



10 Homegroup Personal Bible Study

Prayer & Psalms

Psalms & Prayers Personal Bible Study

Home Group



This week is all about having some time to do your own personal Bible study related to the psalms and prayer. This is not going to be marked or assessed – this is purely for you to have a chance to enjoy the quiet morning time to soak in one part of God’s word, so that it can speak to you personally. There is joy, peace, and encouragement when you give yourself time to think and concentrate on God’s word. The first personal Bible study on Psalm 66 we all will do. The second part allows you to choose one of three Psalms to do study on.

NOTE: I have given you photocopies of all the Psalms so you can write on them, make notes, rough markings, etc.

1. Psalm 66 – Praising God for His Awesome Works!

Read through this psalm several times (try different translations). This Psalm is very special for several reasons – one of which is how the Psalmist tries to encourage you (and us!) as the readers to join in the praise too!

Carefully and thoughtfully, do your own paraphrase of this entire psalm in your own words! Here are some tips as you work through it:

tips

- a) Go verse by verse, but not word for word.
- b) All along, try to avoid using the words that the Psalmist uses in your translation – put it in your own!
- c) Think: ‘What is the feeling and sense of what the Psalmist is saying here? How can I put that in different words with different concepts but get the same feeling across?’
- d) Avoid using old English – the Psalmist only used the normal language of their day (the same that they used in their daily life).
- e) If you get stuck on a section, move on and then come back to that verse (verses).

2. Lament Psalms – Personal Study

There are three Psalms attached, which are all lament Psalms. Each Psalm contains the elements of ‘complain’ and ‘plea’ and ‘confidence’ that we looked at with Psalm 13, and also contains some guiding questions to get you started.

Choose one of these and absorb, study, and seek to understand it and the feelings of the Psalmist.

- a) Go through the Psalm and look for (and mark) each of the three elements. **They won’t necessarily be in order or in the same amount as each other.*
- b) Use the questions to guide you in your study and appreciation of the Psalm – keep some Bible study notes/thoughts on it as you go, and let the study take you wherever goes.

If you feel you have finished, spend some time with one of the other Psalms.

The Lament Psalms – Reading & Meditating

Here are three psalms to have a look at and reflect on. For each psalm read it through and try to soak in what is being said and how it illustrates the power of prayer for the psalmist involved. Read through, take notice, reflect, and use the questions only as a guide to start thinking about the psalm and the instruction it has for your personal prayer and discipleship.

Psalm 74

Read through this psalm carefully to gain a feeling for what is being prayed about.

 **Note the verses that contain the three separate elements of complaint / plea / confidence.**

🔍 How can you summarize the problem that is being faced in this psalm?

🔍 What does the psalmist want God to do?

🔍 The verses that contain confidence/praise are at a peculiar place in the psalm, and seem to stand out as an abrupt change. What theme does the psalmist recall in his statements of confidence? Is this relevant to his complaint and plea? How does it fit with the rest of the psalm - both before and after?

🔍 What does this psalm teach you personally? What sentiments can be taken as generally applying to issues and struggles that brothers and sisters and young people may face today?

🔍 Find all the questions posed in this psalm. How often do questions figure in your prayers to God? What place do they have in personal prayer - how can they help?

Psalm 88

Read through this psalm carefully.

 **Look for the three elements of complaint / plea / confidence.**

🔍 What do you notice about the balance of these three elements?

🔍 Can you find the confidence?

🔍 What do you feel the psalmist's underlying trouble is? What indicates this in the psalm?

🔍 How has the psalmist tried to cope with his difficulties? Is it working? Often in a situation like this it is hard to see God at work and hard to believe that He is listening. Perhaps this gives a clue for the reason it is recorded.

🔍 This is one of the most intense of the lament psalms. What powerful lessons does it have to teach you personally in your prayers and discipleship?

Psalm 10

Read through the psalm carefully.

 **Look for the three elements of complaint / plea / confidence.**

🔍 Examine his concluding confidence in God. How do these words and sentiments relate to his previous complaints and pleas?

🔍 Notice how his confidence in God is partly expressed as praise! What do your prayers look like in relation to this prayer? What aspects of praise/confidence are in your prayers?

🔍 It is clear that the psalmist gave a lot of thought to what confidence and praise he spoke of in his prayers – it was relevant to what was on his mind. Perhaps we could do well to spend more time reviewing and reflecting on what we do love about our God, and what we know to be true about Him! How can you change/add to your prayers in this way? How can this help you?

What aspects of His character and His ways are helpful and relevant to dwell on, in the trials or troubles that you are currently experiencing?

- 5 By awesome deeds in righteousness You will answer us,
O God of our salvation,
You who are the confidence of all the ends of the earth,
And of the far-off seas;
- 6 Who established the mountains by His strength,
^aBeing clothed with power;
- 7 ^aYou who still the noise of the seas,
The noise of their waves,
^bAnd the tumult of the peoples.
- 8 They also who dwell in the farthest parts are afraid of Your signs;
You make the outgoings of the morning and evening ¹rejoice.
- 9 You ¹visit the earth and ^awater it,
You greatly enrich it;
^bThe river of God is full of water;
You provide their grain,
For so You have prepared it.
- 10 You water its ridges abundantly,
You settle its furrows;
You make it soft with showers,
You bless its growth.
- 11 You crown the year with Your goodness,
And Your paths drip with abundance.
- 12 They drop on the pastures of the wilderness,
And the little hills rejoice on every side.
- 13 The pastures are clothed with flocks;
^aThe valleys also are covered with grain;
They shout for joy, they also sing.

PSALM 66

Praise to God for His Awesome Works

To the Chief Musician. A Song. A Psalm.

- M**AKE ^aa joyful shout to God, all the earth!
- 2 Sing out the honor of His name;
Make His praise glorious.
Say to God,
- 3 "How ^aawesome are Your works!
^bThrough the greatness of Your power
Your enemies shall submit themselves to You.
- 4 ^aAll the earth shall worship You
And sing praises to You;
They shall sing praises to Your name." *Selah*
- 5 Come and see the works of God;

6 ^aPs. 93:17 ^aMatt. 8:26
^bIs. 17:12, 138 ¹shout for joy9 ^a[Deut. 11:12]; Jer. 5:24 ^bPs. 46:4; 104:13; 147:8
¹give attention to13 ^aIs. 44:23; 55:12

PSALM 66

1 ^aPs. 100:13 ^aPs. 65:5
^bPs. 18:444 ^aPs. 117:1; Zech. 14:166 ^aEx. 14:21
^bJosh. 3:14-169 ¹stip10 ^aJob 23:10; Ps. 17:3 ^b[Is. 48:10; Zech. 13:9; Mal. 3:3; 1 Pet. 1:7]11 ^aLam. 1:13; Ezek. 12:1312 ^aIs. 51:23
^bIs. 43:2
¹abundance13 ^aPs. 100:4; 116:14, 17-19
^b[Eccl. 5:4]
¹Promised deeds17 ¹praised18 ^aJob 27:9; [Prov. 15:29; 28:9]; Is. 1:15; [John 9:31; James 4:3]19 ^aPs. 116:1, 2

PSALM 67

title ¹Heb. neg-
inot1 ^aNum. 6:25

He is awesome in His doing toward the sons of men.

- 6 ^aHe turned the sea into dry land;
^bThey went through the river on foot.

7 There we will rejoice in Him.
He rules by His power forever;
His eyes observe the nations;
Do not let the rebellious exalt themselves. *Selah*

- 8 Oh, bless our God, you peoples!
And make the voice of His praise to be heard,

9 Who keeps our soul among the living,
And does not allow our feet to ¹be moved.

- 10 For ^aYou, O God, have tested us;

^bYou have refined us as silver is refined.

- 11 ^aYou brought us into the net;
You laid affliction on our backs.

12 ^aYou have caused men to ride over our heads;
^bWe went through fire and through water;
But You brought us out to ¹rich fulfillment.

- 13 ^aI will go into Your house with burnt offerings;

^bI will pay You my ¹vows.

- 14 Which my lips have uttered
And my mouth has spoken when I was in trouble.

15 I will offer You burnt sacrifices of fat animals,
With the sweet aroma of rams;
I will offer bulls with goats. *Selah*

- 16 Come and hear, all you who fear God,
And I will declare what He has done for my ¹soul.

17 I cried to Him with my mouth,
And He was ¹extolled with my tongue.

- 18 ^aIf I regard iniquity in my heart,
The Lord will not hear.

19 But certainly God ^ahas heard me;
He has attended to the voice of my prayer.

- 20 Blessed be God,
Who has not turned away my prayer,
Nor His mercy from me!

PSALM 67

An Invocation and a Doxology

To the Chief Musician. On ¹stringed instruments. A Psalm. A Song.

GOD be merciful to us and bless us,
And ^acause His face to shine upon us, *Selah*

And afterward receive me to glory.

- 25 ^aWhom have I in heaven but You?
And there is none upon earth that I desire besides You.
- 26 ^aMy flesh and my heart fail;
But God is the ^bstrength of my heart and my ^bportion forever.
- 27 For indeed, ^athose who are far from You shall perish;
You have destroyed all those who ^bdesert You for harlotry.
- 28 But it is good for me to ^adraw near to God;
I have put my trust in the Lord God,
That I may ^bdeclare all Your works.

PSALM 74

A Plea for Relief from Oppressors

A ¹Contemplation of Asaph.

- O** GOD, why have You cast us off forever?
Why does Your anger smoke against the sheep of Your pasture?
- 2 Remember Your congregation, which You have purchased of old,
The tribe of Your inheritance, which You have redeemed—
This Mount Zion where You have dwelt.
- 3 Lift up Your feet to the perpetual desolations.
The enemy has damaged everything in the sanctuary.
- 4 ^aYour enemies roar in the midst of Your meeting place;
^bThey set up their banners for signs.
- 5 They seem like men who lift up Axes among the thick trees.
- 6 And now they break down its carved work, all at once,
With axes and hammers.
- 7 They have set fire to Your sanctuary;
They have defiled the dwelling place of Your name to the ground.
- 8 ^aThey said in their hearts,
"Let us ^bdestroy them altogether."
They have burned up all the meeting places of God in the land.
- 9 We do not see our signs;
^aThere is no longer any prophet;
Nor is there any among us who knows how long.
- 10 O God, how long will the adversary ¹reproach?
Will the enemy blaspheme Your name forever?

25 ^a[Phil. 3:8]

26 ^aPs. 84:2
^bPs. 16:5 ¹Lit. rock

27 ^a[Ps. 119:155] ¹Are unfaithful to You

28 ^a[Heb. 10:22; James 4:8] ^bPs. 116:10; 2 Cor. 4:13

PSALM 74

title ¹Heb. Maschil

4 ^aLam. 2:7
^bNum. 2:2

8 ^aPs. 83:4
¹oppress

9 ^a1 Sam. 3:1; Lam. 2:9; Ezek. 7:26; Amos 8:11

10 ¹revile

11 ^aLam. 2:3

12 ^aPs. 44:4

13 ^aEx. 14:21
¹sea monsters

14 ¹A large sea creature of unknown identity

15 ^aEx. 17:5; 6; Num. 20:11; Ps. 105:41; Is. 48:21 ^bEx. 14:21, 22; Josh. 2:10; 3:13

16 ^aJob 38:12
^bGen. 1:14-18

17 ^aDeut. 32:8; Acts 17:26
^bGen. 8:22

20 ^aGen. 17:7; 8; Lev. 26:44;
45 ¹hiding places
²homes
³violence

22 ¹reviles or taunts

PSALM 75

title ^aPs. 57; title ¹Heb. Al Tashcheth

2 ¹appointed

- 11 ^aWhy do You withdraw Your hand, even Your right hand?
Take it out of Your bosom and destroy them.
- 12 For ^aGod is my King from of old,
Working salvation in the midst of the earth.
- 13 ^aYou divided the sea by Your strength;
You broke the heads of the ¹sea serpents in the waters.
- 14 You broke the heads of ¹Leviathan in pieces,
And gave him as food to the people inhabiting the wilderness.
- 15 ^aYou broke open the fountain and the flood;
^bYou dried up mighty rivers.
- 16 The day is Yours, the night also is ^aYours;
^bYou have prepared the light and the sun.
- 17 You have ^aset all the borders of the earth;
^bYou have made summer and winter.
- 18 Remember this, that the enemy has reproached, O LORD,
And that a foolish people has blasphemed Your name.
- 19 Oh, do not deliver the life of Your turtledove to the wild beast!
Do not forget the life of Your poor forever.
- 20 ^aHave respect to the covenant;
For the ¹dark places of the earth are full of the ²haunts of ³cruelty.
- 21 Oh, do not let the oppressed return ashamed!
Let the poor and needy praise Your name.
- 22 Arise, O God, plead Your own cause;
Remember how the foolish man ¹reproaches You daily.
- 23 Do not forget the voice of Your enemies;
The tumult of those who rise up against You increases continually.

PSALM 75

Thanksgiving for God's Righteous Judgment

To the Chief Musician. Set to "Do Not Destroy." A Psalm of Asaph. A Song.

WE give thanks to You, O God,
we give thanks!
For Your wondrous works declare that Your name is near.

- 2 "When I choose the ¹proper time,
I will judge uprightly.

- 8^a[Ex. 15:11]; 2 Sam. 7:22; 1 Kin. 8:23; Ps. 89:6; Jer. 10:6
- 10^a[Ex. 15:11] ^bDeut. 6:4; Is. 37:16; Mark 12:29; 1 Cor. 8:4
- 11^aPs. 27:11; 143:8 ¹Give me single-ness of heart
- 13¹The abode of the dead
- 15^aEx. 34:6; [Ps. 86:5]
- PSALM 87
- 2^aPs. 78:67, 68
- 3^aIs. 60:1
- 4¹Egypt
- 6^aIs. 4:3
- PSALM 88
- title ^a1 Kin. 4:31; 1 Chr. 2:6 ¹Heb. *Maschil*
- 1^aPs. 27:9; [Luke 18:7]
- 2¹Listen to
- 3^aPs. 107:18
- 4^a[Ps. 28:1] ^bPs. 31:12 ¹Die
- 5¹Lit. *Free*
- 7^aPs. 42:7
- 8^aJob 19:13, 19; Ps. 31:11; 142:4 ^bLam. 3:7 ¹taken away my friends
- 9^aPs. 86:3
- 10¹shades, ghosts
- 4 "I will make mention of 'Rahab and Babylon to those who know Me; Behold, O Philistia and Tyre, with Ethiopia: 'This one was born there.' "
- 5 And of Zion it will be said, "This one and that one were born in her; And the Most High Himself shall establish her."
- 6 The LORD will record, When He ^aregisters the peoples: "This one was born there." *Selah*
- 7 Both the singers and the players on instruments say, "All my springs are in you."
- PSALM 88
- A Prayer for Help in Despondency*
- A Song. A Psalm of the sons of Korah. To the Chief Musician. Set to "Mahalath Leannoth." A ¹Contemplation of ^aHeman the Ezrahite.
- O** LORD, ^aGod of my salvation, I have cried out day and night before You.
- 2 Let my prayer come before You; ¹Incline Your ear to my cry.
- 3 For my soul is full of troubles, And my life ^adraws near to the grave.
- 4 I am counted with those who ^ago¹ down to the pit; ^bI am like a man who has no strength.
- 5 ¹Adrift among the dead, Like the slain who lie in the grave, Whom You remember no more, And who are cut off from Your hand.
- 6 You have laid me in the lowest pit, In darkness, in the depths.
- 7 Your wrath lies heavy upon me, And You have afflicted me with all ^aYour waves. *Selah*
- 8 ^aYou have ¹put away my acquaintances far from me; You have made me an abomination to them; ^bI am shut up, and I cannot get out;
- 9 My eye wastes away because of affliction.
- ^aLORD, I have called daily upon You; I have stretched out my hands to You.
- 10 Will You work wonders for the dead? Shall ¹the dead arise and praise You? *Selah*

- 16¹destroyed me
- 18^aJob 19:13; Ps. 31:11; 38:11
- PSALM 89
- title ^a1 Kin. 4:31 ¹Heb. *Maschil*
- 2^a[Ps. 119:89, 90]
- 3^a1 Kin. 8:16 ^b2 Sam. 7:11; 1 Chr. 17:10-12
- 4^a[2 Sam. 7:13; Is. 9:7; Luke 1:33]
- 5^a[Ps. 19:1]
- 6^aPs. 86:8; 113:5
- 7^aPs. 76:7, 11
- 9^aPs. 65:7; 93:3, 4; 107:29
- 10^aEx. 14:26-28; Ps. 87:4; Is. 30:7; 51:9 ¹Egypt
- 11^a[Gen. 1:1; 1 Chr. 29:11]
- 12^aJosh. 19:22; Judg. 4:6; Jer. 46:18 ^bDeut. 3:8; Josh. 11:7; 12:1; Song 4:8
- 15^aLev. 23:24; Num. 10:10; Ps. 98:6
- 17^aPs. 75:10; 92:10; 132:17 ¹Strength
- 19^a1 Kin. 11:34 ¹So with many Heb. mss.; MT, LXX, Tg., Vg. *holy ones*
- 20^a1 Sam. 13:14; 16:1-12; Acts 13:22
- 21^aPs. 80:17
- 22¹Or *exact usury from him*
- 11 Shall Your lovingkindness be declared in the grave? Or Your faithfulness in the place of destruction?
- 12 Shall Your wonders be known in the dark? And Your righteousness in the land of forgetfulness?
- 13 But to You I have cried out, O LORD, And in the morning my prayer comes before You.
- 14 LORD, why do You cast off my soul? Why do You hide Your face from me?
- 15 I have been afflicted and ready to die from my youth; I suffer Your terrors; I am distraught.
- 16 Your fierce wrath has gone over me; Your terrors have ¹cut me off.
- 17 They came around me all day long like water; They engulfed me altogether.
- 18 ^aLoved one and friend You have put far from me, And my acquaintances into darkness.
- PSALM 89
- Remembering the Covenant with David, and Sorrow for Lost Blessings*
- A ¹Contemplation of ^aEthan the Ezrahite.
- I** WILL sing of the mercies of the LORD forever; With my mouth will I make known Your faithfulness to all generations.
- 2 For I have said, "Mercy shall be built up forever; ^aYour faithfulness You shall establish in the very heavens."
- 3 "I^a have made a covenant with My chosen, I have ^bsworn to My servant David:
- 4 'Your seed I will establish forever, And build up your throne ^ato all generations.' " *Selah*
- 5 And ^athe heavens will praise Your wonders, O LORD; Your faithfulness also in the assembly of the saints.
- 6 ^aFor who in the heavens can be compared to the LORD? Who among the sons of the mighty can be likened to the LORD?
- 7 ^aGod is greatly to be feared in the assembly of the saints, And to be held in reverence by all those around Him.

PSALM 9

title ¹Heb.
Muth Labben

2 aPs. 5:11;
104:34 b[Ps.
83:18; 92:1]

5 aProv. 10:7
¹Gentiles

6 a[Ps. 34:16]

7 aPs. 102:12,
26; Heb. 1:11

8 a[Ps. 96:13;
98:9; Acts
17:31]

9 aPs. 32:7;
46:1; 91:2
¹Lit. secure
height

10 aPs. 91:14

11 aPs. 66:16;
107:22

12 a[Gen. 9:5;
Ps. 72:14]
¹afflicted

14 aPs. 13:5;
20:5; 35:9
¹Jerusalem

15 aPs. 7:15,
16 ¹Gentiles

16 aEx. 7:5
bPs. 92:3
¹Heb. Hig-
gaion

17 aJob 8:13;
Ps. 50:22
¹Gentiles

18 aPs. 9:12;
12:5 b[Ps.
62:5; 71:5];
Prov. 23:18

19 ¹Gentiles

20 ¹Gentiles

PSALM 10

2 aPs. 7:16;
9:16 ¹hotly
pursues

3 aPs. 49:6;
94:3, 4 bProv.
28:4 ¹Or The
greedy man
curses and
spurns the
LORD

4 aPs. 14:1;
36:1 ¹Or All
his thoughts
are, "There is
no God"

5 ¹Lit. are
strong

6 aPs. 49:11;
[Eccl. 8:11]
bRev. 18:7

7 a[Rom. 3:14]
bPs. 55:10, 11

- 15 ^aThe ¹nations have sunk down in
the pit which they made;
In the net which they hid,
their own foot is caught.
16 The LORD is ^aknown by the
judgment He executes;
The wicked is snared in the
work of his own hands.
^bMeditation.¹ Selah

- 17 The wicked shall be turned into
hell,
And all the ¹nations ^athat forget
God.
18 ^aFor the needy shall not always
be forgotten;
^bThe expectation of the poor
shall not perish forever.

- 19 Arise, O LORD,
Do not let man prevail;
Let the ¹nations be judged in
Your sight.
20 Put them in fear, O LORD,
That the ¹nations may know
themselves to be but men.
Selah

PSALM 10

*A Song of Confidence in God's
Triumph over Evil*

- W**HY do You stand afar off, O
LORD?
Why do You hide in times of
trouble?
2 The wicked in his pride
¹persecutes the poor;
^aLet them be caught in the plots
which they have devised.
3 For the wicked ^aboasts of his
heart's desire;
¹He ^bblessesthe greedy
and renounces the LORD.
4 The wicked in his proud
countenance does not seek
God;
¹God is in none of his ^athoughts.

- 5 His ways ¹are always
prospering;
Your judgments are far above,
out of his sight;
As for all his enemies,
he sneers at them.
6 ^aHe has said in his heart,
"I shall not be moved;
^bI shall never be in adversity."
7 ^aHis mouth is full of cursing and
^bdeceit and oppression;
Under his tongue is trouble and
iniquity.
8 He sits in the lurking places of
the villages;
In the secret places he murders
the innocent;
His eyes are secretly fixed on
the helpless.
9 He lies in wait secretly,
as a lion in his den;
He lies in wait to catch the
poor;

- He catches the poor when he
draws him into his net.
10 So ¹he crouches, he lies low,
That the helpless may fall by
his ²strength.
11 He has said in his heart,
"God has forgotten;
He hides His face;
He will never see."

- 12 Arise, O LORD!
O God, ^alift up Your hand!
Do not forget the ^bhumble.
13 Why do the wicked renounce
God?
He has said in his heart,
"You will not require an
account."

- 14 But You have ^aseen,
for You observe trouble and
grief,
To repay it by Your hand.
The helpless ^bcommits¹ himself
to You;
^cYou are the helper of the
fatherless.
15 Break the arm of the wicked
and the evil man;
Seek out his wickedness until
You find none.

- 16 ^aThe LORD is King forever and
ever;
The nations have perished out
of His land.
17 LORD, You have heard the
desire of the humble;
You will prepare their heart;
You will cause Your ear to
hear,
18 To ¹do justice to the fatherless
and the oppressed,
That the man of the earth may
²oppress no more.

PSALM 11

Faith in the LORD's Righteousness
To the Chief Musician. A Psalm of
David.

- I**N ^athe LORD I put my trust;
How can you say to my soul,
"Flee as a bird to your
mountain"?
2 For look! ^aThe wicked bend
their bow,
They make ready their arrow
on the string,
That they may shoot ¹secretly at
the upright in heart.
3 ^aIf the foundations are
destroyed,
What can the righteous do?
4 The LORD is in His holy temple,
The LORD's ^athrone is in
heaven;
^bHis eyes behold,
His eyelids test the sons of
men.
5 The LORD ^atests the righteous,
But the wicked and the one

¹⁰ ¹Or he is
crushed, is
bowed ²Or
mighty ones

12 aPs. 17:7;
94:2; Mic. 5:9
bPs. 9:12

14 a[Ps. 11:4]
b[2 Tim. 1:12]
cPs. 68:5;
Hos. 14:3
¹Lit. leaves,
entrusts

16 aPs. 29:10

18 ¹vindicate
²terrify

PSALM 11

1 aPs. 56:11

2 aPs. 64:3, 4
¹Lit. in dark-
ness

3 aPs. 82:5;
87:1; 119:152

4 aPs. 2:4; [Is.
66:1]; Matt.
5:34; 23:22;
[Acts 7:49];
Rev. 4:2 b[Ps.
33:18; 34:15,
16]

5 aGen. 22:1;
[James 1:12]

6 a1 Sam. 1:4;
Ps. 75:5;
Ezek. 38:22
¹Their allot-
ted portion
or serving

7 aPs. 33:5;
45:7 ¹Or The
upright be-
holds His
countenance

PSALM 12

title aPs. 6: title
¹Heb. shem-
inith

1 a[Is. 57:1];
Mic. 7:2
¹Save

2 aPs. 10:7;
41:6 ¹An in-
consistent
mind

3 ¹destroy
²great

6 a2 Sam.
22:31; Ps.
18:30;
119:140;
Prov. 30:5

PSALM 13

1 aJob 13:24;
Ps. 89:46