personally experienced? Bless the Lord this morning in response.

> DAY 3 **READ PSALM 112.**

Verse 1 says to fear the Lord, and verse 8 says to not be afraid. How do these ideas fit together in the psalm?

What are the marks of a righteous and godly person in this psalm? How can you be more like the godly person described?

What godly characteristics have you observed in a fellow believer? What were they doing?

> DAY 4 **READ PSALM 116.**

Why did the psalmist state he was thanking God in prayer? Do any of his reasons for thanking God surprise you? Why or why not?

What does the content of your prayers reveal about your relationship with God?

How do people typically view prayer? For what reasons do people pray to God? Why do people sometimes fail to give thanks to God?

> DAY 5 **READ PSALM 121.**

Psalm 121 is one of the Ascent Psalms, a group of Psalms that were traditionally sung/prayed in preparation for and along the journey to Jerusalem for a festival. How does the psalmist find help?

Do you like to ask others for help? Why or why not? Is it easier to ask others or to ask God for help? Why?

How can you point others to God as a source of help and comfort? Why should you point to Him and not try to help on your own?

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> DAY 1 **READ PSALM 122.**

What did the psalmist in this Ascent Psalm think about Jerusalem? Why was Jerusalem a city of peace and goodness?

According to verses 6-9, how are the people to live in order that Jerusalem be the way the author describes in verses 1-5? Do these characteristics describe you?

Who are people in your life that need peace right now? How can you demonstrate the peace of God to them?

> DAY 2 **READ PSALM 126.**

In verses 1-3, how did the people respond to their restoration? How did they express their appreciation for God's intervention?

How have you experienced God's restoration in your life? How did you express appreciation to God for it?

Who are the people in your life who are far away from God? How can the Heights and you tell them about the restoration that God offers?

> DAY 3 **READ PSALM 131.**

How would you describe this psalm? How does the psalmist put simply his understanding of God's greatness?

What are things that you put your hope in other than God? How can you seek God as your hope?

What are the worldly things that people hope in? Why do they let people down? Why can't things like money, power, or fame give true hope?

> DAY 4 **READ PSALM 146.**

Why do you think the psalmist lifted up these specific actions of God to highlight His character? What are some of the ways Jesus exemplified the heart of God as described in this passage?

Where specifically do you see the shadow of the gospel in these verses?

How have you extended God's character to those around you this week?

> DAY 5 **READ PSALM 150.**

What is the phrase "everything that has breath" in reference to? Is praising God something that is just done by believers at church on Sundays?

Which of God's activities do you think of first or most often when you praise Him? (Creator, Redeemer, Judge, Father)

Why is it important to praise God with others as well as by ourselves?

> DAY 6 **READ XXXXX.**

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